

CSE KRIYA YOGA MEDITATION TEACHER DAILY SCHEDULE (SAMPLE)

Please note that the schedule is subject to change.

5:30 AM	Wake Up
6:30 AM	Morning Meditation
7:30 AM	Gentle Yoga
8:00 AM	<i>breakfast & free time</i>
9:30 AM	Morning Session
11:30 AM	<i>lunch</i>
1:00 PM	Afternoon Session (A)
2:30 PM	<i>break</i>
3:00 PM	Afternoon Session (B)
4:30 PM	<i>Cohort Gatherings</i>
5:00 PM	<i>dinner & free time</i>
6:30 PM	Evening Session
8:00 PM	<i>free time</i>
9:00 PM	<i>Enter Silence & Bedtime</i>