

JANUARY	MON 25 • WED 27 • FRI 29	GUIDE	VENUE	TIME
<b>MORNING SESSION</b>				
5:30 AM	SILENT MEDITATION	SELF	HOME ALONE	30 mins
6:00 AM	SANKALPA & JAPA	EDDIE	ZOOM LIVE	30 mins
6:30 AM	PRANAYAMA PRACTICE	ROBERT	ZOOM LIVE	60 mins
7:30 AM	BREAK			15 mins
7:45 AM	YOGA ASANA PRACTICE	EDDIE	ZOOM LIVE	75 mins
<b>AFTERNOON SESSION</b>				
4:00 PM	PRANAYAMA PRACTICE	ROBERT	ZOOM LIVE	45 mins
4:45 PM	BREAK			15 mins
5:00 PM	YOGA THERAPY PRACTICE	EDDIE	ZOOM LIVE	60 mins
6:15 PM	BREAK			15 mins
6:30 PM	HATHAYOGAPRADEEPIKA	ROBERT & EDDIE	ZOOM LIVE	30 mins
7:00 PM	QUESTIONS & DISCUSSION	EDDIE & ROBERT	ZOOM LIVE	30 mins
7:30 PM	MANTRA CHANTING	EDDIE	ZOOM LIVE	30 mins
8:00 PM	SILENT MEDITATION	SELF	HOME ALONE	30 mins