

The Karma Yoga Program Daily Schedule

6:00 a.m. Daily wake-up gong.

6:30–8:30 a.m. Daily morning sadhana, Expanding Light Temple.

(Energization, Ananda Yoga, Chanting, and Meditation).

8:30 – 9:00 a.m. Breakfast in silence, except Sundays.

9:05 – 10:00 a.m. Daily scheduled spiritual meeting and discussion.

All Karma Yogis, please attend these morning meetings.

10:00 am. Kitchen blessing (*all Karma Yogis*)

10:05 – 12:00 p.m. Morning *Karma Yoga service shift**.

12:00 – 12:30 p.m. Meditation: Mon/Weds/Fri/Sat

(“Swami Video” on Tuesdays – “Purification Ceremony” on Thursdays.)

12:30 – 1:30 p.m. Lunch

1:30 – 3:30 p.m. Afternoon *Karma Yoga service shift**.

3:30 – 4:30 p.m. Tuesday and Thursday:

Class on *The Art and Science of Raja Yoga*

All Karma Yogis please attend these classes.

4:45 – 6:30 p.m. Daily afternoon sadhana, Expanding Light Temple.

(Energization, Ananda Yoga, Chanting, and Meditation).

6:30 – 7:30 p.m. Dinner

7:30 - 9:30 p.m. Evening *Karma Yoga service shift**.

Please attend at least one Sadhana session per day.

***Our Karma Yoga participants have 11 service shifts per week. Karma Yogis will have 2 service shifts per day with 3 “half-days” (with one shift) per week. There is also the option to have one full day and one half day off per week.**

Full day = 2 service shifts.

Half day = 1 service shift.

- *All classes and techniques are based on the teachings of Paramhansa Yogananda.*

Joy to You!