

Program for July seminar

5th - 8th July

Heartfulness Meditation Center Vrads Sande

(Time and content may change based on Daajis availability)

Friday 5th July

7.30 Group meditation
8.30 Breakfast + dish wash
9.00 Morning meeting
9 - 12.30 Registration open
Volunteer work
Possibility for individual sitting
12.30 Lunch + dish wash
14-16.30 Registration open
14 Café / bookshop opens
Possibility for individual sitting
17.00 Group meditation
18.00 Dinner + dish wash
18.30 – 20:30 registration /café open

Saturday 6th July

7.30 Breakfast + dish wash
8.30 Chair yoga in mediation hall
9.00 Group meditation
10-12.30 Registration open
10 Café / bookshop opens
12.30 Lunch + dish wash
We expect Daaji to arrive around noon
14-16 Registration open
18.00 Group meditation
19.00 Dinner + dish wash
19.30 – 21.00 registration-
café- bookshop open

Sunday 7th July

7.30 - 8.15 Breakfast + dish wash
8.30 Chair yoga in meditation hall
9.00 Group meditation
10.00 Reception/ bookshop Café opens
12.30 Lunch + dish wash
14-17 Open house for newcomers
14-16 Reception open
14 Café / bookshop opens
16.30 Group meditation
18.00 Dinner + dish wash
18.30 – 21.00 Café opens

Monday 8th July

7.30 Group meditation
8.30 Breakfast + dish wash
9.00 Cleaning your apartment/dormitory place
10 Reception open/ Café / bookshop open
11.30 Group meditation
13.00 Lunch + dish wash
We expect Daaji to departure in the afternoon
17.00 Group meditation
18.00 Dinner + dish wash