

Seduction of Spirit Sample Schedule



6:00 a.m.	Sunrise meditation (optional)
7:00 a.m.	<i>Seven Spiritual Laws of Yoga</i> class or nature walks
8:45 a.m.	General session (includes Law of the Day, group meditation, and Sutra instruction)
12:00 noon	Ayurvedic lunch
1:30 p.m.	General session and group meditation
5:00 p.m.	<i>Seven Spiritual Laws of Yoga</i> class or nature walks
6:00 p.m.	Ayurvedic dinner
Evening	Various lectures and activities

*Breakfast is on your own each morning (time is allotted for this)



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While the schedule at each event varies, this schedule of a sample day will give you a good sense of the flow of activities, sessions, meals, and meditations at *Seduction of Spirit*.

*This sample schedule is subject to change without notice.