

<b>2018 Sadhana Shivir Adult Schedule</b>	
<b>Week 2 (July 8 - July 14)</b>	
<b>Day 1: Sunday, July 8</b>	
5:00 PM	Arti
5:30 PM	Dinner & Free Time
7:30 PM	Live Spiritual Discourse
8:45 PM	Sadhana
10:30 PM	Warm Milk & Snacks
11:00 PM	Rest
<b>Day 2 to 8: Monday - Saturday, July 8 - July 14</b>	
6:00 AM	Arti, Sadhana and Parikrama
7:30 AM	Yoga/Morning Devotional Walk
8:15 AM	Breakfast
9:30 AM	Sadhana
10:30 AM	Maharaj Ji's Divine Lecture
12:00 PM	Lunch
1:00 PM	Seva/Rest
2:30 PM	Sadhana
3:30 PM	Maharaj Ji's Divine Lecture
4:00 PM	Sadhana
5:00 PM	Arti
5:30 PM	Dinner & Free Time
7:30 PM	Live Spiritual Discourse
8:45 PM	Sadhana
10:30 PM	Warm Milk & Snacks
11:00 PM	Rest
<b>Chanting till 4 AM on Saturday, July 14</b>	
<b>Guru Poornima Celebration 11 AM to 1 PM on Sunday, July 15</b>	