

	9/9/2024	Tue Sep 10	Wed Sep 11	Thu Sep 12	Fri Sep 13	Sat Sep 14	Sun Sep 15	
Morning Satang	Swami Shambhuvananda The Practice of Pranayama	In the Name of Peace	Silent walk Swami's Gospel of Divine Life	Swami Shambhuvananda Teachings of Swami Vithubuvananda	Swami Shambhuvananda The Twenty Important Spiritual Instructions of Swami Sivarananda	Silent walk Swami's Gospel of Divine Life	Bhargavi Chaitanya Prayer and Self-Surrender	
Opening Satang	Siva	Swami Shambhuvananda	Siva	Siva	Manoharaji	Siva	Haruman	
12 pm Workshop	Parvati Chaitanya-Meditation and Mantra	Parvati Chaitanya- Meditation for world peace	Bhargavi Chaitanya Mastering the Art of Relaxation: Essential Techniques for Renewed Vitality	Bhargavi Chaitanya Mastering the Art of Relaxation: Essential Techniques for Renewed Vitality	Bhargavi Chaitanya Mastering the Art of Relaxation: Essential Techniques for Renewed Vitality	Dayna Macy - writing as spiritual practice	Dayna Macy - writing as spiritual practice	
4:00 PM								
Evening Satang	Swami Shambhuvananda The Practice of Pranayama	Bhargavi Chaitanya Mastering the Art of Relaxation: Essential Techniques for Renewed Vitality	Bhargavi Chaitanya Mastering the Art of Relaxation: Essential Techniques for Renewed Vitality	Swami Shambhuvananda The Twenty Important Spiritual Instructions of Swami Sivarananda	Dayna Macy - writing as spiritual practice	Dayna Macy - writing as spiritual practice	Bhargavi Chaitanya Prayer and Self-Surrender	
Opening Satang	Siva	ganeshha	Shambhavi	Haruman	Haruman	ganeshha	Siva	
All Yoga Class	Mahabharati	Bhargavi Chaitanya	Lalla	Swami Shambhuvananda	Swami Shambhuvananda	Pranada	Mahabharati	
Open Club	NA	NA	NA	NA	NA	NA	NA	
PM Yoga Class	Shakti	Shakti	Swami Shambhuvananda	Shakti	Lalla	Shakti	Dr Govinda	
Staff Class		PM - Small Price			PM - Mahabharati			
Puja	Swami Shambhuvananda	Parvati Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalla	Parvati Chaitanya	
Prasad distribution								
Advan Welcome Tour	Bhargavi Chaitanya	Lalla	Shakti	Bhargavi Chaitanya	Shakti	Bhargavi Chaitanya	Lalla	
Maintenance Project								
	Haruman Siva-Mark		Haruman Siva-Mark	Haruman Siva-Mark	Haruman Siva-Mark	Haruman Siva-Mark	Haruman Siva-Mark	
Kitchen								
BREAKFAST								
Breakfast per cook	25	24	25	26	30	31	26	
Breakfast per team	Luna & Marie	Luna & Marie	ganeshha	Shambhavi	Shambhavi	Shambhavi	Shambhavi	
	Marie	Marie	Luna	Luna	Marie	Luna	Luna	
	Haruman	Haruman	Marie	Marie	Marie	Marie	Marie	
Servers	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
Team 1 to 10:30	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
Team 1 to 10:30 Cleanup	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
Breakfast per cleanup	Luna	Luna	Luna	Luna	Luna	Luna	Luna	
	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman	
	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	
BREAD MAKER	Luna	ganeshha	Shambhavi	Luna	Lalla	Shambhavi	ganeshha	
Kitchen Cleaning Project 12:2								
DINNER								
Dinner per cook	24	25	26	30	31	31	26	
Dinner per team	ganeshha	ganeshha	Lalla	ganeshha	Pranada and Dya	ganeshha	Lalla	
	Yashoda	Haruman	Chandika	Chandika	Luna	Yashoda	Yashoda	
	Haruman	Siva-Mark	Haruman	Marie	Marie	Marie	Marie	
Servers	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
Team 1 to 10:30	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
Team 1 to 10:30 Cleanup	Marie	Marie	Marie	Marie	Marie	Marie	Marie	
Dinner per cleanup	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	
	Luna	Luna	Luna	Luna	Luna	Luna	Luna	
	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman	
	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	Siva-Mark	
Prasad for Satang	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	

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	8/26/2024	Tue Aug 27	Wed Aug 28	Thu Aug 29	Fri Aug 30	Sat Aug 31	Sun Sep 1
Morning Satang	Swami Paramananda How to Cultivate Patience and Persistence	Swami Paramananda How to Cultivate Patience and Persistence	Silent Walk Swami Paramananda How to Cultivate Patience and Persistence	Swami Brahmananda Dharma - The True World Order	Swami Brahmananda Dharma - The True World Order	Swami Shambhudevananda Finding Serenity, Yoga Remedies for Depression and Anxiety	Swami Shambhudevananda Finding Serenity, Yoga Remedies for Depression and Anxiety
Opening Satang	Siva	Mahashakti	Siva	Siva	Mahashakti	Siva	Haruman
12 pm Workshop	Swami Shambhudevananda: Thriving Through Tough Times: Cultivating Joy Amid Adversity	Swami Shambhudevananda: Thriving Through Tough Times: Cultivating Joy Amid Adversity	Parvati Chaitanya Open the heart: The Joy of Kirtan	1pm - Swami Paramananda: Yoga: The Science of Happiness	Swami Shambhudevananda: Finding Serenity, Yoga Remedies for Depression and Anxiety	Tanya Hanna - Bahaman Music Concert	1pm-Swami Shambhudevananda: Finding Serenity, Yoga Remedies for Depression and Anxiety
4:00 PM							
Evening Satang	Sri Krishna Jayanti Celebration	Swami Swaroopnanda Q & A	Swami Brahmananda Dharma - The True World Order	Swami Shambhudevananda: Finding Serenity, Yoga Remedies for Depression and Anxiety	Swami Shambhudevananda: Finding Serenity, Yoga Remedies for Depression and Anxiety	Tanya Hanna - Bahaman Music Concert	Shargeni Chaitanya Work is Worship - the Practice of Karma, Yoga
Opening Satang	Siva	Swami Brahmananda Ganesh	Shantavi	Haruman	Haruman	Shargeni Chaitanya Siva	Ganesh
All Yoga Class	Shakti	Shantavi	Shakti	Lalla	Swami Shambhudevananda Swami Paramananda	Pranita	Mahakalshi Lalla
Open Club	Gauri Devi						
PM Yoga Class	Shantavi	Swami Shambhudevananda	Swami Shambhudevananda	Shakti	Lalla	Shakti	Shakti
Staff Class		Phi-Shakti-Piya			Phi- Mahashakti		
Puja	N/A	Shargeni Chaitanya	Parvati Chaitanya	Parvati Chaitanya	Shargeni Chaitanya	Lalla	Lalla
Prasad distribution							
Adham Welcome Tour	Swami Paramananda	Swami Paramananda	Swami Paramananda	Swami Paramananda	Swami Paramananda	Swami Paramananda	Shargeni Chaitanya
Maintenance Project	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman
Kitchen							
BRUNCH							
preparation	30	29	29	31	30	30	32
Kitchen set - cook	Shantavi	Lalla	Shantavi	Shantavi	Shantavi	Shantavi	Shantavi
Kitchen set - wash	Luna Mara	Luna Mara	Luna Mara	Luna Mara	Luna Mara	Luna Mara	Luna Mara
Servers							
late 11:45-1:15	Carly Yashoda	Carly Yashoda	Carly Yashoda	Carly Yashoda	Carly Yashoda	Carly Yashoda	Carly Yashoda
Kitchen set - cleanup	Devi						
	Luna Mara Haruman	Luna Mara Haruman	Luna Mara Haruman	Luna Chandika Mara Haruman	Luna Mara Haruman	Luna Mara Haruman	Luna Mara Haruman
BREAD MAKER	Luna	ganesh	Shantavi	Luna	Lalla	Shantavi	ganesh
Kitchen Cleaning Project 12-2							
DINNER							
preparation	29	29	31	30	30	32	31
Kitchen set - cook	ganesh	ganesh	ganesh	ganesh	Pranita and Diya	Lalla	ganesh
Kitchen set - wash	Yashoda	Yashoda	Yashoda Chandika	Yashoda Chandika	Yashoda Lisa	Yashoda	Yashoda
Servers							
late 1:45-3:15	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly
Cleanup							
Kitchen set - cleanup 1:45-3:15	Yashoda Lisa Haruman	Haruman Yashoda Lisa	Haruman Yashoda Lisa	Yashoda Lisa Haruman	Yashoda Lisa	Yashoda Lisa	Yashoda Lisa
Prasad for Satanga	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen

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12:00
12:15

12:30

	9/16/2024	Tue Sep 17	Wed Sep 18	Thu Sep 19	Fri Sep 20	Sat Sep 21	Sun Sep 22																	
Morning Satang																								
Opening Satang Camera	Eshagel Chalanya Foundations of Ayurveda	Eshagel Chalanya Foundations of Ayurveda	Shant Waki Eshagel Chalanya Foundations of Ayurveda	Parvati Chalanya Spiritual Teachings and the Spiritual Diary	Parvati Chalanya Spiritual Teachings and the Spiritual Diary	Shant Waki Swami Shambhudenevanda - Self Transformation Through The Power of Thought	Swami Shambhudenevanda - Self Transformation Through The Power of Thought																	
12 pm Workshop Camera 4:00 PM	Parvati Chalanya	Parvati Chalanya	Eshagel Chalanya Harmonious Nourishment The Yoga Approach to Diet	Eshagel Chalanya Harmonious Nourishment The Yoga Approach to Diet	Ipm Eshagel Chalanya - Divine Tour	Swami Shambhudenevanda - Self Transformation Through The Power of Thought	Swami Shambhudenevanda - Self Transformation Through The Power of Thought																	
Evening Satang Opening Satang Camera	Swami Shambhudenevanda Swami Vithubandana's Teachings	Eshagel Chalanya Harmonious Nourishment The Yoga Approach to Diet	Eshagel Chalanya Harmonious Nourishment The Yoga Approach to Diet	Parvati Chalanya Spiritual Teachings and the Spiritual Diary	Swami Shambhudenevanda - Self Transformation Through The Power of Thought	Swami Shambhudenevanda - Self Transformation Through The Power of Thought	Swami Shambhudenevanda - Self Transformation Through The Power of Thought																	
AM Yoga Class Ocean Club	Laila N/A	Eshagel Chalanya	Laila	Swami Shambhudenevanda	Swami Shambhudenevanda	Pranita	Dr Goveida N/A																	
PM Yoga Class	Shambhavi	Shakti	Swami Shambhudenevanda	Shakti	Mahalakshmi	Shakti	Mahalakshmi																	
Staff Class		Pr - Small Piya	Pr - Maheshakti																					
Puja	Swami Shambhudenevanda	Parvati Chalanya	Eshagel Chalanya	Eshagel Chalanya	Eshagel Chalanya	Laila	Parvati Chalanya																	
Prasad distribution																								
Astrem Welcome Tour	Eshagel Chalanya	Eshagel Chalanya	Shakti	Laila	Shakti	Eshagel Chalanya	Laila																	
Maintenance Project	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman	Haruman																	
Kitchen																								
BRUNCH																								
Kitchen - cook	Shambhavi	Shambhavi	Laila/Maria	Shambhavi	Shambhavi	Shambhavi	Shambhavi																	
Kitchen - wash	Luna Maria Mansi	Luna Maria Mansi	Mansi	Luna Maria Mansi	Luna Maria Mansi	Luna Maria Mansi	Luna Maria Mansi																	
Servers	Mansi Yashoda	Mansi Yashoda	Mansi Yashoda	Mansi Yashoda	Mansi Yashoda	Mansi Yashoda	Mansi Yashoda																	
Cleanup	Luna Mansi Haruman Mansi	Luna Mansi Haruman Mansi	Luna Mansi Haruman Mansi	Luna Mansi Haruman Mansi	Luna Mansi Haruman Mansi	Luna Mansi Haruman Mansi	Luna Mansi Haruman Mansi																	
BREAD MAKER	Luna	Shambhavi	ganeshha	Luna	ganeshha	Shambhavi	ganeshha																	
Kitchen Cleaning Project 12-2																								
DINNER																								
Kitchen - cook	ganeshha	Laila	ganeshha	ganeshha	Pranita and Dya	ganeshha	ganeshha																	
Kitchen - wash	Yashoda Jaime Mansi	Yashoda Jaime Mansi	Yashoda Jaime Mansi	Yashoda Jaime Mansi	Yashoda Jaime Mansi	Yashoda Jaime Mansi	Yashoda Jaime Mansi																	
Servers	Mansi Carly	Mansi Carly	Mansi Carly	Mansi Carly	Mansi Carly	Mansi Carly	Mansi Carly																	
Cleanup	Yashoda Laila Haruman Jaime	Yashoda Laila Haruman Jaime	Yashoda Laila Haruman Jaime	Yashoda Laila Haruman Jaime	Yashoda Laila Haruman Jaime	Yashoda Laila Haruman Jaime	Yashoda Laila Haruman Jaime																	
Prasad to Satang	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen																	

