

Suggested Daily Schedule from Sunday, 10 January to Wednesday, 13 January:

7:30am to 8:00am: *Motivation, Morning Prayers & Meditation*

8:00am to 9:00am: Breakfast

9:30am to 9:55am: *Meditation Session*

9:55am to 10:00am: Short Break

10:00am to 11:30am: First Zoom Session

11:30am to 11:50am: *Meditation session*

11:50am to 12:00noon: Short break

12:00noon to 12:30pm: *Meditation session*

12:30pm to 2:30pm: Lunch /Work/ Exercise

2:30pm to 3:00pm: Break

3:00pm to 4:30pm: Second Zoom Session

4:30pm to 4:50pm: *Meditation session*

4:50pm to 5:00pm: Short break

5:00pm to 5:30pm: *Meditation session*

5:30pm to 6:00pm: Break

6:00pm to 7:00pm: Dinner

7:00pm to 7:25pm: *Meditation session & Dedication*

7:25pm onwards: Free time for rest, reading and personal practice

Thursday, 14 January:

7:30am to 8:00am: *Motivation, Morning Prayers & Meditation*

8:00am to 9:00am: Breakfast

9:30am to 9:55am: *Meditation Session*

9:55am to 10:00am: Short Break

10:00am to 11:30am: First Zoom Session

11:30am to 11:50am: *Meditation session*

11:50am to 12:00noon: Short break

12:00noon to 12:30pm: *Meditation session*

12:30pm to 2:30pm: Lunch /Work/ Exercise

2:30pm to 3:00pm: Break

3:00pm to 4:30pm: Final Zoom Session and Dedication.