**Friday 17th June**

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| 18.00 - 19.00  | Supper |
| 19.00 - 20.00  | Introductory talk |

**Saturday 18th – Tuesday 21st June**

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| 07:30 - 8:00 | Meditation session with senior student |
| 08.00 - 09.00 | **Breakfast** |
| 09.00 - 09.15  | Karma Yoga |
| 10.00 - 11.00 | Guided meditation with explanation. Q&A |
| 11.00 - 11.15 | Break |
| 11.15 - 12.30 | Guided meditation with explanation. Q&A |
| 12.30 - 13.30 | **Lunch** |
| 13.30 - 14.00  | Karma Yoga |
| 14.00 - 15.30  | Personal Time  |
| 15.30 - 16.30  | Guided meditation with explanation. Q&A |
| 16.30 - 16.45  | Break |
| 16.45 - 18.00 | Guided meditation with explanation. Q&A |
| 18.00 - 18.45 | **Supper** |
| 18.45 - 19.15  | Karma Yoga |
| 19:30 - 20:00  | Meditation session with senior student |

**Wednesday 22nd June**

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| 07:30 - 8:00 | Meditation session with senior student |
| 08.00 - 09.00 | **Breakfast** |
| 09.00 - 09.15  | Karma Yoga |
| 10.00 - 11.15 | Guided meditation with explanation. Q&A |
| 11.15- 11.30 | Break |
| 11.30 - 12.30 | House Cherishing Karma Yoga |
| 12.30 - 13.30 | **Lunch** |
| 13.30 - 14.00  | Karma Yoga |
| 14.00 - Onwards  | Goodbyes and Departures |