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	10/7/2024	Tue Oct 8	Wed Oct 9	Thu Oct 10	Fri Oct 11	Sat Oct 12	Sun Oct 13
Morning Satsang	Silent Walk Bhargavi Chaitanya Worship of the Divine Mother	Swami Brahmananda God as Mother	Swami Brahmananda God as Mother	Swami Brahmananda God as Mother	Swami Brahmananda God as Mother	Krishnan Namboudiri Vijaya Dasami	In the Name of Peace
Opening Satsang Camera	Siva	Mahadevi	Siva	Siva	Mahadevi	Swami Brahmananda Siva	Swami Paramananda Hanuman
12 pm Workshop Camera	Parvati Chaitanya	Swami Shambhudevananda - Shri Sri Sri Highest Potential Through the Potency of Prayer!	Swami Shambhudevananda - Shri Sri Sri Highest Potential Through the Potency of Prayer!	Parvati Chaitanya		Bhargavi Chaitanya, Reflection, Celebration, and Remembrance - from theory to practice	Bhargavi Chaitanya Reflection, Celebration, and Remembrance - from theory to practice
4:00 PM							
Evening Satsang	Krishnan Namboudiri Navaratri Puja	Krishnan Namboudiri Navaratri Puja	Krishnan Namboudiri Navaratri Puja	Krishnan Namboudiri Navaratri Puja	Krishnan Namboudiri Navaratri Puja	Krishnan Namboudiri Navaratri Puja	Bhargavi Chaitanya Reflection, Celebration, and Remembrance - from theory to practice
Opening Satsang Camera	Swami Shambhudevananda Siva	Swami Brahmananda Ganesh	Swami Paramananda Shambhavi	Swami Brahmananda Hanuman	Swami Paramananda Hanuman	Swami Shambhudevananda Siva	Ganesh
AM Yoga Class	Mahalakshmi Gauri Devi	Bhargavi Chaitanya	Lalita Swami Paramananda	Swami Shambhudevananda	Swami Shambhudevananda Gauri Devi	Praniti	Dr Govinda Lalita
PM Yoga Class	Shambhavi	Shakti	Swami Shambhudevananda	Shakti	Lalita	Shakti	Mahalakshmi
Staff Class		Pr - Small Puja	Pr - Mahadevi				
Prasad Distribution							
Afternoon Welcome Tea	Bhargavi Chaitanya	Bhargavi Chaitanya	Shakti	Lalita	Shakti	Bhargavi Chaitanya	Lalita
Maintenance Project	Hanuman	Hanuman	Hanuman	Hanuman	Hanuman	Hanuman	Hanuman
Kitchen							
BRUNCH							
preparation	29	29	29	31	31	32	32
kitchen pre - cook	Shambhavi	Lalita	Shambhavi	Shambhavi	Shambhavi	Shambhavi	Shambhavi
kitchen pre - wash	Lona Mama	Lona Mama	Lona Mama	Lona Mama	Lona Mama	Lona Mama	Lona Mama
Servers	Carly Yashoda	Carly Yashoda	Yashoda	Yashoda	Yashoda	Yashoda	Yashoda
clean up	Devi						
kitchen pre - cleanup	Lona Mama Hanuman	Lona Mama Hanuman	Lona Mama Chandika	Lona Chandika Mama Hanuman	Lona Mama Hanuman	Lona Mama Hanuman	Lona Mama Hanuman
BREAD MAKER	Lona	ganesh	Shambhavi	Lona	Lalita	ganesh	Shambhavi
Kitchen Cleaning Project 122							
DINNER							
preparation	29	29	31	31	31	32	31
kitchen pre - cook	ganesh	ganesh	ganesh	ganesh	Praniti and Diya	Lalita	ganesh
kitchen pre - wash	Yashoda	Yashoda	Yashoda Chandika	Yashoda Chandika	Yashoda	Yashoda	Yashoda
Servers	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly	Valentia Carly
clean up							
kitchen pre - cleanup	Hanuman Yashoda Lona Hanuman	Hanuman Yashoda Lona	Yashoda Lona	Yashoda Lona	Yashoda Lona	Yashoda Lona	Yashoda Lona
Prasad for Satsang	afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen

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	7/29/2024	Tue Jul 30	Wed Jul 31	Thu Aug 1	Fri Aug 2	Sat Aug 3	Sun Aug 4
Morning Satang	Swami Shambhudhananda Nurturing Your Spiritual Journey: A Guide to Staying on the Path	Mantra Shabdini / Short Walk Swami Shambhudhananda Nurturing Your Spiritual Journey: A Guide to Staying on the Path	Short Satang	Swami Shambhudhananda Overcoming Obstacles in Meditation	Swami Shambhudhananda Overcoming Obstacles in Meditation	Short Walk Swami Shambhudhananda Overcoming Obstacles in Meditation	Swami Shambhudhananda
Opening Satang Camera			Swami Brahmananda				
12 pm Workshop Camera	Dharma - Sound healing	Ambika - Yoga Nidra	Jeremy Jones - Devotional Chanting for Deep Meditation	Jeremy Jones - Devotional Chanting for Deep Meditation	Jeremy Jones - Devotional Chanting for Deep Meditation	Swami Paramananda Mastering Virtues: How to Triumph over Everyday Vices	2pm. Bhargavi Chatterya - Teachings from the Bhagavad Gita
2pm Workshop 4:00 PM Camera	Swami Shambhudhananda Nurturing Your Spiritual Journey: A Guide to Staying on the Path	Jeremy Jones - Devotional Chanting for Deep Meditation	TTC Graduation	Jeremy Jones - Devotional Chanting for Deep Meditation	Swami Paramananda Mastering Virtues: How to Triumph over Everyday Vices	Swami Paramananda Mastering Virtues: How to Triumph over Everyday Vices	Swami Paramananda Mastering Virtues: How to Triumph over Everyday Vices
Evening Satang Camera		Swami Paramananda	Swami Brahmananda				
AM Yoga Class/ no Intermediate	Narayani	Ambika	Laila	Ambika	Krishna Nambodiri	Mahalakshmi	Krishna Nambodiri
Down Club Online Yoga class	Ambika		Ambika		Ambika		Clara Devi
PM Yoga Class				Swami Shambhudhananda	Bhargavi Chatterya	Swami Shambhudhananda	Laila
Staff Class	Swami Shambhudhananda	Mahalakshmi	Mahalakshmi	Shambhan			Mahalakshmi Pro
Sadhana Meeting							
Prasad distribution							
Adham Welcome Tour	Ambika	Ambika	Ambika	Ambika	Ambika	Bhargavi Chatterya	
Maintenance Project							
	Dustin Giacomo Adham	Dustin Giacomo Adham	Dustin Giacomo Adham	Dustin Giacomo Adham	Adham Giacomo	Adham Giacomo	Adham Giacomo
Kitchen							
BRUNCH			TTC Insestivi Tam				
preparation	55	55	55	52	51	41	34
kitchen prep - cook	Shambavi	Shambavi	Shambavi	Shambavi	Pranika & Diya	Shambavi	Shambavi
kitchen prep - wash	Amy Mara	Kalyani Mara	Amy Mara	Amy Mara	Amy Mara	Amy Mara	Amy Mara
Servers	Kalyani Carly	Kalyani Carly	Kalyani Carly	Kalyani Carly	Valentina Carly	Yashoda Carly	Kalyani Carly
WASH DISHES							
Wash 1 10:15-10:45							
Wash 2 10:45-11:15							
Cleanup							
kitchen prep - cleanup	TTC 3 Amy Giacomo	TTC 3 Amy Giacomo	TTC 3 Amy Giacomo	Amy Mara Giacomo	Ganchoa Amy Mara Hanuman	Ganchoa Mara Amy Giacomo	Mara Amy Giacomo
BREAD MAKER	Laila	ganchoa	ganchoa	Laila (train Amy)	Laila (train Amy)	ganchoa	Shambavi
DINNER							
preparation	55	55	55	51	41	34	32
kitchen prep - cook	ganchoa	ganchoa	ganchoa	ganchoa	Shambavi	ganchoa	ganchoa
kitchen prep - wash	Kalyani Yashoda	Amy Yashoda	Kalyani Yashoda Adham	Kalyani Yashoda	Ganchoa-Likes Yashoda	Ganchoa-Likes Yashoda	Ganchoa-Likes Yashoda
Servers	Valentina Carly	Valentina Carly	Valentina Ganga	Valentina Ganga	Valentina Carly	Valentina Carly	Valentina Carly
WASH DISHES							
Wash 1 10:15-10:45							
Cleanup							
kitchen prep - cleanup	Kalyani Dustin Yashoda	Kalyani Dustin Yashoda	Kalyani Dustin Yashoda	Kalyani Dustin Shankara	Ganchoa-Likes Yashoda Sankara Carly	Ganchoa-Likes Yashoda Carly	Ganchoa-Likes Yashoda
Prasad for Satanga	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen

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	Mon Jul 22	Tue Jul 23	Wed Jul 24	Thu Jul 25	Fri Jul 26	Sat Jul 27	Sun Jul 28
Morning Satsang	Swami Paramananda: The power of Satsang	Swami Paramananda: Exploring Bhakti: Delving into the Heart of Devotion	Swami Paramananda: Exploring Bhakti: Delving into the Heart of Devotion	Swami Shambhudhananda: Teachings of Swami Vidyadhananda	Swami Shambhudhananda	Swami Brhmananda: Overcoming Obstacles in Meditation	Swami Brhmananda: Overcoming Obstacles in Meditation
Opening Satsang							
12 pm Workshop	Dharma - Sound Healing	Krishna Nambodhi Chair Yoga	Dharma - Sound Healing	Radha - Open Your Heart with Kirtan	Kalle Papo (Amibka) - Summer Relaxation Healing Retreat: Yoga Nidra - The Art of Deep Relaxation	Kalle Papo (Amibka) - Summer Relaxation Healing Retreat: Energy Healing for the Brain and Spine	Kalle Papo (Amibka) - Summer Relaxation Healing Retreat: Spa Session for Internal Organs
2pm Workshop							
4:30 PM							
Evening Satsang	Swami Paramananda: Exploring Bhakti: Delving into the Heart of Devotion	Swami Hridayananda: Exploring Bhakti: Delving into the Heart of Devotion	Swami O & A	Kalle Papo (Amibka) - Summer Relaxation Healing Retreat	Kalle Papo (Amibka) - Summer Relaxation Healing Retreat: 3 Simple Steps to Handle Any Difficult Emotions	Kalle Papo (Amibka) - Summer Relaxation Healing Retreat: 4 Ways to Overcome Self-Sabotage	Swami Shambhudhananda: Nurturing Your Spiritual Journey: A Guide to Staying on the Path
Opening Satsang							
Camera							
AM Yoga Class							
Intermediate	Radha Ajayandra	Radha Ajayandra	Narayani	Lalita	Radha Ajayandra	Lalita	Krishna Nambodhi
Beginner							
Down Club	Lalita		Lalita		Lalita		Lalita
Online Yoga Class							
PM Yoga Class							
	Swami Shambhudhananda	Lalita	Swami Shambhudhananda	Swami Shambhudhananda	Lalita	Swami Shambhudhananda	Lalita
Staff Class							
Sadhana Meeting							
Prasad distribution							
Astam Welcome Tour	Swami Paramananda	Swami Paramananda	Swami Paramananda	Swami Paramananda	Swami Paramananda	Bhargavi Chaitanya	Bhargavi Chaitanya
Maintenance Project							
	Dustin Giacomo	Dustin Giacomo	Dustin Giacomo	Dustin Giacomo	Dustin Giacomo	Dustin Giacomo	Dustin Giacomo
Kitchen							
BRUNCH							
preparation	S3	S3	S3	S3	S7	S5	S6
Kitchen prep - cook	Shantani	Shantani	Shantani	Shantani	genesha	Shantani	Shantani
Kitchen prep - wash	Victoria	Victoria	Victoria	Victoria	Victoria	Victoria	Victoria
	Amy	Amy	Amy	Kalyani	Amy	Amy	Amy
Servers							
table 1 10:00-10:30	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani
table 2 10:30-10:50	Yanick	Yanick	Yanick	Yanick	Yanick	Carly	Carly
Cleanup							
Kitchen prep - cleanup	Victoria	Victoria	Victoria	Victoria	Victoria	Victoria	Victoria
	TTC 3	TTC 3	TTC 3	Amy	Amy	TTC 3	TTC 3
	Amy	Amy	Amy	TTC 3	Amy	Amy	Amy
	Dustin	Dustin	Dustin	Dustin	Dustin	Dustin	Dustin
	Maria	Maria	Maria	Maria	Maria	Maria	Maria
BREAD MAKER	Lalita	Radha-Ale	genesha	Radha-Ale	Lalita	genesha	Shantani
DINNER							
preparation	S3	S3	S3	S7	S5	S6	S6
Kitchen prep - cook	genesha	genesha	genesha	genesha	Pranika & Dya	genesha	genesha
Kitchen prep - wash	Kalyani	Kalyani	Kalyani	Amy	Kalyani	Kalyani	Kalyani
	Yanick	Yanick	Yanick	Yanick	Yanick	Yanick	Yanick
Servers							
table 1 10:00-10:30	Valentina	Valentina	Valentina	Valentina	Valentina	Valentina	Valentina
table 2 10:30-10:50	Victoria	Victoria	Victoria	Victoria	Yanick	Carly	Carly
Cleanup							
Kitchen prep - cleanup	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani
	3-TTC	3-TTC	3-TTC	3-TTC	TTC 3	TTC 3	TTC 3
	Dustin	Dustin	Dustin	Dustin	Dustin	Dustin	Dustin
	Yanick	Yanick	Yanick	Yanick	Yanick	Yanick	Yanick
Prasad for Satsang	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen

