

DAILY SCHEDULE NORMAFA

	Monday, Tuesday, Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00		Theoretical Introduction to Kundalini Yoga	Kundalini Yoga Theory	Kundalini Yoga Theory	Kundalini Yoga Theory
10:00 - 10:15		Preparation time, tea serving			
10:15 - 11:45		Introductory Kundalini Yoga Class	Kundalini Yoga Class	Kundalini Yoga Class	Kundalini Yoga Class
11:45 - 12:00		Preparation time, tea serving			
12:00 - 13:00		Theoretical session, mantra, meditation	Theoretical session, mantra, meditation	Theoretical session, mantra, meditation	Theoretical session, mantra, meditation
13:00 - 14:30		Lunch			
14:30 - 16:00		Kundalini Yoga Workshop	Kundalini Yoga Workshop	Kundalini Yoga Workshop	Kundalini Yoga Workshop
16:00 - 16:15		Preparation time, tea serving			
16:15 - 17:00		Gong & Mantra meditation	Gong & Mantra meditation	Gong & Mantra meditation	Gong & Mantra meditation
18:00 - 19:00	Kundalini Yoga OR Healing Sound Bath	Kundalini Yoga + Dinner	Healing Sound Bath + Dinner	Mantra night + Dinner	Healing sound bath + Dinner