

Introduction to Meditation (5 Day Course)

5-Day Course Dates for 2014: January 5-9, February 2-6, March 1-5, April 6-10, May 4-8

Senior Staff of the Ashram Yoga Retreat

Course Schedule

Your course schedule has been designed by the presenter to provide a holistic educational experience, and includes course presentation time, meal times, and free time for you to enjoy the beach and the grounds and participate in the ashram's daily programs:

Morning and evening satsang: *community gatherings for meditation, chanting & teachings; sometimes a silent beach walk.*

Yoga asana & pranayama classes: *available on outdoor ocean and bayfront platforms (beginner and intermediate levels offered twice daily).*

6:00 am Morning satsang

8:00 am Yoga Asana & Pranayama Classes

10:00 am Brunch

11:00 am to 12:00 pm Karma Yoga

12:00 pm to 2:00 pm Course Session

4:00 pm to 6:00 pm Yoga Asana & Pranayama Classes

6:00 pm Dinner

8:00 pm Evening satsang

Ceremonies

It is the ashram tradition to open and close with a ceremony to bring auspicious blessings on each course.

9:00 am Inauguration Ceremony on first day of course

3:00 pm Graduation Ceremony on last day of course

Ashram Tour

11:00 am Ashram Tour on the first day of the course only (meets at the Reception Desk)