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	Mon Jul 15	Tue Jul 16	Wed Jul 17	Thu Jul 18	Fri Jul 19	Sat Jul 20	Sun Jul 21
Morning Satang	Shant Walk Swami Paramananda Sovereign's Gospel of Divine Life	Swami Shambhudhananda Cultivating a Positive Mindset: Harnessing Optimism in Your Daily Life	Swami Shambhudhananda Cultivating a Positive Mindset: Harnessing Optimism in Your Daily Life	Shant Walk Swami Paramananda The Power of Sabaranga	Swami Paramananda The Power of Sabaranga	Swami Paramananda The Power of Sabaranga	Swami Paramananda Sovereign's Gospel of Divine Life
Opening Satang							
12 pm Workshop	Bhargavi Chaturya Online Course	2pm - Chama - Sound healing	1pm - Radha - Coaching Class	2 pm - Chama - Sound Healing	Michelle Rubin: Relationships: How the World Turns	Michelle Rubin: Relationships: How the World Turns	Radha Ajajandra - Open the heart with Kirtan
2pm Course							
4:30 PM							
Evening Satang	Swami Shambhudhananda Cultivating a Positive Mindset: Harnessing Optimism in Your Daily Life	Swami Shambhudhananda Cultivating a Positive Mindset: Harnessing Optimism in Your Daily Life	Swami Shambhudhananda Cultivating a Positive Mindset: Harnessing Optimism in Your Daily Life	Michelle Rubin: Relationships: How the World Turns	Michelle Rubin: Relationships: How the World Turns	Michelle Rubin: Relationships: How the World Turns	Krishnan Nambodiri Guru Purnima Puja
Opening Satang				Swami Paramananda	Swami Shambhudhananda	Swami Paramananda	
Classes							
All Yoga Class							
Intermediate	Krishna Nambodiri	Radha Ajajandra	Narayani	Narayani	Radha Ajajandra	Laila	Krishna Nambodiri
Beginners							
Open Club	Shakti		Laila		Laila		Laila
Online Yoga class							
PM Yoga Class					Kalyani		
	Swami Shambhudhananda	Laila	Swami Shambhudhananda	Swami Shambhudhananda	Narayani	Swami Shambhudhananda	Di Gioevinda
Staff Class				Siva PM			
Sadhana Meeting							
Prasad distribution							
Astam Welcome Tour	Swami Paramananda	Bhargavi Chaturya	Bhargavi Chaturya	Swami Paramananda	Swami Paramananda	Swami Paramananda	
Maintenance Project							
	Dustin Siva	Dustin Giacommo Siva	Dustin Giacommo Siva	Dustin Giacommo Siva	Dustin Giacommo Siva	Dustin Giacommo Siva	
Kitchen							
BREAKFAST							
Preparation	55	54	55	60	60	60	60
Kitchen prep - cook	Shambhavi	ganeshha	Shambhavi	Shambhavi	Shambhavi	Shambhavi	Shambhavi
Kitchen prep - clean	Victoria Amy	Victoria Amy	Victoria Amy	Victoria Amy	Victoria Amy Marie	Victoria Amy Marie	Victoria Amy
Servers							
Van 1 to 10:30	Kalyani Ganga	Kalyani Shambhavi	Kalyani Yashoda	Kalyani Yashoda	Kalyani Yashoda	Kalyani Yashoda	Kalyani Yashoda
Van 1 to 10:30							
Cleanup							
Kitchen prep - cleanup	Victoria TTC 3 Amy Giacomo Siva	Victoria TTC 3 Amy Giacomo Siva	Victoria TTC 3 Amy Giacomo Siva	Victoria Amy TTC 3 Giacomo Siva	Victoria Amy TTC 3 Giacomo Marie	Victoria TTC 3 Amy Giacomo Marie	Victoria TTC 3 Amy Giacomo
BREAD MAKER							
	Laila	Radha Aje	ganeshha	Radha Aje	Laila	ganeshha	Shambhavi
DINNER							
Preparation	54	55	61	60	60	60	60
Kitchen prep - cook	ganeshha	Praneti + Isand	ganeshha	ganeshha	ganeshha	ganeshha	Praneti + Isand
Kitchen prep - clean	Kalyani	Kalyani Dustin	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani Cari Dustin
Servers							
Van 1 to 10:30	Valentina Ganga	Valentina Shambhavi	Valentina Yashoda	Valentina Yashoda	Valentina Yashoda	Valentina Yashoda	Valentina Yashoda
Van 1 to 10:30							
Cleanup							
Kitchen prep - cleanup	Kalyani S.TTC Dustin	Kalyani S.TTC Dustin	Kalyani S.TTC Dustin	Kalyani S.TTC Dustin	Kalyani TTC 3 Dustin	Kalyani TTC 3 Dustin	Kalyani TTC 3 Dustin Cari
Prasad for Sabaranga	afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen

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	Mon Jul 8	Tue Jul 9	Wed Jul 10	Thu Jul 11	Fri Jul 12	Sat Jul 13	Sun Jul 14
Morning Satang	In the Name of Peace	Gangali Vidya Homa	Silent Walk - Swami Brahmananda: Inner Liberation: The Transformative Power of Meditation	Swami Brahmananda: Inner Liberation: The Transformative Power of Meditation	Swami Shambhudhananda: Essential Teachings of Swami Sravanada	Silent Walk Bhargavi Chaitanya: Swami's Gospel of Divine Life	Krishnan Nambudiri: Swami Shivananda Maha Samadhi Puja
Opening Satang Camera	Swami Shambhudhananda	Swami Brahmananda					
12 pm Workshop Camera	Arbika - Yoga Nidra	Arbika: Yoga Nidra and Self-Massage for Face & Eyes	Radha - Open your heart with kirtan	Arbika: Energy Healing for Brain and spine	Ram Rao: Mind-Body Nexus	Ram Rao: Mind-Body Nexus	Bhargavi Chaitanya: Karma, Life and Death according to Yoga
2pm Workshop Camera							
4:30 PM	Swami Brahmananda: Inner Liberation: The Transformative Power of Meditation	Swami Brahmananda: Inner Liberation: The Transformative Power of Meditation	Swami Brahmananda: Inner Liberation: The Transformative Power of Meditation	Ram Rao: Mind-Body Nexus	Krishnan Nambudiri: Swa Noma	Ram Rao: Mind-Body Nexus	Swami Paramananda Sivarama's Gospel of Divine Life
Evening Satang Camera				Swami Shambhudhananda	Swami Brahmananda	Bhargavi Chaitanya	
AM Yoga Class							
Intermediate Begins	Krishna Nambodiri	Arbika	Radha Ajendra	Arbika	Narayani	Shakti	Narayani
Open Club	Arbika			Arbika			Arbika
Online Yoga class							
PM Yoga class		Narayani PM			Kalyani		
	Swami Shambhudhananda	Laila	Swami Shambhudhananda	Swami Shambhudhananda	Laila	Swami Shambhudhananda	Laila
Staff Class							
Sadhana Meeting							
Prasad distribution							
Prasad Welcome	Arbika	Arbika	Bhargavi Chaitanya	Arbika	Arbika	Arbika	Arbika
Maintenance Project							
	Dustin Giacomo Siva	Dustin Giacomo Siva	Dustin Giacomo Siva	Dustin Giacomo Siva	Dustin Giacomo Siva	Dustin Giacomo Siva	Dustin Giacomo Siva
Kitchen							
BREAK							
Breakfast	75	67	57	62	60	56	57
Breakfast - cook	Shambhavi	ganeshha	Shambhavi	Shambhavi	Shambhavi	Shambhavi	Shambhavi
Breakfast - wash	Kalyani Amy	Kalyani Amy	Kalyani Amy	Kalyani Amy	Victoria Amy	Victoria Amy	Victoria Amy
Servers	Ganga	Ganga	Ganga	Ganga	Ganga	Ganga	Yashoda Kalyani
Break 10:30-11:30	Carly	Carly	Carly	Carly	Carly	Carly	
Cleanup	Kalyani TTC 3 Amy Giacomo	Kalyani TTC 3 Siva Amy	Kalyani TTC 3 Siva Amy	Kalyani Amy TTC 3 Siva	Victoria Amy TTC 3 Giacomo	Victoria Amy Giacomo	Victoria TTC 3 Amy Giacomo
BREAD MAKER	Laila	Radha-Aia	ganeshha	Radha-Aia	Laila	ganeshha	Shambhavi
DINNER							
Dinner	67	57	62	60	56	57	55
Dinner - cook	ganeshha	Shambhavi	ganeshha	ganeshha	ganeshha	ganeshha	Radha
Dinner - wash	Carly	Carly	Carly	Carly	Carly Kalyani	Kalyani	Kalyani Dustin
Servers	Valentina	Valentina	Valentina	Valentina	Valentina	Valentina	Valentina
Break 1:30-3:30	Ganga	Ganga	Ganga	Ganga	Ganga	Ganga	Ganga
Cleanup	Carly S-TTC Dustin Siva	Carly S-TTC Dustin Siva	Carly S-TTC Dustin Siva	Carly S-TTC Dustin Siva	Dustin & Siva TTC 3 Carly Kalyani	Dustin & Siva TTC 3 Carly Kalyani	Dustin TTC 3 Carly Kalyani Siva
Prasad for Subarga	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen	afternoon kitchen

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	Mon Jun 24	Tue Jun 25	Wed Jun 26	Thu Jun 27	Fri Jun 28	Sat Jun 29	Sun Jun 30
Morning Satsang	Swami Brahmananda The Patanjali Yoga Sutra	Swami Brahmananda The Patanjali Yoga Sutra	Shri Sri Walk Bhagwati Chaturya The Foundation of Meditation	Swami Shambhudhevananda Nisha Yoga Sadhana	Swami Paramananda Cultivating Joy in Life's Challenges	Swami Paramananda Cultivating Joy in Life's Challenges	Maria Satoru / Shri Sri Walk Swami Shambhudhevananda Calm the Emotions with Transcendental
Opening Satsang							
Camera							
12 pm Workshop	Debahshah Banerji: Vedantic Wisdom in the Light of Sri Aurobindo	Debahshah Banerji: Vedantic Wisdom in the Light of Sri Aurobindo	Johanna Schooker, PhD and Amanda Gregory Cultivating Open Mindfulness	Johanna Schooker, PhD and Amanda Gregory Cultivating Open Mindfulness	Johanna Schooker, PhD and Amanda Gregory: Cultivating Open Mindfulness	Almasme Dase: The Essence of Chanting and Bhakti Bliss	Almasme Dase: The Essence of Chanting and Bhakti Bliss
2pm Workshop							
4:30 PM							
Evening Satsang	Debahshah Banerji: Vedantic Wisdom in the Light of Sri Aurobindo	Johanna Schooker, PhD and Amanda Gregory Cultivating Open Mindfulness	Johanna Schooker, PhD and Amanda Gregory Cultivating Open Mindfulness	Swami Sanooprananda & A	Almasme Dase: The Essence of Chanting and Bhakti Bliss	Almasme Dase: The Essence of Chanting and Bhakti Bliss	Krishnan Nambodini Chandika Home
Opening Satsang	Swami Brahmananda	Swami Shambhudhevananda	Bhagwati Chaturya	Swami Brahmananda	Swami Shambhudhevananda	Bhagwati Chaturya	Swami Brahmananda
Camera							
AM Yoga Class							
Intermediate	Radhia Ajendra	Amika	Radhia Ajendra	Amika	Radhia Ajendra	Shakti	Di Coninda
Beginners	Amika				Amika		Shaganti
Omni Yoga Class							
PM Yoga Class							
Intermediate	Lakia	Amika	Swami Shambhudhevananda	Swami Shambhudhevananda	Swami Shambhudhevananda	Uma	Shaganti
Beginners							
Staff Class							
Sadhana							
Meeting							
Prasad distribution							
Adhyaya Welcome							
Tour	Amika	Amika	Amika	Amika	Amika	Amika	Amika
Maintenance							
Project							
Kitchen							
position	85	75	77	75	85	85	85
Kitchen per cook	Shambhavi	Shambhavi	Jessal	Shambhavi	Shambhavi	Shambhavi	Shambhavi
Kitchen per team	Jessal Lukas	Jessal Lukas	Krishna Lukas	Jessal Lukas Krishna	Jessal Lukas Krishna	Krishna	Uma Krishna
Servers							
10:00-10:30	NA	NA	Carly	Carly	Carly	Carly	Carly
10:30-11:00	Gita	Carly			Ganga	Ganga	Ganga
11:00-11:30	Carly	Gita			Ganga	Dustin	Dustin
11:30-12:00	Ganga	Ganga	Ganga		Dustin	Dustin	Dustin
Cleanup							
Kitchen per cleanup							
	Lukas 2- TTC Jessal	Lukas 3- TTC Jessal	Lukas 3- TTC Krishna	Lukas 3- TTC Jessal	Lukas 3- TTC Jessal	Carly Krishna 3- TTC Sawant	Carly Krishna 3- TTC
DINNER							
position	75	77	73	85	85	85	71
Kitchen per cook	genesha	genesha	genesha	genesha	Pujyapushpawari	Shambhavi	Pujyapushpawari
Kitchen per team	Carly Giacomo	Carly Giacomo	Carly Giacomo	Carly Dustin	Carly Dustin	Amika Dustin	Amika Dustin
Servers							
10:00-10:30	Lukas Ganga	Lukas Valentina Ganga	Lukas Valentina Ganga	Lukas Gita	Lukas Carly	Krishna Ganga	Krishna Ganga
10:30-11:00							
11:00-11:30							
Cleanup							
Kitchen per cleanup							
	Giacomo 3- TTC Carly	Giacomo 3- TTC Carly	Giacomo 3- TTC Carly	Giacomo 4- TTC Dustin Carly	Giacomo 4- TTC Dustin Carly	Dustin 4- TTC Carly	Dustin 4- TTC
Prasad for Satsang	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath

