

day 1: delhi, day 2-5: rishikesh, day 6-10: vrindavan

Day 1, Wednesday 12 March:

Start in Delhi at Zorba the Buddha

16:00 - Yoga, sharing, 18.30 dinner. 20.00 sankalpa (intention), and fire ceremony.

Day 2, Thursday 13 March:

Train to Rishikesh - Sacred Space

13:15 - Lunch

15:00-16:30 - Yoga

16:30-17:30 - SANGA: The Meaning of Sacred Places. What makes a place sacred? How can we integrate sacred space into our life?

18:00 - Ganga Arati

19:00 - Darshan/Satsang with **Sadhvi Bhagavati**.

20:30 - Dinner Sanskriti

Day 3: Friday 14 March:

Rishikesh - Sacred Sound, Mother Ganges, HOLI/ Gaur Purnima

7:00 - Yoga/Meditation

9:30 - Breakfast (fasting till dinner for those who want)

10:30 -12.30 SANGA: Sacred Sound in the Bhakti Tradition. Life of Chaitanya, story of Holi.

13:00 - Lunch/ rest moment

14:00-18:30 - Kirtan Afternoon at Kirtan Festival

19:00 - Dinner

20.00 - Own kirtan

Day 4, Saturday 15 March:

Rishikesh - Sacred Space/ Sacred Worship

7:00 - Yoga

9:00 - Breakfast

10:00 - SANGA & bath by the Ganges: Theme - The Personification of All Life. Samskaras and the Layers Surrounding the Atma. The Importance of Rituals.

13:00 - Lunch bij Ganga View

14:00-16:00 - Free Time/Massages

16:00 - Workshop: **Madhava**

18:00 - Dinner. Atma Cafe

19:00 - Music school visit + GROUP SHARING

Day 6, Sunday 16 March:

Rishikesh/Haridwar - Sacred Worship

7:00 - Yoga

8:30 - Breakfast

10:00 - SANGA: Visit **Siddharta**: The meaning of Puja/Worship

12:30 - Lunch

13:00-16:00 - Free Time

16:00 - Haridwar

18:00 - Ganga Puja Haridwar

20:30 - Dinner

24:00 - Train to Mathura

Day 7, Monday 17 March:**Vrindavan - Sacred Worship/Sacred Space**

8:00 - Arrival at Ashram

8:30 - Breakfast

10:00 - SANGA: The Meaning of Vrindavan as a Sacred Place, the Meaning of Avatar, the Meaning of Murti Seva: visit **Raseshvar**

12:30 - Lunch

13:00-16:00 - Resting Time

16:00 - Temple Visits. Special Temples in Vrindavan

19.00- 20.00 Kirtan

20:30 - Dinner

21:15 - Closing Kirtan GROUP SHARING

Day 8: Tuesday 18 March**Vrindavan - Sacred Worship/Sacred Study**

5:00 - Arati (optional)

7:00 –yoga & kirtan

8.30 breakfast

9:30 -12.00 Temple Visits. Special Temples in Vrindavan

12:30 - Lunch

13:00-16:00 - Resting Time

16:00 - SANGA: The Meaning of Vrindavan as a Sacred Place, the Meaning of Avatar, the Meaning of Murti Seva. Reading from the Gita and the Bhagavad Purana. Kirtan Keshi Ghat.

20:00 - Dinner

21:00 – Kirtan

Day 9: Wednesday 19 March**Vrindavan/Radha Kund - Sacred Worship/Sacred Sanga**

5:00 - Arati (optional)

7:00 – Yoga & kirtan

8: 30 – breakfast

10.00 -Walk to Man Sarovar, **Champakalata**

13.00- Lunch lalita

15:00-19.00 – Govardhan parikram, **Radha Madhav**

19.00 – Dinner

Day 10: Thursday 20 March**Radha Kund - Sacred Space/Sacred Worship/Sacred Sanga**

7:00 – Yoga& kirtan

8.30 - breakfast

9.15- Varshana, Vrinda Kunda, places of Radha-Krishna lila's.

12.30 Yavat lunch.

15.00 Nandagram. **Goswami**

17.00 Radha Kund.

19.00 dinner.

day 11: Friday 21 March**Vrindavan- Closing.**

8.00 kirtan

9.00 breakfast & Closing