

**Sadhana Camp 2026
Routine**

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| 4:20 | Wake up/Prabhat Samgiita (40 minutes) |
| 5:00 | Kiirtan (30 minutes) |
| 5:30 | Meditation (40 minutes) |
| 6:10 | Kiirtan (10 minutes) |
| 6:20 | Meditation (40 minutes) |
| 7:00 | Kiirtan (10 minutes) |
| 7:10 | Meditation (40 minutes) |
| 7:50 | Guru puja and svadhyaya (10 minutes) |
| 8:00 | Asana class (50 minutes) |
| 8:50 | Breakfast (40 minutes) |
| 9:30 | Cleaning (30 minutes) |
| 10:00 | Class (90 minutes) |
| 11:30 | Kiirtan (15 minutes) |
| 11:45 | Meditation (30 minutes) |
| 12:15 | Kiirtan (15 minutes) |
| 12:30 | Meditation (30 minutes) |
| 1:00 | Lunch (45 minutes) |
| 1:45 | Free time (45 minutes) |
| 2:30 | Class (90 minutes) |
| 4:00 | Free time/individual asanas (60 minutes) |
| 5:00 | Kiirtan (30 minutes) |
| 5:30 | Meditation (40 minutes) |
| 6:10 | Kiirtan (10 minutes) |
| 6:20 | Meditation (40 minutes) |
| 7:00 | Kiirtan (10 minutes) |
| 7:10 | Meditation (40 minutes) |
| 7:50 | Guru puja and svadhyaya (10 minutes) |
| 8:00 | Dinner (45 minutes) |
| 8:45 | Spiritual stories (30 minutes) |
| 9:15 | Avarta Kiirtan (15 minutes) |

9:30 Meditation and sleep