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	Mon Jun 17	Tue Jun 18	Wed Jun 19	Thu Jun 20	Fri Jun 21	Sat Jun 22	Sun Jun 23
	Swami Paramananda How to Cultivate Divine Virtues	Swami Shambhudhananda The Great Vision: Essential Teachings of Swami Vahudhananda	Silent Walk Bhargavi Chatterya The Yoga of Self- Surrender	Jain Nura - TSA	International Day of Yoga Kishan Nambodiri Paragol Maharishi Puja	Silent Walk	Swami Brahmananda The Patanjali Yoga Sutra
Morning Satanga							
Opening Satanga							
Camera							
12 pm Workshop	Karanvita Das: Mantras, Ragas & Voice	Niki Myers: Cultivating sustainable Recovery from ALL Addictions	Niki Myers: Cultivating sustainable Recovery from ALL Addictions	Ambika Yoga Nidra	Pranik Kundu: Scientific and Mystical models of the human mind in the AI era	Pranik Kundu: Scientific and Mystical models of the human mind in the AI era	Dushashin Banerji: Vedantic Wisdom in the Light of Sri Aurobindo
2pm Workshop							
4:00 PM							
Evening Satanga	Niki Myers: Cultivating sustainable Recovery from ALL Addictions	Niki Myers: Cultivating sustainable Recovery from ALL Addictions	Niki Myers: Cultivating sustainable Recovery from ALL Addictions	Pranik Kundu: Scientific and Mystical models of the human mind in the AI era	All Swamis The Light of Yoga and Vedanta - Swami Govardhan and Swami Vahudhananda's Mission	Debashish Banerji: Vedantic Wisdom in the Light of Sri Aurobindo	Dushashin Banerji: Vedantic Wisdom in the Light of Sri Aurobindo
Opening Satanga	Swami Shambhudhananda	Swami Paramananda	Swami Paramananda	Swami Hridyananda		Swami Shambhudhananda	Swami Hridyananda
Camera							
AM Yoga Class							
Interim	Lalita	Ambika	Lalita	Ambika	Swami Paramananda	Shakti	Dr Govinda
Beginners	Ambika				Ambika		
Ocean Club							
Online Yoga Class							
PM Yoga Class							
Interim	Osari Devi	Swami Shambhudhananda	Swami Shambhudhananda	Uma	Ambika	Ambika	Ambika
Beginners							
Staff Class	Omkar PM		Omkar PM	Siva Pin			
Sadhana Meeting							
Prasad distribution							
Astrem Welcome							
Tea	Ambika	Ambika	Bhargavi Chatterya	Ambika	Ambika	Ambika	Ambika
Maintenance Project							
	Giacomo Siva Dustin	Giacomo Siva Dustin	Giacomo Siva Dustin	Giacomo Siva Dustin	Giacomo Siva Dustin		
Kitchen							
BRUNCH							
7:00am - 8:00am	85 Bhargavi	80 Bhargavi	75 ganesha	74 Shambavi	68 Shambavi	74 Shambavi	73 Janaki
8:00am - 10:00am	Layla Lukas Janaki	Layla Lukas Janaki	Layla Lukas Janaki	Kritima Lukas Janaki	Janaki Lukas Janaki	Janaki Lukas Janaki	ganesha Lukas Lukas
Servers							
10:00am - 11:00am	Dustin Uma	Dustin Uma	Dustin Uma	Dustin Uma	Layla Carly	Layla Carly	N/A Carly
11:00am - 12:00pm	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda	Valentina Ganga
Cleanup							
12:00pm - 1:00pm	Layla Lukas TTC1-4 Siva	Layla Lukas TTC1-4 Siva	Layla Lukas TTC1-4 Siva	Layla Lukas TTC1-4 Siva	Lukas Lukas TTC1-4 Janaki	Lukas Lukas TTC1-4 Janaki	Ganesha Lukas 1 TTC Shambavi
DINNER							
1:00pm - 2:00pm	80 Shambavi	75 ganesha	74 Shambavi	68 ganesha	74 BhargaviShambavi	73 Bhargavi	68 Shambavi
2:00pm - 4:00pm	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda	Carly Gilda
Servers							
4:00pm - 5:00pm	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Ambika	Lukas Layla	Ambika Ganga Shambavi	Ambika Valentina Ganga
Cleanup							
5:00pm - 6:00pm	Giacomo TTC1-4 Dustin Gilda	Giacomo TTC1-4 Dustin Carly	Giacomo TTC1-4 Dustin Gilda	Giacomo TTC1-4 Dustin Carly	Gilda Dustin Gilda	Gilda TTC1-4 Carly	Gilda 2 TTC Carly N/A
Prasad for Satanga	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath

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	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16
Morning Satang	Swami Shambhudhananda Foundations of Meditation	Silent Walk Bhargavi Chatterya The Importance of Sabarangi	Swami Paramananda The Message of the Bhargavi Gita	Geopodi Vidya Homi Kishan Namboddi	Swami Brahmananda The Goal of Life	Silent Walk Swami Brahmananda The Goal of Life	Swami Paramananda How to Cultivate Divine Voice
Opening Satang							
Camera							
12pm Workshop	Amrita Maa - Living in Presence	Amrita Maa - Living in Presence	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya-Asana Coaching
Camera							
2pm Workshop	Amrita Maa - Living in Presence: Navigating Life with Presence and Peace	Swami Shambhudhananda Foundations of Meditation	Amrita Maa - Living in Presence - Liberating Your True Self	Swami Hridayananda Chanting the Divine Name	Kanamma Dasi Mantra, Ragas & Voice	Kanamma Dasi Mantra, Ragas & Voice	Kanamma Dasi Mantra, Ragas & Voice
Evening Satang							
Opening Satang							
Camera	Swami Paramananda		Bhargavi Chatterya		Swami Shambhudhananda	Swami Paramananda	Bhargavi Chatterya
AM Yoga Class							
Intermeds	Shakti Maryna	Laila	Uma	Uma	Lakshmi	Shakti	Kishna Namboddi
Beginners							
Ocean Club	Laila		Laila		Gauri Devi		Bhagwati
Online Yoga class							
PM Yoga Class							
Intermeds	Rudra Akshada	Swami Shambhudhananda / Omkar	Swami Shambhudhananda / Narayani	Rudra Akshada	Swami Shambhudhananda / Shambhavi	Uma	Dr Govinda / Uma
Beginners							
Self Care				Omkar PM	Narayani AM	Omkar PM	
Sadhana							
Meeting							
Prasad distribution							
Astam Welcomes							
Project	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya	Bhargavi Chatterya
Maintenance							
Project	Natani Siva	Natani Siva	Natani Siva Dustin	Natani Siva Dustin	Natani Siva Dustin	Natani Siva Dustin	Natani Siva Dustin
Kitchen							
BRUNCH							
preparation	65	70	71	72	73	74	85
clean up / cook	Bhargavi	Bhargavi	Bhargavi	Bhargavi	Shambavi	Shambavi	Bhargavi
clean up / wash	Layla Lukas	Layla Lukas	Layla Lukas	Layla Lukas	Layla Lukas Janaki	Layla Lukas Janaki	Layla Lukas Janaki
Servers	Valentina Uma	Valentina Carly	Valentina Carly	Valentina Carly	Valentina Carly	Valentina Carly	Valentina Carly
10:30-11:30	Natani	Uma	Uma	Uma	Gita	Siva	Siva
11:30-12:30	Siva	Natani	Siva	Siva	Gita	Siva	Siva
clean up / cleanup							
clean up / cleanup	Layla Lukas TTC1.4	Layla Lukas TTC1.4	Layla Lukas TTC1.4	Layla Lukas TTC1.4	Layla Lukas TTC1.4	Layla Lukas TTC1.4	Layla Lukas TTC1.4
DINNER							
preparation	70	71	72	73	74	85	85
clean up / cook	ganesh	ganesh	ganesh	Shambavi	RajRajeshwari	Bindu	Shambavi
clean up / wash	Giacomo Valentina Carly	Giacomo Valentina Carly	Giacomo Valentina Janaki	Carly Valentina Janaki	Carly Gita Valentina	Carly Gita Gita	Carly Gita Gita
Servers							
1:30-2:30	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Omkar	Lukas Layla Omkar
2:30-3:30							
clean up / cleanup	Giacomo TTC1.4 Natani	Giacomo TTC1.4 Natani	Giacomo TTC1.4 Natani	Giacomo TTC1.4 Natani	Giacomo TTC1.4 Natani	Natani TTC1.4 Carly Gita	TTC1.4 Carly Gita
Prasad for Satangs	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath	TTC Bath

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	Mon May 27	Tue May 28	Wed May 29	Thu May 30	Fri May 31	Sat Jun 1	Sun Jun 2
Morning Satsang	Swami Brahmananda Overcoming obstacles in meditation	John Douillard: Thinning the Physical and Spiritual Veil with Ayurveda	Swami Paramananda The Goal of Life	Mantra Initiation/Silent Walk Swami Shambhudevananda Attaining True Happiness	Swami Shambhudevananda Attaining True Happiness	Short Satsang	Silent Walk Bhargavi Chaitanya Establishing Your Yoga Practice at Home
Opening Satsang Camera		Swami Paramananda				Swami Brahmananda	
12 pm Workshop Camera	John Douillard: Thinning the Physical and Spiritual Veil with Ayurveda	Theodore Tsavoussis: Healing the Light Body: Exploring Shamanic Medicine	Theodore Tsavoussis: Healing the Light Body: Exploring Shamanic Medicine	Theodore Tsavoussis: Healing the Light Body: Exploring Shamanic Medicine	Sandhya Ramaswamy: Ayurvedic Psychology: Personality Types & Tendencies	Sandhya Ramaswamy: Ayurvedic Psychology: Personality Types & Tendencies	
2pm Workshop 4:00 PM					Theodore Tsavoussis: Healing the Light Body: Exploring Shamanic Medicine		
Evening Satsang	John Douillard: Thinning the Physical and Spiritual Veil with Ayurveda	Swami Swaroopananda Q & A	Swami Hridayananda Sankirtan, teachings of Swami Sivananda	Sandhya Ramaswamy: Ayurvedic Psychology: Personality Types & Tendencies	Sandhya Ramaswamy: Ayurvedic Psychology: Personality Types & Tendencies	TTC Graduation	Suzanne Bryant - From Anxious to Awakened: A Journey of Mindfulness and Joy
Opening Satsang Camera	Swami Shambhudevananda	Swami Brahmananda		Bhargavi Chaitanya	Swami Paramananda	Swami Brahmananda	Swami Shambhudevananda
AM Yoga Class							
Intermediate	Hanuman	Ambika	Lalita	Ambika	Uma	Shakti	Uma
Beginners							
Ocean Club	Ambika		Hanuman		Ambika		Ambika
Online Yoga class							
PM Yoga Class							
Intermediate	Swami Shambhudevananda	Swami Shambhudevananda	Hanuman	Lakshmi	Lalita	Shakti Maryna	Swami Shambhudevananda
Beginners							
Staff Class	Lakshmi PM	Omkari AM		Omkari PM			
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Ambika	Ambika	Bhargavi Chaitanya	Ambika	Ambika	Ambika	Ambika
Kitchen							
BRUNCH							
population	101	107	93	83	85	TTC breakfast 81	77
Kitchen am - cook	Bhargavi	Bhargavi	ganesha	Bhargavi	Bhargavi	Shambavi	Bhargavi
Kitchen am - team	Leyla Brahma-Swaroop Lukas 6-8	Leyla Lukas	Leyla Lukas	Leyla Lukas	Leyla Lukas	Leyla Lukas	Leyla Lukas
Servers							
Table 1 10-10:45	Atmamayi	Atmamayi	Atmamayi	Atmamayi	Atmamayi		Atmamayi
Table 1 10-10:30	Shambhavi	Shambhavi		Shambhavi	Shambhavi		
Table 1 10-10:30	Uma	Uma		Uma	Uma		
Breakfast table 10-10:30	Shakti	Brahmaswaroop	Shakti		Oxsana		
Cleanup							
kitchen am - cleanup							
	Leyla Brahma-Swaroop	Leyla Lukas	Leyla Lukas	Leyla Lukas	Leyla Lukas	Leyla Lukas	Leyla Lukas
	TTC1 TTC2	TTC1 TTC2	TTC1 TTC2	TTC1 TTC2	TTC1 TTC2	TTC1 TTC2	TTC1 TTC2
DINNER							
population	107	93	83	85	81	night 77	69
Kitchen pm - cook	Shambavi	Shambavi	Shambavi	Shambavi	ganesha	ganesha	Shambavi
Kitchen pm - team	Giacomo Atmamayi	Giacomo Atmamayi	Giacomo Atmamayi	Giacomo Atmamayi	Giacomo Atmamayi	Giacomo Atmamayi Bhargavi	Giacomo Atmamayi
Servers							
Table 1 1800-1845	Omkari	Omkari		Omkari	Omkari		
Table 1 1800-1830	Leyla	Leyla		Leyla	Leyla		
Table 1 1800-1830	Hanuman	Lukas		Lukas	Lukas		
Cleanup							

