

*A sample daily Schedule*

## BHAKTI YOGA

# LOVE FEST 2024

7:30 AM	Breath & Movement
8:15 AM	Bhakti Yoga with Mantra Chanting
9:00 AM	Guided Meditation
9:30 AM	Breakfast
10:30 AM	Free Time
12:30 Nn	SOULful Connection & JOYful Practices
2:00 PM	Lunch
3:00 PM	Free Time (Exploring/Connecting/Massage)
5:00 PM	Gentle Yoga Asana and Pranayama
6:30 PM	Dinner
7:30 PM	Evening Bhakti Practice