

Wednesday, 30.10.2019	Meditationgrotto	Yogaroom	Lakshmi 2	Lakshmi 1
4-6 pm	Check-In			
6-7.30 pm	Evening-Buffer			
8-9.30 pm	Welcome			

Thursday, 31.10.2019	Meditationgrotto	Yogaroom	Lakshmi 2	Lakshmi 1
7.30-8.30 am	Swami Sumiran Zazen-Meditation	Movement- Meditation	Hatha/Kundalini or Shat-Chakra Yoga	Monks from Swami Vishnudevananda Morning Praxis: Yoga & Meditation 8.30-9.00 am Sutra
8.30-10.00 am	Brunch			
10.30-11.30 am	Opening in festival hall			
12.30 pm -2.45 pm			12.30 am - 1.30 pm	12.30 pm- 2.00 pm
	1.45 - 2.45 pm Swami Sumiran Qi - Gong		Trance Dance	Swami Vishnudevananda Guru Satsang
1.30-3.00 pm	Teatime & Break			
3.15-5.45 pm			3.15 - 5.45 pm Igor Kufayev	4 - 6 pm Swami Vishnudevananda
	4 - 5.30 pm Gurdjieff Workshop		Heart-centered Meditation	Chankramanam Meditation
5.30-8.00 pm	Evening Break - Dinner from 5.30 - 7 pm			
8-10 pm			8 - 10 pm OM C. Parkin Silent Darshan and advaita Talks	

Friday, 01.11.2019	Meditationgrotto	Yogaroom	Lakshmi 2	Lakshmi 1
7.30-8.30 am	Meditation	Mantra Singing		Monks from Swami Vishnudevananda Morning Praxis: Yoga & Meditation 9.00-9.30 am Sutra
08.30-09.45 am			08.30 - 09.45 am Swami Sumiran Satsang	
9.30-11.00 am	Brunch			
11 am-2 pm		11.00 - 12.30 am Unmani Meeting in Truth		12.00 am- 2.00 pm Swami Vishnudevananda Guru Satsang: Transmission of Teaching
			12.45 - 15.15 pm Florian Schlosser Embodying Consciouness	
1.30-3 pm	Teatime & Break			
3-6 pm		3.15 - 4.45 pm Inner Work	3 - 5 pm Igor Kufayev Heart-centered Meditation	4 - 6 pm Swami Vishnudevananda Shastra Crype Samskar Dikshar
		5.15 - 6.15 pm OM C. Parkin Sacred Movements		
5.30-8 pm	Evening Break - Dinner from 5.30 - 7 pm			
8-10 pm			8 - 10 pm Igor Kufayev Darshan	7.30 - 9 pm S.Vishnudevananda Guru Satsang: Badja Mandala

Saturday, 02.11.2019	Meditationgrotto	Yogaroom	Lakshmi 2	Lakshmi 1
7.30-8.20 am	Swami Sumiran Zazen - Meditation	Mantra Singing	Hatha/Kundalini or Shat-Chakra Yoga	Monks from Swami Vishnudevananda Morning Praxis: Yoga & Meditation 9.00-9.30 am Sutra
08.30-09.45 am		09.00 - 09.45 am Sacred Movements	09.30 - 10.45 am Unmani Meeting in Truth	
9.30-11.00 am	Brunch			
11.00 am-2.45 pm			11 am - 1 pm OM C. Parkin Darshan	12 am - 2 pm Swami Vishnudevananda Guru Satsang: Transmission of Teaching
		1 - 3.30 pm Florian Schlosser Embodying Consciousness		
1.30-3 pm	Teatime & Break			
3-5.30 pm	2.30 - 3.30 pm Unmani Dance Meditation		3 - 5 pm Swami Sumiran Satsang	
		4 - 5.30 pm Inner Work		
5.30-8 pm	Evening Break - Dinner from 5.30 - 7 pm			
8-10 pm			8 - 10 pm Manish Vyash & Band Concert	

Sunday, 03.11.2019	Meditationgrotto	Yogaroom	Lakshmi 2	Lakshmi 1
7.30-8.30 am	Swami Sumiran Zazen-Meditation	Movement- Meditation	Hatha/Kundalini or Shat-Chakra Yoga	Monks from Swami Vishnudevananda Morning Praxis: Yoga & Meditation 9.00-9.30 am Sutra
09.00-09.45 am		09.00 - 09.45 am Swami Sumiran QiGong		
09.30-10.30 am	Brunch			
11 am - 1 pm	Farewell: Being with all masters and teachers			
from 1 pm	Check-Out			