	Mon Apr 29	Tue Apr 30	Wed May 1	Thu May 2	Fri May 3	Sat May 4	Sun May 5
Morning Satsang	Silent Walk -Swami Shambhudevananda The power of Pranayama	Swami Paramananda Sivananda's gospel of Divine Life	Short Satsang		Swami Shambhudevananda The Great Vision - Teachings of Swami Vishnudevananda	Silent Walk Bhargavi Chaitanya The Power of satsanga	Swami Brahmananda The Path of Sadhana
Opening Satsang			Swami Brahmananda				
Camera							
12 pm Workshop	Ragani: Heart of Kirtan: Explorations in Sound & Vibration	Ragani: Heart of Kirtan: Explorations in Sound & Vibration	Ambika-Yoga Nidra	2pm -Bhargavi Chaitanya- Divine Tour	Raymond Moody: Life after Life	Raymond Moody: Life after Life	Pooja Goswami Pavan and A. Pavan: Classical Indian Music
Camera							
2pm Workshop						Pooja Goswami Pavan and A. Pavan: Classical Indian Music	
4:00 PM							
Evening Satsang	Ragani: Heart of Kirtan: Explorations in Sound & Vibration	Ragani: Heart of Kirtan: Explorations in Sound & Vibration	ATTC/TTC Graduation	Raymond Moody: Life after Life	Raymond Moody: Life after Life	Pooja Goswami Pavan and A. Pavan: Classical Indian Music	TTC Innguration
Opening Satsang	Bhargavi Chaitanya	Shyam and Mohini	Swami Brahmananda	Swami Paramananda	Swami Hridayananda	Bhargavi Chaitanya	Swami Brahmananda
Camera							
AM Yoga Class							
Intermediate	Omkaara	Omkaara	Gauri Devi	Ambika	Ambika	Shakti	Krishna Namboodri
Beginners	N/A	Ambika	N/A	Gauri Devi	Gauri Devi	Ambika	Gauri Devi
Ocean Club	Ambika		Yashoda		Yashoda		Ambika
Online Yoga class							
PM Yoga Class							
Intermediate	Radha Alejandra	Swami Shambhudevananda / Bhargavi Chaitanya	Lalita	Swami Paramananda	Swami Paramananda	Swami Paramananda	Swami Shambhudevananda
Beginners	N/A		Shyam	Bhargavi Chaitanya	Bhargavi Chaitanya	Radha Alejandra	Bhargavi Chaitanya
Staff Class					Lakshmi Andreea Mor		Lakshmi Andreea Mor
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Ambika	Ambika		Ambika		Ambika	Ambika
TTC prep shift							
10.45-11.45	Diane +3	Diane +3					
Kitchen							
BRUNCH			TTC breakfast 7am				
population	137	135	120	116	108	88	82
Kitchen am - cook	Oksana	Oksana	Oksana	Oksana	Diane	ganesha	ganesha
Kitchen am - team	Leyla Manon Atmamayi 6-8 Krishna-Allan	Nitay Manon Atmamayi 6-8 Krishna-Allan	Leyla Manon Atmamayi 6-8	Leyla Manon Atmamayi 6-8	Leyla Manon Atmamayi 6-8 Bramha-Swaroop Mahadevi	Leyla Atmamayi 6-8 Manon Bramha-Swaroop Siva	Leyla Atmamayi 6-8 Manon Bramha-Swaroop Siva
Servers							
Table 1 10-10.45	Barbara	Nitai	Barbara	Barbara	Barbara	Barbara	
Table 1 10-10.30	Shakti	Barbara	Nitai	Shakti	Shakti	Omkaari	
Table 1 10-10.30	Manon	Manon		Sharada Devi	Sharada Devi	Sharada Devi	
Table 2 10-10.30	Krishna Allan	Krishna Allan		Anandi	Anandi	Anandi	
Table 2 10-10.30	Omkaari-Lisa	Shakti		Nataraj Peter	Nataraj Peter	Nataraj Peter	
Breakfast table 10-10.30	Anandi	Anandi		Shambhavi	Nataraj Daniel		Hanuman
Cleanup							
kitchen am - cleanup	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla new Karma Yogis	Leyla Bramha-Swaroop Siva Kamala Devi Mahadevi Sruti Priya and Hanuman	Leyla Bramha-Swaroop Siva Kamala Devi Mahadevi Sruti Priya and Hanuman	Leyla
DINNER			day				
population	135	120	116	108	88	82	75
Kitchen pm - cook	ganesha	ganesha	ganesha	Shambhavi	RajaRajeshwari	Shambhavi	Diane
Kitchen pm - team	Barbara Nitai	Barbara Leyla	Barbara Nitai	Barbara Sruti Priya	Barbara Nataraj-Daniel Sruti Priya	Barbara Nataraj-Daniel Kamala Devi Sruti Priya Hanuman	Barbara Nataraj-Daniel

	Mon Apr 29	Tue Apr 30	Wed May 1	Thu May 2	Fri May 3	Sat May 4	Sun May 5
					Omkari	Omkari	Anik
					Nataraj-Peter and Hanuman	Mahadevi	Mahadevi
Servers							
Table 1 1800-1845	Omkari	Barbara		Mahadev	Brahmaswaroop	Brahmaswaroop	
Table 1 1800-1830	Manon	Nitai	Barbara	Barbara	Barbara	Barbara	
Table 1 1800-1830	Barbara	Oksana	Oksana	Oksana	Leyla	Leyla	
Table 2 1800-1830	Oksana	Leyla	Leyla	Leyla	Melica	Melica	
Table 2 1800-1830	Leyla	Melica	Melica	Melica	Mahadevi	Mahadevi	
Table 2 1800-1830	Melica	Diane	Diane	Nataraj-Daniel	Shruti Priya	Shruti Priya	
Cleanup							
Kitchen pm - cleanup 1845-1945	Krishna-Allan	Krishna-Allan	Krishna-Allan	New Karma Yogis	Nataraj-Daniel	Nataraj-Daniel	Nataraj-Daniel
	TTC1-8	TTC1-8	TTC1-8		Shambhavi	Shambhavi	
					Nataraj Peter	Nataraj Peter	
					Kamala Devi	Kamala Devi	
				Omkari	Omkari		
				Siva	Siva		
Prasad for Satsangs	TTC	TTC	TTC				

	Mon May 13	Tue May 14	Wed May 15	Thu May 16	Fri May 17	Sat May 18	Sun May 19
Morning Satsang	Silent Walk-Swami Paramananda	Swami Shambhudeananda Devotion and Self-Surrender	Silent Walk Swami Brahmananda Swami Sivananda on God	Swami Paramananda The Yoga of Equanimity	Ocean Puja Krishnan Namboodiri	Silent Walk Bhargavi Chaitanya The Power of satsanga	Swami Shambhudevananda The Power of Pranayama
Opening Satsang Camera							
12 pm Workshop	Ambika -Yoga Nidra	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Ambika- Yoga Nidra	Dan Millman: Peaceful Heart, Warrior Spirit	Tarini: Yoga & Aromatherapy to Sweeten Your Practice
2pm Workshop 4:00 PM							
Evening Satsang	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Jahnvi Harrison: An Ocean of Song: Mantra, Poetry and Creative Practice	Dan Millman: Peaceful Heart, Warrior Spirit	Dan Millman: Peaceful Heart, Warrior Spirit	Yoga of Recovery Week: Overcoming Self-Defeating Lifestyle Behaviors - Introduction to YoR annual Symposium – Durga Leela
Opening Satsang Camera	Swami Shambhudevananda	Swami Paramananda	Swami Hridayananda	Bhargavi Chaitanya	Swami Shambhudevananda	Swami Paramananda	Swami Hridayananda
AM Yoga Class							
Intermidate	Shakti Maryna	Hanuman / Omkari	Bhargavi Chaitanya	Hanuman / Shambhavi	Shakti Maryna	Shakti	Shakti Maryna
Beginners	Ambika	Ambika	Ambika	Bhargavi Chaitanya	Shakti	Ambika	Hanuman
Ocean Club	Hanuman		Hanuman		Hanuman		Ambika
Online Yoga class							
PM Yoga Class							
Intermidate	Swami Shambhudevananda/ Mahalakshmi	Swami Shambhudevananda / Srti	Swami Shambhudevananda / Mahalakshmi	Swami Shambhudevananda / shakti Maryna	Uma	Radha Alejandra	Uma Leticia
Beginners	Hanuman	Hanuman	Hanuman	Uma	N/A	N/A	N/A
Staff Class		Lakshmi Andreea AM	Shambhavi AM		Brahma Swaroop PM	Omkari AM	
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Ambika	Ambika	Bhargavi Chaitanya	Ambika	Ambika	Ambika	Ambika
Kitchen							
BRUNCH							
population	115	135	134	138	134	101+11	102
Kitchen am - cook	Siva	Siva	Siva	Siva	Siva	ganesha	ganesha
Kitchen am - team	Leyla Manon Atmamayi 6-8 Brahma-Swaroop	Leyla Manon Atmamayi 6-8 Brahma-Swaroop	Leyla Manon Atmamayi 6-8 Brahma-Swaroop	Leyla Manon Atmamayi 6-8 Brahma-Swaroop	Omkari Bramha-Swaroop Atmamayi 6-8 Sharada Devi	Leyla Atmamayi 6-8 Bramha-Swaroop	Leyla Atmamayi 6-8 Bramha-Swaroop
Servers							
Table 1 10-10.45	Nataraj	Nataraj	Mahalakshmi	Mahalakshmi	Mahalakshmi	Hanuman	Shambhavi
Table 1 10-10.30	Omkari	Omkari	Omkari	Omkari	Omkari	Giacomo	Giacomo
Table 2 10-10.30	Hanuman	Manon	Manon	Sarada devi	Sri Devi	Omkari	Hanuman
Table 2 10-10.30	Oxsana	Hanuman	Shambhavi	Shambhavi	Giacomo	Ganga	Omkari
Breakfast table 10-10:30	Manon	Shambhavi	Julia	Hanuman		Uma	Uma
Cleanup							
kitchen am - cleanup	Leyla Bramha-Swaroop Shambavi TTC 1&2	Leyla Bramha-Swaroop Shambavi TTC 1&2	Leyla Bramha-Swaroop Shambavi TTC 1 & 2	Leyla Bramha-Swaroop Shambavi TTC 1 & 2	Leyla Bramha-Swaroop Shambavi TTC 1 & 2	Leyla Bramha-Swaroop TTC 1 & 2	Leyla Bramha-Swaroop TTC 1 & 2
DINNER							
population	134	134	138	134	101	102+11	96
Kitchen pm - cook	SriDevi	SriDevi	SriDevi	SriDevi	Raja Rajeshwari	Shambhavi	Shambhavi
Kitchen pm - team	Omkari Shambavi Nataraj	Omkari Shambavi Nataraj	Omkari Ganesha Shambavi	Omkari Giacomo Shambavi	Lelya Giacomo	Omkari Giacomo	Omkari Giacomo
Servers							
Table 1 1800-1845	Leyla	Nataraj	Brahmaswaroop	Brahmaswaroop	Brahmaswaroop	Brahmaswaroop	Brahmaswaroop
Table 1 1800-1830	Nataraj	Leyla	Leyla	Leyla	Leyla	Leyla	Leyla
Table 2 1800-1830 (1 Fri-)	Siva	Siva	Siva	Siva	Sri Devi	Hanuman	Lakshmi
Table 2 1800-1830	Omkari	Brahmaswaroop	Mahalakshmi	Lakshmi			
Cleanup							
kitchen pm - cleanup 1845-1945	Omkari Shambavi	Omkari Shambavi	Omkari Shambavi	Omkari Shambavi	Omkari Giacomo	Omkari Giacomo	Omkari Giacomo

	Mon May 6	Tue May 7	Wed May 8	Thu May 9	Fri May 10	Sat May 11	Sun May 12
Prasad for Satsangs	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen	Afternoon kitchen

