

Know the Light Within
Kundalini Yoga Retreat with Devinder Kaur

Friday
<ul style="list-style-type: none"> • 3:00 pm - Arrivals • 4:30 PM - Welcome in the Yurt <ul style="list-style-type: none"> ○ Introductions, Yoga & Meditation
<ul style="list-style-type: none"> • 6:00 PM Dinner
<ul style="list-style-type: none"> • 7:30 PM to 8:30 PM - Evening <ul style="list-style-type: none"> ○ Meditation & Gong Relaxation
Saturday
<ul style="list-style-type: none"> • 5:00 AM to 7:00 AM – Aquarian Sadhana <ul style="list-style-type: none"> ○ 1 hour Yoga + 1 hour Meditations
<ul style="list-style-type: none"> • 8:00 AM - Breakfast
<ul style="list-style-type: none"> • 9:30 AM to 11:00 AM - Yoga & Meditation
<ul style="list-style-type: none"> • 12:00 PM - Lunch
<ul style="list-style-type: none"> • 1:00 PM to 6:00 PM – Free Time
<ul style="list-style-type: none"> • 6:00 PM Dinner
<ul style="list-style-type: none"> • 7:30 PM to 9:00 PM – Evening <ul style="list-style-type: none"> ○ Meditation & Gong Relaxation
Sunday
<ul style="list-style-type: none"> • 8:00 AM – Light breakfast snack items available
<ul style="list-style-type: none"> • 9:30 AM to 10:45 AM – Yoga & Meditation
<ul style="list-style-type: none"> • 10:45 AM - Brunch
<ul style="list-style-type: none"> • 12:00 PM – Check out of Rooms, Free Time, Departures