



LONAVALA CAMP

FROM 7th Feb., 2019 TO 14th Feb., 2019

TEXT : *Varahopanishad*

| Name | Room No. |
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| DATE | TIMINGS | PARTICULARS |
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| 07/02/19 | Latest by 07:30 PM | To reach. |
| | 08:05 PM | Dinner |
| | 09:15 PM | Briefing Session |

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| 08/02/19 TO 13/02/19 | 05:30 AM to 05:50 AM | Tea / Coffee |
| | 05:55 AM to 06:45 AM | Meditation |
| | 06:55 AM to 08:05 AM | Varahopanishat |
| | 08:10 AM | Breakfast |
| | 10:45 AM to 12 noon | Workshop |
| | 12:05 PM | Lunch |
| | 01:00 PM to 02:55 PM | Rest and Swadhyaya in Room |
| | 03:00 PM to 04:00 PM | Workshop |
| | 04:10 PM to 04:30 PM | Tea / Coffee |
| | 04:35 PM to 05:45 PM | Jnana-Vichara-Vinimaya |
| | 05:50 PM to 06:45 PM | Evening Walk |
| | 06:45 PM to 07:00 PM | Aarati in the temple |
| | 07:05PM to 08:00 PM | Vedic Chanting / Bhajan |
| 08:05 PM | Dinner | |
| 09:45 PM | Lights off | |

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| 14/02/19 | Programme after Breakfast will be announced later. |
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NOTE:

- 1) MOBILE PHONES TO BE PUT OFF IN SATSANG HALL & DINING HALL
- 2) Observing Mauna is to your advantage. It is an essential prerequisite for spiritual programme.
- 3) NO TALKING in the Satsang Hall including its Verandah at all times and also in DINING HALL (except few words with waiter).
- 4) You already know that loud talking in the room or in the Camp premises to be strictly avoided.
- 5) Please do not disturb those who are observing MOUNA.
- 6) All will return by 06:45 PM after the evening walk.

SWAMIJI'S PERMISSION IS REQUIRED TO GO OUT OF THE CAMP PEREMISES AT ANY TIME OTHER THAN 05:50 PM TO 06:45 PM.

- CAMP CONVENOR