	Mon Apr 22	Tue Apr 23	Wed Apr 24	Thu Apr 25	Fri Apr 26	Sat Apr 27	Sun Apr 28
Morning Satsang	Swami Brahmananda-Freedom	Short Satsang - Swami Paramananda	Silent Walk Swami Paramananda Swami Sivananda's Essential Teachings	Swami Shambhudevananda The Great Vision Essential Teachings of Swami Vishnudevananda	Bhargavi Chaitanya Prayers of Swami Sivananda	Silent Walk Shyam and Mohini Swami Sivananda's Yoga of Synthesis	Swami Paramananda Sivananda's Gospel of Divine Life
Opening Satsang Camera							
12 pm Workshop Camera	Shamini Jain: Flourish	Om kara from WBC: stress to harmony storiesWorkshop	Ram Vakkalanka: Beyond the Seven Chakras	Ram Vakkalanka: Beyond the Seven Chakras	Ambika : Bliss 50/50	Ambika : yoga nidra weekend: deep relaxation	Ambika : yoga nidra weekend: deep relaxation
2pm Workshop 4:00 PM							
Evening Satsang	Passover Seder	Ram Vakkalanka: Beyond the Seven Chakras	Ram Vakkalanka: Beyond the Seven Chakras	Ram Vakkalanka: Beyond the Seven Chakras	Sri Rama Navami Puja Krishnan Namboodiri	Swami Swaroopananda Q & A	Ragani: Heart of Kirtan: Explorations in Sound & Vibration
Opening Satsang Camera	Swami Shambhudevananda			Swami Shambhudevananda	Swami Brahmananda	Swami Brahmananda	Swami Paramananda
AM Yoga Class							
Intermediate	Ambika	Lalita	Gauri Devi	Radha Alejnadra	Ambika	Shakti	Krishna Namboodri
Beginners	N/A	Ambika	Om kara	Ambika	Lakshmi -Cyntiya	Ambika	
Ocean Club	Yashoda		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermediate	Om kara	Swami Shambhudevananda / Bhargavi Chaitanya	Swami Paramananda / Shakti Maryna	Lalita	Bhargavi Chaitanya	Radha Alejandra	Radha Alejandra
Beginners	N/A		Lalita	Bhargavi Chaitanya	lalita	Bhargavi Chaitanya	Om kara
Staff Class							
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Ambika	Ambika	Bhargavi Chaitanya	Ambika	Ambika	Ambika	Ambika
TTC prep shift							
10.45-11.45	Diane +3	Diane +3	Diane +3	Diane +3	Diane +3	Diane + 3	Diane + 3
Kitchen							
BRUNCH							
population	113	108	108	148	136	136	145
Kitchen am - cook	Oksana	Madalasa	Oksana	Oksana	Oksana	Oksana	Oksana
Kitchen am - team	Leyla Manon Atmamayi 6-8 Krishna-Allan	Nitay Manon Atmamayi 6-8 Krishna-Allan	Leyla Manon Atmamayi 6-8 Krishna-Allan	Leyla Om kari-Lisa Atmamayi 6-8 Krishna-Allan	Leyla Manon Atmamayi 6-8 Krishna-Allan Om kari-Lisa	Leyla Atmamayi 6-8 Manon Krishna-Allan Om kari-Lisa	Leyla Atmamayi 6-8 Manon Krishna-Allan Om kari-Lisa
Servers							
Table 1 10-10.45	Barbara	Manon	Barbara	Shakti	Barbara	Anandi	Barbara
Table 1 10-10.30	Nitai	Barbara	Shakti	Barbara	Julia	Barbara	Shakti
Table 1 10-10.30	Manon	Shakti	Manon	Sivakami	Krishna	Manon	Manon
Table 2 10-10.30		Krishna-Allan	Krishna	Krishna	Om kari	Om kari	Krishna Allan
Table 2 10-10.30		Laksmi-Ann	Siva	Om kari	Shakti	Krishna Allan	Om kari-Lisa
Breakfast table 10-10:30		Diane	Om kari	Melicia	Radha Alejandra	Lynn	Anandi
Cleanup							
kitchen am - cleanup	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8
DINNER							
population	108	108	148	136	136	145	137
Kitchen pm - cook	ganesha 6pm snack	ganesha	ganesha	ganesha	ganesha	ganesha	ganesha
Kitchen pm - team	Passover Seder Bharata Madalasa Barbara & Nitai Shai & Om kari-Lisa	Barbara Leyla	Barbara Nitai Sivakami	Barbara Nitai	Barbara Nitai	Barbara Nitai	Barbara Nitai
Servers							
Table 1 1800-1845		Barbara	Nitai	Barbara	Nitai	Barbara	Om kari
Table 1 1800-1830		Manon	Barbara	Radha Alejandra	Barbara	Nitai	Manon
Table 1 1800-1830		Nitai	Manon	Nitai	Krishna-Allan	Manon	Barbara
Table 2 1800-1830		Oksana	Oksana	Oksana	Oksana	Oksana	Oksana
Table 2 1800-1830		Siva	Sivakami	Sivakami	Leyla	Leyla	Leyla
Table 2 1800-1830		Diane	Om kari	Om kari	Sivakami	Sivakami	Melica

	Mon Apr 15	Tue Apr 16	Wed Apr 17	Thu Apr 18	Fri Apr 19	Sat Apr 20	Sun Apr 21
Morning Satsang	Swami Shambhudevananda Mind its Mysteries and Control	Swami Paramananda Finding Inspiration in Life's Challenges	Silent Walk Mohini and Shyam Abhyasa - Establish Your Yoga Practice	Swami Brahmananda Swami Sivananda on How God Came into My Life	Swami Brahmananda Swami Sivananda on How God Came into My Life	Silent Walk Bhargavi Chaitanya Taking Spiritual Resolves for Inspiration and Commitment	Swami Shambhudevananda The Great Vision Essential Teachings of Swami Vishnudevananda
Opening Satsang							
Camera							
12 pm Workshop	Ambika Yoga Nidra	Tzivia Gover: Dreaming Toward Bliss	Tzivia Gover: Dreaming Toward Bliss	Tzivia Gover: Dreaming Toward Bliss	ibika Yoga Nidra	Shamini Jain: Flourish	Shamini Jain: Flourish
Camera							
2pm Workshop							
4:00 PM							
Evening Satsang	Tzivia Gover: Dreaming Toward Bliss	Tzivia Gover: Dreaming Toward Bliss	Swami Hridayananda Open Your Heart with Prayer	Kali Puja	Shamini Jain: Flourish	Shamini Jain: Flourish	Shamini Jain: Flourish
Opening Satsang	Bhargavi Chaitanya	Swami Shambhudevananda		Swami Brahmananda	Swami Paramananda	Shyam and Mohini	Swami Paramananda
Camera							
AM Yoga Class							
Intermidate	Omkara	Lalita	Gauri Devi	Ambika	Ambika	Shakti	Krishna Namboodri
Beginners	Ambika	Ambika	Omkara	Lalita	Lakshmi -Cyntiya	Ambika	Ambika
Ocean Club	Yashoda		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermidate	Swami Paramananda	Swami Shambhudevananda	Lalita	Omkara / Lakshmi Andreea	Bhargavi Chaitanya	Swami Paramananda / Sivakami	
Beginners	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Lalita	Omkara
Staff Class							
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Ambika	Ambika	Bhargavi Chaitanya	Ambika	Ambika	Ambika	Ambika
Passover cleaning & prep							
					Shai	Shai	Shai & Omkari-Lisa
TTC prep shift							
10.45-11.45	Diane +3	Diane +3	Diane +3	Diane +3	Diane +3	Diane + 3	Diane + 3
Kitchen							
BRUNCH							
population	113	108	108	114	122	123	118
Kitchen am - cook	Oksana	Madalasa	Oksana	Madalasa	Oksana	Oksana	Oksana
Kitchen am - team	Leyla Manon	Nitay Manon	Leyla	Leyla Manon	Leyla Manon	Leyla Atmamayi 6-8 Manon	Leyla Atmamayi 6-8 Manon
	Atmamayi 6-8 Krishna-Allan	Atmamayi 6-8 Leyla	Atmamayi 6-8 Krishna-Allan	Atmamayi 6-8 Krishna-Allan	Atmamayi 6-8 Krishna-Allan	Krishna-Allan	Krishna-Allan
Servers							
Table 1 10-10.45	Barbara	Manon	Barbara	Sivakami	Barbara	Sivakami	Barbara
Table 1 10-10.30	Barbara	Barbara	Shakti	Barbara	Manon	Barbara	Barbara
Table 1 10-10.30	Manon	Nitai	Julia	Manon	Nitai	Manon	Manon
Table 2 10-10.30	Lakshmi Anne			Lakshmi Ann		Lakshmi Ann	
Table 2 10-10.30	Krishna			Krishna Allan		Krishna Allan	
Breakfast table 10-10:30	Madalasa			Shakti Maryna		Shakti Maryna	
Cleanup							
kitchen am - cleanup	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8
DINNER							
population	108	108	114	122	123	118	128
Kitchen pm - cook	ganesha	ganesha	Madalasa	ganesha	Madalasa	ganesha	Madalasa
Kitchen pm - team	Barbara Nitai	Barbara Krishna	Barbara Nitai	Barbara Nitai	Barbara Nitai	Barbara Nitai	Barbara Nitai
							Omkari-Lisa cleaning
Servers							
Table 1 1800-1845	Nitai	Barbara	Nitai	Barbara	Nitai	Barbara	Nitai

	Mon Apr 8	Tue Apr 9	Wed Apr 10	Thu Apr 11	Fri Apr 12	Sat Apr 13	Sun Apr 14
Morning Satsang	Grahana Raksha Puja	Ganapati Vidya Homa	In The Name Of Peace	Silent Walk ami Paramananda Life	Swami Shambhudevananda Mind its misteries and control	Silent Walk Bhargavi Chaitanya Yamas and Niyamas - the foundations of Yoga	Swami Brahmananda The Secret of True Happiness
Opening Satsang Camera	Swami Brahmananda	Swami Brahmananda					
12 pm Workshop Camera	Omkar-Ayurveda for Mental health	Gina Sala:Sound Tantra and Bhakti Chant	Gina Sala:Sound Tantra and Bhakti Chant	Ambika-Energy Healing & Deep Relaxtion	Suba Parmar- Bharatanatyam Music and Dance from India	Eric Fraser and Naren Budhakar North Indian Classical Music	Eric Fraser and Naren Budhakar North Indian Classical Music
2pm Workshop 4:00 PM		Chitra Sukhu- Yoga Nidra					
Evening Satsang	Gina Sala:Sound Tantra and Bhakti Chant	Gina Sala:Sound Tantra and Bhakti Chant	Gina Sala:Sound Tantra and Bhakti Chant	Suba Parmar- Bharatanatyam Music and Dance from India	Eric Fraser and Naren Budhakar North Indian Classical Music	Eric Fraser and Naren Budhakar North Indian Classical Music	
Opening Satsang Camera	Swami Paramananda	Swami Hridayananda	Swami Shambhudevananda	Swami Hridayananda	Bhargavi Chaitanya	Shyam and Mohini	
AM Yoga Class							
Intermidate	Omkara	Lalita	Gauri Devi	Ambika	Ambika	Shakti	Krishna Namboodri
Beginners	Ambika	Ambika	Omkara	Ambika	Lakshmi -Cyntiya	Ambika	Ambika
Ocean Club	Yashoda		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermidate	All Levles- Lalita	Swami Shambhudevananda / Sivakami	Swami Paramananda / Lalita	Swami Paramananda	Lalshmi/ Rādhā Bella lalita	Swami Paramananda / Sivakami	Lalita Omkara
Beginners Staff Class		Bhargavi Chaitanya		Omkara		Lalita	
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Ambika	Ambika	Bhargavi Chaitanya	Ambika	Ambika	Ambika	Ambika
TTC prep shift							
10.45-11.45	Diane +3	Diane +3	Diane +3	Diane +3	Diane +3	Diane + 3	Diane + 3
Kitchen							
BRUNCH							
population	159	154	146	143	127	122	118
Kitchen am - cook	Madalasa	Madalasa	Oksana	Madalasa	Oksana	Oksana	Oksana
Kitchen am - team	Leyla Oksana Manon Atmamayi 6-8 Krishna-Allan/Brahma	Nitay Oksana Manon Atmamayi 6-8 Krishna-Allan/Brahma	Leyla Manon Atmamayi 6-8	Leyla Sharadadevi ½ Atmamayi 6-8 Krishna-Allan	Leyla Manon Atmamayi 6-8 Krishna-Allan	Leyla Atmamayi 6-8 Manon Krishna-Allan	Leyla Atmamayi 6-8 Manon Krishna-Allan
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	ganesha	ganesha	ganesha
Servers							
Table 1 10-10.45	Barbara	Manon	Barbara	Nitai	Barbara	Nitai	Barbara
Table 1 10-10.30	Nitai	Barbara	Nitai	Barbara	Manon	Barbara	Nitai
Table 1 10-10.30	Manon	Nitai	Manon	Manon	Nitai	Manon	Manon
Table 2 10-10.30	Lakshmi	Lakshmi	Lakshmi	Julia	Lakshmi-Anne	Lakshmi Anne	Lakshmi Anne
Table 2 10-10.30	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna	Krishna
Breakfast table 10-10:30	Vidya	Diane	Madalasa	Oksana	Madalasa	Madalasa	Madalasa
Cleanup							
kitchen am - cleanup	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8	Leyla TTC1-8
DINNER							
population	154	146	143	127	122	118	114
Kitchen pm - cook	ganesha	ganesha	ganesha	ganesha	Madalasa	ganesha	Madalasa
Kitchen pm - team	Barbara Nitai Krishna-Allan/Brahma	Barbara Leyla Krishna-Allan/Brahma	Barbara Nitai Krishna-Allan	Barbara Nitai	Barbara Nitai	Barbara Nitai	Barbara Nitai

