

Hari Om

Vedanta Sadhaka Course 2024-2025

Tentative Daily Schedule

5:00 am	Wake up bell
5:30 to 6:30 am	Personal Sadhana, Yoga, Exercise, etc.
6:30 to 7:00 am	Tea
7:15 to 8:15 am	Vedanta Session 1
8:15 to 9:00 am	Breakfast
10:45 to 11:45 am	Sanskrit classes / Group Discussion / Video Sessions
12:00 to 12:30pm	Chanting
12:30 to 1:15 pm	Lunch
4:00 pm	Tea
4:30 to 5:30 pm	Vedanta Session 2
7:00 to 8:00 pm	Satsang
8:00 to 9:00 pm	Dinner