



## AMRITA YOGA SADHANA FOR BEGINNERS at MA Center Chicago

May 13 & 14, 2017

# SCHEDULE

### Day - ① Saturday, May 13

8:30 - 9:30 am	Registration and Chai
9:30 - 10:00 am	Lamp lighting & Archana (chanting Amma's 108 names)
10:30 am - 12:30 pm	Asana-Class 1 and Meditation
12:30- 1:00 pm	Lunch
1:00 - 3:00 pm	Free time / Rest
3:00 - 4:10 pm	Asana-Class 2
4:10 - 4:40 pm	Chai and Snacks
5:00 - 6:00 pm	Group Archana (optional)
6:00 - 8:00 pm	Satang, Bhajans, & Arati
8:00 - 8:45 pm	Dinner

### Day - ② Sunday, May 14

6:30 - 7:30 am	Hall open for personal archana and/or IAM practice
7:30 - 8:00 am	Breakfast
8:00 - 9:00 am	Talk by Br. Shantamrita Chaitanya
9:00 - 10:00 am	Free time (rest, pack, etc.)
10:00 - 10:15 am	Archana (chanting Amma's 108 names)
10:15 am - 12:30 pm	Asana-Class 3, & Review Handouts
12:30 - 1:00 pm	Feedback and Closing prayers
1:00 - 2:00 pm	Lunch & Checkout

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