	Mon Apr 1	Tue Apr 2	Wed Apr 3	Thu Apr 4	Fri Apr 5	Sat Apr 6	Sun Apr 7
Morning Satsang	Short Satsang	Bhargavi Chaitanya Cultivating Inner Peace	Silent Walk Shyam and Mohini The Power of Hatha Yoga	Swami Paramananda Life	ATTC / TTC Introduction	Silent Walk Swami Brahmananda The Secret of True Happiness	Swami Shambhudevananda The Science of Pranayama
Opening Satsang Camera	Swami Brahmananda				Swami Paramananda		
12 pm Workshop Camera 4:00 PM	Raju Ramanathan -learn to awaken the goddess within	Omkara from WBC: Qi Gong Workshop	Farrah Garan: Revealing Our Diamond Nature: Embodied Tibetan Buddhism	Farrah Garan: Revealing Our Diamond Nature: Embodied Tibetan Buddhism	Farrah Garan: Revealing Our Diamond Nature: Embodied Tibetan Buddhism	Rubin Naiman: Healing Sleep and Dream Retreat	Rubin Naiman: Healing Sleep and Dream Retreat
Evening Satsang	TTC Graduation	Farrah Garan: Revealing Our Diamond Nature: Embodied Tibetan Buddhism	Farrah Garan: Revealing Our Diamond Nature: Embodied Tibetan Buddhism	ATTC / TTC Inauguration	Rubin Naiman: Healing Sleep and Dream Retreat	Rubin Naiman: Healing Sleep and Dream Retreat	Rubin Naiman: Healing Sleep and Dream Retreat
Opening Satsang Camera	Swami Brahmananda	Swami Shambhudevananda	Swami Hridayananda	Swami Brahmananda	Swami Brahmananda	Swami Paramananda	Bhargavi Chaitanya
AM Yoga Class							
Beginners	Jagadambika	Jagadambika	Jagadambika	Shyam / Lakshmi Andreea Lalita	Omkara/krishna Priya Lakshmi -Cyntiya	Shakti Bhargavi Chaitanya	Krishna Namoodri Lalita
Ocean Club	Yashoda		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermediate	Lalita	Bhargavi Chaitanya	Swami Shambhudevananda / Lakshmi Andreea	r / Rādha Bella assistant	Brahmaswaroop- Josef/ sivakami	Bhargavi Chaitanya	Gauri Devi -Martha
Beginners	Jagadambika	Jagadambika	Lalita	Bhargavi Chaitanya	Lalita	Lalita	Omkara
Staff Class	Brahma Swaroop Y aft		Krishna Priya Mor		Radha Bella aft	Lakshmi Andreea Mor	
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya
TTC prep shift							
10.45-11.45						Diane + 3	Diane + 3
Kitchen							
BRUNCH	TTC breakfast @7am						
population	186	170	163	178	155	152	148
Kitchen am - cook	Madalsa	Madalsa	Oksana	Madalsa	Madalsa	Oksana	Madalsa
Kitchen am - team	Vishnu-Jerome Oksana Manon ½ Atmamayi 6-8 Leyla	Vishnu-Jerome Oksana Manon ½ Atmamayi 6-8 Leyla Krishna-Allan	Vishnu-Jerome Manon ½ Atmamayi 6-8 Leyla Krishna-Allan	Vishnu-Jerome Oksana Sharadadevi ½ Atmamayi 6-8 Leyla Krishna-Allan	Vishnu-Jerome Oksana Manon ½ Atmamayi 6-8 Leyla Krishna-Allan	Manon ½ Atmamayi 6-8 Leyla Krishna-Allan	Manon ½ Atmamayi 6-8 Leyla Krishna-Allan Oksana
Baker	ganesha	ganesha	ganesha	ganesha	ganesha	Lakshmi-Alivia	Lakshmi-Alivia
Servers							
Table 1 10-10.45	Diane	Diane	Diane			Krishna	Krishna
Table 1 10-10.30	Brahmaswaroop Ben	Brahmaswaroop Ben	Brahmaswaroop Ben		Barbara	Barbara	Barbara
Table 1 10-10.30	Shakti	Shakti	Shakti		Shakti	Leyla	Leyla
Table 2 10-10.30	Krishna	Krishna	Krishna		Krishna	Sivakami	Sivakami
Table 2 10-10.30	KrishnaPriya	KrishnaPriya	Madalasa		Madalasa	Sharadadevi	Sharadadevi
Breakfast table 10-10:30	Vishnu-Jerome	Brahmaswaroop	Sharada devi		Sharada Devi	Vishnu Jerome	Lakshmi
Breakfast table 10-10:30	Leyla	Leyla	Leyla		Leyla		Nitay
Cleanup							
kitchen am - cleanup							
	Nataraj	Nataraj	Nataraj	Nataraj	Nataraj	Madalasa TTC1-8	Madalasa TTC1-10
	Brahma	Yaya		Brahma	Nitay		
	Leyla	Leyla	Leyla	Leyla	Leyla		
	TTC1	ganesha	Madalsa	ganesha	ganesha		
	TTC2	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome		
	TTC3		Parvati				
			Yaya				
			Barbara				
DINNER	night						
population	170	163	178	155	152	148	152
Kitchen pm - cook	ganesha	Diane	Diane	Bramha-Swaroop Josef	ganesha	Parmilla and friends	Bramha-Swaroop Josef
Kitchen pm - team	Nataraj	Nataraj	Nataraj	Nataraj	Barbara	Barbara	Barbara

	Mon Apr 1	Tue Apr 2	Wed Apr 3	Thu Apr 4	Fri Apr 5	Sat Apr 6	Sun Apr 7
	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Brahma	Brahma
	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Brahma	Brahma	Manon ½	Manon ½
	Manon ½	Manon ½		Sharadadevi ½		Nitai	Nitai
	Brahma	Brahma	Brahma	Barbara	Nitai	Agnieska	
	Krishna-Allan		Yaya		Agnieska		
	Agnieska		Barbara				
Servers							
Table 1 1800-1845	Diane	Diane	Diane		Nitay	Nitay	Nitay
Table 1 1800-1830	Vishnu- Joseph	Vishnu- Joseph	Vishnu- Joseph		Vishnu- Joseph	Parvati	Parvati
Table 1 1800-1830	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome		Vishnu-Jerome	Barbara	Barbara
Table 2 1800-1830	Nataraj	Nataraj	Nataraj		Parvati	Vishnu Jerome	
Table 2 1800-1830	Brahma	Krishna Priya	Krishna Priya		Leyla	Oksana	Oksana
Table 2 1800-1830	Mahalakshmi	Mahalakshmi	Mahalakshmi		Barbara	Sivakami	Leyla
Cleanup							
kitchen pm - cleanup 1845-1945	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Madalasa	Krishna-Allan
	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	TTC9	TTC1-9	TTC1-10
	Krishna-Allan	Krishna-Allan	Krishna-Allan	Krishna-Allan			
	TTC1	Yaya	Parvati	Parvati			
	TTC2			Nitay			
	TTC3						
Prasad for Satsangs	Nataraj	Nataraj	Nataraj	Nataraj	Nataraj	TTC	TTC

	Mon Mar 25	Tue Mar 26	Wed Mar 27	Thu Mar 28	Fri Mar 29	Sat Mar 30	Sun Mar 31
Morning Satsang	Swami Shambhudevananda The Power of Hatha Yoga	Swami Paramananda How to Attain Purity of Mind	Silent Walk Shyam and Mohini Yoga in Daily Life	Bhargavi Chaitanya The Practice of Bhakti Yoga - The Yoga of Divine Love	The Sermon on the Mount of Lord Jesus Swami Brahmananda	Mantra Initiation/ Silent Walk Swami Shambhudevananda Deotion and Self- Surrender	Easter Sunrise Service: Marilyn Rossner, Bishop Trevor Williamson and the Global Trinity Gospel Choir
Opening Satsang							
Camera							
12 pm Workshop	12 pm and 2 Pm Suhas and Manisha Kshirsagar: Healing the Gut-Brain Connection, Microbiome, and Emotions with Ayurveda	Swami Paramananda Welcome to The Journey of Your life TTC Introduction workshop	Dr. Shyam Ranganathan: The Healing Power of Yoga Philosophy	Dr. Shyam Ranganathan: The Healing Power of Yoga Philosophy	Bhargavi Chaitanya- Divine Tour	Gina and Gershone: Luminous Renewal	Gina and Gershone: Luminous Renewal
Camera							
4:00 PM							
Evening Satsang	Suhas and Manisha Kshirsagar: Healing the Gut- Brain Connection, Microbiome, and Emotions with Ayurveda	Dr. Shyam Ranganathan: The Healing Power of Yoga Philosophy	Dr. Shyam Ranganathan: The Healing Power of Yoga Philosophy	Swami Swaroopanada Questions & Answers	Gina and Gershone: Luminous Renewal	Gina and Gershone: Luminous Renewal	Gina and Gershone: Luminous Renewal
Opening Satsang	Swami Shambhudevananda	Bhargavi Chaitanya	Swami Hridayananda	Swami Brahmananda	Swami Paramananda	Swami Hridayananda	Swami Shambhudevananda
Camera							
AM Yoga Class							
Intermidate	Omkara / Krishna Priya	Shakti	Omkara / Shakti Maryna	Jagadambika	Jagadambika	Shakti	Jagadambika
Beginners	Nitya	Padmavati	Nitya	Lalita	Bhargavi Chaitanya	Jagadambika	Lalita
Ocean Club	Yashoda		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermidate	Bhargavi Chaitanya	Swami Paramananda	Swami Shambhudevananda / Radha Bella	Swami Shambhudevananda / Lakshmi Andreea	Swami Paramananda / Rādha Bella	Lalita	Shyam
Beginners	Jagadambika	Jagadambika	Jagadambika	Jagadambika	Jagadambika	Jagadambika	Jagadambika
Staff Class	Siva afternoon	Pascal afternoon	Krishna Priya mor / Siva aft	Nataraj morning	Brahma Swaroop B mor	Krishna Priya morning	Lakshmi Andreea afternoon
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya
Kitchen deep clean							
12-2	Madalsala, ganesha, Shambu						
	Vishnu-Joseph, Bramha- Swaroop Ben, Siva						
Kitchen							
BRUNCH							
population	178	187	174	173	186	192	174
Kitchen am - cook	Madalasa	Madalasa	Bramha-Swaroop Josef	Oksana	Madalasa	Oksana	Madalsala
Kitchen am - team	Vishnu-Jerome Ganesha-John Oksana Manon ½ Atmamayi 6-8	Vishnu-Jerome Ganesha-John Oksana Manon ½ Atmamayi 6-8 Brahma	Vishnu-Jerome Ganesha-John Ganesha-John Manon ½ Atmamayi 6-8 Brahma	Vishnu-Jerome Ganesha-John Sharadadevi ½ Brahma Atmamayi 6-8	Vishnu-Jerome Oksana Manon ½ Brahma Atmamayi 6-8	Vishnu-Jerome Atmamayi 6-8 Manon ½ Brahma Atmamayi 6-8	Vishnu-Jerome Oksana Manon ½ Brahma Atmamayi 6-8
Baker	ganesha	ganesha	ganesha	ganesha	ganesha	Lakshmi-Alivia	Lakshmi-Alivia
Servers							
Table 1 10-10:45	Bhavani	Bhavani	Bhavani	Diane	Diane	Diane	
Table 1 10-10:30	Omkara	Shakti Maryana	Shakti Maryna	Brahmaswaroop Ben	Brahmaswaroop Ben	Brahmaswaroop Ben	
Table 2 10-10:30	Raghu Rama	Raghu Rama	Raghu Rama	Raghu Rama	Raghu Rama	Raghu Rama	Raghu Rama
Table 2 10-10:30	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph
Breakfast table 10-10:30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10:30	Sharadadevi		Diane	Leyla	Leyla	Leyla	Leyla
Cleanup							
kitchen am - cleanup	Nataraj Ganesha-John TTC1 TTC2 TTC3	Nataraj Ganesha-John TTC1 TTC2 TTC3 Brahma	Nataraj Ganesha-John TTC1 TTC2 TTC3 Brahma	Nataraj Ganesha-John TTC1 TTC2 TTC3 Brahma	Nataraj Krishna-Allan TTC1 TTC2 TTC3 Brahma	Nataraj Krishna-Allan TTC1 TTC2 TTC3 Brahma	Nataraj Krishna TTC1 TTC2 TTC3 Brahma
DINNER							
population	187	174	173	186	192	174	180

