

| <b>2019 Sadhana Shivir Adult Schedule</b>                        |   |
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| <b>Week 2 (June 30 - July 6)</b>                                 |   |
| <b>Day 1: Sunday, June 30</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 1 - July 6</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                     |
| 11:00 AM   | Sadhana   |
| 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 (Continues till 4 AM on July 6th night) |
| 10:30 PM   | Warm Milk & Snacks                              |
| 11:00 PM   | Rest  |
| <b>Guru Poornima Celebration 11 AM to 1 PM on Sunday, July 7</b> |   |