

Jain Vishva Bharati, London

Preksha Meditation Spiritual Camp: Discover Your Self

Schedule for Adult above 40

(* Preksha Meditation - PM)

June 4 th , 2016	
9: 00 am - 10:00 am	Registration & Breakfast
10:00 am - 10:30 am	Opening Ceremony (Mangal Bhavana, Preksha Song, Initiation into Meditation)
10.30 - 11.10 am	Lecture: Upasampada Samani Pratibha Pragma
11.10 am - 11-45 am	Relaxation (Kayotsarg) Samani Unnata Pragma
11:45 am - 12:50 pm	Lecture: PM: Why to do? Samani Rohit Pragma
12: 50 - 1:00 pm	Āhāra Yoga
1:00 - 2:00 pm	Lunch (Mindful Eating) & Rest
2:00 - 2.40 pm	Lecture: PM: How to do? Samani Shukla Pragma
2:40 - 3:15 pm	Mantra Chanting to Empower the self Samani Unnata Pragma
3:15 - 3:45pm	Pratice: Preksha Meditation Samani Shukla Pragma
3:45 - 4:15 pm	Tea Break and Photo Session
4:15 - 5:30 pm	Lecture + Practice

	Power of Contemplation Samani Pratibha Pragma
05:30 - 6:30 pm	Dinner
6:30 - 7:00 pm	Walking Meditation (Gaman-Yoga)
7:30 - 9:30 pm	Evening Prayer + Quiz: Test Your Knowledge through Spiritual Cricket Samani Shukla Pragma Samani Rohit Pragma
10 pm - 6 am	Yoga-Nidra (Sleep)

June 5th 2016	
6.00 - 7.00 am	Bhaktamar & Preksha Meditation Samani Rohit Pragma
7.00 - 8.00 am	Yoga & Pranayam Session Dinesh Shah
8:00 - 9:15 am	Breakfast
9:30 - 10: 30 am	Svādhyāya: Adhyatma-padavali Samani Unnata Pragma
10:30 - 11:00 am	Mantra Chanting for wellbeing Samaniji Pratibha Pragma
11:00 - 11:30 am	Practice: Preksha Meditation Samaniji Shukla Pragma
11:30 - 12:00pm	Relaxation (Kayotsarg) Samaniji Rohit Pragma
12:00 - 12:50 pm	Lecture & Practice Health in Your Hand Samani Pratibha Pragma

12:50 – 2:00 pm	Āhāra Yoga (Mindful Eating) & Rest
2:00 – 3:00 pm	Lecture & Practice Prevent the Anger before it burns you Samani Shukla Pragya
3:00 - 3:40 pm	Contemplation Forgiveness Samani Unnata Pragya
3:40 – 4:00 pm	Tea Break
4:00 – 4:45 pm	Open discussion (Q&A)
4.45-5:15 pm	Closing