



JVB Preksha Meditation Center, Houston MEDITATION CAMP

Schedule

Saturday, Dec 20th 2014

8:30 AM	Registration
9:00 AM	Preksha Geet (Song) and Diksha (Resolution for the camp)
9:30 AM	Unloading the mind
10:00 AM	Meditation 5 minute Break
10:50 AM	Yoga and Pranayam
11:50 AM	Kayotsarg (Spiritual Relaxation) Lunch Break (12:30 PM)
1:15 PM	Discourse: One day can make your year
2:00 PM	Chanting 5 minute Break
2:35 PM	Stretching
3:00 PM	Meditation
3:45 PM	Testimonial, Mangal Path (Closing Prayer) Tea & Snacks

Please Respect Silence



PREKSHA MEDITATION
Comprehend the SOUL Transform your LIFE