

Eldorado Mountain Yoga Ashram

Weekly Schedule 2022

*Indicates attendance required

Sunday

6:30 Medicine Buddha Practice, Meditation*
7:30am Community Breakfast
8:00am Clean-up

9:00 Hatha Yoga
10:30 Public Family Program
11:30-12 Satsang

5:00pm Community Dinner
6:00pm Goddess Meditation Class

Monday

5:30am Guru Gita Chant, Meditation*
7:00am Community Breakfast
7:30am Clean-up

5:00pm Community Dinner
6:30pm Community Night: Kirtan, Arati, Meditation
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7:30pm Satsang (Questions and Answers)

Tuesday

5:30am Guru Gita Chant, Meditation*
7:00am Community Breakfast
7:30am Clean-up

6:00pm Community Meditation

Wednesday

5:30am Guru Gita Chant, Meditation*
7:00am Community Breakfast
7:30am Clean-up

Thursday

5:30am Guru Gita Chant, Meditation*
7:00am Community Breakfast
7:30am Clean-up

5:00pm Community Dinner
7:00pm Yoga Philosophy & Discussion Night*

Friday

5:30am Guru Gita Chant, Meditation*
7:00am Community Breakfast
7:30am Clean-up

5:00pm Community Dinner

Saturday

5:30am Guru Gita Chant, Meditation*
7:00am Community Breakfast
7:30am Clean-up

8:00am Beginner's Meditation
9:00am Hatha Yoga