	Mon Mar 18	Tue Mar 19	Wed Mar 20	Thu Mar 21	Fri Mar 22	Sat Mar 23	Sun Mar 24
Morning Satsang	Swami Shambhudevananda The Great Vision of Yoga	Swami Brahmananda The Four Goals of Life	Silent Walk Shyam and Mohini Swami Sivananda's Foundational Teachings	Swami Paramananda Build your Character with Meditation on Virtues	Swami Shambhudevananda The Power of Pranayama	Silent Walk Bhargavi Chaitanya The Practice of Prayer	Swami Paramananda Build your Character with Meditation on Virtues
Opening Satsang Camera							
12 pm Workshop 4:00 PM Camera	John Perkins Using Inner Peace, Love, and Indigenous Wisdom to Create an Ecological Civilization	John Perkins Using Inner Peace, Love, and Indigenous Wisdom to Create an Ecological Civilization	2pm Bhargavi Chaitanya- Divine Tour	Nitya -Three Ayurvedic Treatment protcls for Balancing the 5 elemnts and three doshas Workshop	Master Ou: Introduction to Mystical Qigong	Om kara from WBC:Yoga of relationship	Suhas and Manisha Kshirsagar: Healing the Gut-Brain Connection, Microbiome, and Emotions with Ayurveda
Evening Satsang	Classical Indian Music and Dance Festival - Kathak Dance with Shambhavi Dandekar Held in the Temple	Classical Indian Music and Dance Festival - Santoor Concert with Raaginder Singh Momi and Vishal Nagar	Classical Indian Music and Dance Festival - Vocal Concert with Sanhita Nandi and Vishal Nagar	Master Ou: Introduction to Mystical Qigong	Master Ou: Introduction to Mystical Qigong	Suhas and Manisha Kshirsagar: Healing the Gut-Brain Connection, Microbiome, and Emotions with Ayurveda	Suhas and Manisha Kshirsagar: Healing the Gut-Brain Connection, Microbiome, and Emotions with Ayurveda
Opening Satsang Camera	Swami Shambhudevananda	Swami Hridayananda	Bhargavi Chaitanya	Swami Paramananda	Shyam and Mohini	Swami Hridayananda	Bhargavi Chaitanya
AM Yoga Class							
Intermidate	Om kara	Radha Alejandra	Om kara	Radha Alejandra	Radha Alejandra	Shakti	Jagadambika
Beginners	Nitya	Padmavati	Nitya	Padmavati	Padmavati	Padmavati	Mohini
Ocean Club	Yashoda		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermidate	Radha Alejandra	Lalita	Swami Shambhudevananda	Swami Shambhudevananda	Swami Paramananda / Lakshmi Alivia	Swami Paramananda / shakti maryna	Radha Alejandra
Beginners	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Lalita	Jagadambika
Staff Class	Pascal	Shankara Mor / Shakti Aft	Krishna Priya morning	Siva Mark morning	Shankara afternoon	Lakshmi Andreea	Nataraj Mor / Shakti Aft
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya
Coconuts							
0800-1200	Oksana	Oksana	Oksana				
1230-1400	Oksana	Oksana	Oksana				
Kitchen							
BRUNCH							
population	142	141	137	145	146	168	165
Kitchen am - cook	Bhavani	Bhavani	Madalasa	Madalsala	Madalsala	Madalsala	Madalsala
Kitchen am - team	Vishnu-Jerome Ganesha-John Stephanie Brahma Nataraj	Vishnu-Jerome Ganesha-John Oksana Brahma Nataraj	Vishnu-Jerome Ganesha-John Atmamayi Brahma Oksana	Vishnu-Jerome Ganesha-John Stephanie Brahma Oksana Atmamayi	Vishnu-Jerome Ganesha-John Atmamayi Brahma Oksana	Vishnu-Jerome Ganesha-John Stephanie Brahma Oksana Atmamayi	Vishnu-Jerome Ganesha-John Brahma Oksana Atmamayi
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Servers							
Table 1 10-10.45	Stephanie	Sundari	Atmamayi	Diane	Raghu Rama	Diane	Mahalakshmi
Table 1 10-10.30	Atmamayir	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie	Raghu
Table 1 10-10.30	Sundari	Atmamayi	Sundari	Raghu Rama	Diane	Raghu	Diane
Table 2 10-10.30	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben
Table 2 10-10.30	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph
Breakfast table 10-10.30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10.30	Diane	Diane	Raghu Rama				Sharadadevi
Cleanup							
kitchen am - cleanup							
	Brahma Nataraj Shankara Ganesha-John TTC1 TTC1 TTC2 TTC3	Brahma Nataraj Shankara Ganesha-John TTC1 TTC1 TTC2 TTC3	Brahma Shankara Ganesha-John TTC1 TTC2 TTC3	Brahma Shankara Ganesha-John Manon TTC1 TTC2 TTC3	Brahma Shankara Ganesha-John TTC1 TTC2 TTC3	Brahma Nataraj Ganesha-John TTC1 TTC2 TTC3	Brahma Nataraj Ganesha-John TTC1 TTC2 TTC3
DINNER							
population	141	137	145	146	168	165	181
Kitchen pm - cook	Diane	Diane	Diane	ganesha	Diane	Diane	Brahma-Swaroop Josef/ ganesha
Kitchen pm - team	Sundari Vishnu-Joseph	Sundari Vishnu-Joseph	Sundari Vishnu-Joseph	Sundari Vishnu-Joseph	Brahma Vishnu-Joseph	Vishnu-Joseph Nataraj	Vishnu-Joseph Nataraj

	Mon Mar 11	Tue Mar 12	Wed Mar 13	Thu Mar 14	Fri Mar 15	Sat Mar 16	Sun Mar 17
Morning Satsang	Swami Paramananda Inner Peace for Outer Peace	Ganapati Vidya Homa Krishnan Nambodiri	Silent Walk Shyam and Mohini How to live a Yogic Life in the World	Swami Shambhudevananda Essential Teachings of the Bhagavad Gita	Swami Brahmananda The Four Goals of Life	Silent walk Bhargavi Chaitanya The Foundations of Meditation	Swami Paramananda Inner Peace for Outer Peace
Opening Satsang		Swami Brahmananda					
Camera							
12 pm Workshop	2pm-Acharya Shunya - Karma, Destiny and The Path of Karma Yoga	2pm-Acharya Shunya - Karma, Destiny and The Path of Karma Yoga	2pm-Acharya Shunya - Karma, Destiny and The Path of Karma Yoga	2pm-Acharya Shunya - Karma, Destiny and The Path of Karma Yoga	John Beaulieu - Sound, Yoga, and the Five Elements	John Beaulieu - Sound, Yoga, and the Five Elements	John Perkins Using Inner Peace, Love, and Indigenous Wisdom to Create an Ecological Civilization
Camera							
4:00 PM							
Evening Satsang	Acharya Shunya - Explore the Durga Archetype	Acharya Shunya - Explore the Durga Archetype	Acharya Shunya - Explore the Durga Archetype	John Beaulieu - Sound, Yoga, and the Five Elements	John Beaulieu - Sound, Yoga, and the Five Elements	John Perkins Using Inner Peace, Love, and Indigenous Wisdom to Create an Ecological Civilization	John Perkins Using Inner Peace, Love, and Indigenous Wisdom to Create an Ecological Civilization
Opening Satsang	Swami Shambhudevananda	Bhargavi Chaitanya	Swami Paramananda	Shyam and Mohini	Bhargavi Chaitanya	Swami Brahmananda	Swami Paramananda
Camera							
AM Yoga Class							
Intermediate	Omkara	Radha Alejandra	Omkara	Radha Alejandra	Radha Alejandra	Shakti	Krishna Nambodiri
Beginners	Nitya	Lalita	Nitya	Lalita	Lakshmi-Cintiya	Radha Alejandra	Lalita
Ocean Club	Bhagavati		Yashoda		Yashoda		Yashoda
Online Yoga class							
PM Yoga Class							
Intermediate	Lalita	Siva	Swami Shambhudevananda	Swami Shambhudevananda	Lalita	Swami Paramananda	Bhargavi Chaitanya
Beginners	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Omkara	Lalita	Radha Alejandra
Staff Class	Lakshmi Alivia	Brahma Swaroop B		Brahma Swaroop Y	Pascal	Shankara	Shankara
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya
Coconuts							
0800-1200	Oksana	Oksana	Oksana	Oksana	Oksana	Oksana	
1230-1400	Oksana	Oksana	Oksana	Oksana	Oksana	Oksana	
Project team							
	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben	Bramha-Swaroop Ben
	Shankara-Ido	Shankara-Ido	Shankara-Ido	Shankara-Ido	Shankara-Ido	Shankara-Ido	Shankara-Ido
Kitchen							
BRUNCH							
population	171	153	144	168	176	180	171
Kitchen am - cook	Bhavani	Bhavani	Bhavani	Bhavani	Bhavani	Bhavani	Madalsala
Kitchen am - team	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John
	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie
	Brahma	Brahma	Brahma	Brahma	Brahma	Brahma	Brahma
		Atmamayi	Atmamayi	Atmamayi	Atmamayi	Atmamayi	Oksana
							Atmamayi
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Servers							
Table 1 10-10.45	Narayani andrea	Lakshmi Andrea	Lakshmi Stephanie	Diane Stephanie	Stephanie	Diane Stephanie	Stephanie
Table 1 10-10.30	Lakshmi Andrea	Shambhu Spencer	Shambhu Spencer	Shambhu- Spencer		Shambhu Spencer	
Table 2 10-10.30	Atmamayi	Brahma Swaroop benjamin	Brahma swaroop	Brahmaswaroop		Brahmaswaroop-Benjamin	
Table 2 10-10.30	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph	Vishnu-Joseph
Breakfast table 10-10:30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10:30	Ambika	Atmamayi	Atmamayi	Atmamayi		Sundari	Sundari
Cleanup							
kitchen am - cleanup							
	Brahma	Brahma	Brahma	Brahma	Brahma	Brahma	Brahma
	Nataraj	Nataraj	Nataraj	Nataraj	Nataraj	Nataraj	Nataraj
	Shankara	Shankara	Shankara	Shankara	Shankara	Shankara	Shankara
	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Shankara	Shankara
	TTC1	TTC1	TTC1	TTC1	TTC1	Ganesha-John	Ganesha-John
	TTC2	TTC2	TTC2	TTC2	TTC2	TTC1	TTC1
	TTC3	TTC3	TTC3	TTC3	TTC3	TTC2	TTC2

	Mon Mar 4	Tue Mar 5	Wed Mar 6	Thu Mar 7	Fri Mar 8	Sat Mar 9	Sun Mar 10
Morning Satsang	Bhargavi Chaitanya The Power of Japa Yoga	Swami Shambhudevananda Raise Your Vibration with Pranayama	TTC Introduction	Silent Walk Swami Paramananda The Path of Yoga	Swami Brahmananda: The meaning of Mahasivaratri	Krishnan Nambodiri Maha Sivaratri Celebration	In the Name of Peace
Opening Satsang Camera			Swami Paramananda				Swami Brahmananda
12 pm Workshop Camera	Bhargavi Chaitanya-Learn about Lord Siva and his Worship (Preparation for Sivarartri)	Omkaara from WBC: Qi Gong Workshop	Bhargavi Chaitanya- Learn about Lord Siva and his Worship (Preparation for Sivarartri)	Menas Kafatos: Presence of Siva, the Great Self of All: Non-dual Kashmir Saivism	Menas Kafatos: Presence of Siva, the Great Self of All: Non- dual Kashmir Saivism	2pm Bhargavi Chaitanya Learn Siva Mantras and Stotras	Menas Kafatos: Presence of Siva, the Great Self of All: Non- dual Kashmir Saivism
2pm workshop 4:00 PM							
Evening Satsang	Sukha Wong: Thai Yoga Massage	TTC Inauguration	Menas Kafatos: Presence of Siva, the Great Self of All: Non- dual Kashmir Saivism	Menas Kafatos: Presence of Siva, the Great Self of All: Non-dual Kashmir Saivism	Krishnan Nambodiri Maha Sivaratri Celebration	Menas Kafatos: Presence of Siva, the Great Self of All: Non- dual Kashmir Saivism	Acharya Shunya and Cheff Sanjai: Discover the Benefits of Ayurvedic Detoxification
Opening Satsang Camera	Shyam and Mohini	Swami Brahmananda	Bhargavi Chaitanya		Swami Brahmananda	Swami Shambhudevananda	Shyam and Mohini
AM Yoga Class							
Intermediate	Omkaara	Bhagavati	Omkaara	Bhagavati	Radha Alejandra	Shakti	Krishna Nambodiri
Beginners	Nitya	Shyam	Nitya	Radha Alejandra	Lakshmi-Cintiya		Lalita
Ocean Club	Bhagavati		Bhagavati		Bhagavati		Bhagavati
Online Yoga class							
PM Yoga Class							
Intermediate	Shyam	Lalita	Radha Alejandra	Swami Shambhudevananda /Shakti Maryna assiting Lalita	Bhagavati	Vani Devi	Vani Devi
Beginners	Mohini	Mohini	Bhargavi Chaitanya	Lalita	Lalita	Bhagavati	Bhargavi Chaitanya
Staff Class				Narayani	Siva		KrishnaPriya
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhagavati	Bhagavati	Lalita	Bhargavi Chaitanya	Lalita
Coconuts							
0800-1200	Oksana	Oksana	Oksana	Oksana	Oksana	Oksana	Oksana
1230-1400	Oksana	Oksana	Oksana	Ganesha-John	Oksana	Oksana	Oksana
Project team							
	Radha-Ale, ganesha, Spencer, Bramha-Swaroop Ben Shambu, Sankara-Ido, Brahma	Bramha-Swaroop Ben Shankara-Ido	Bramha-Swaroop Ben Shankara-Ido	Bramha-Swaroop Ben Shankara-Ido	Bramha-Swaroop Ben Shankara-Ido	Bramha-Swaroop Ben Shankara-Ido	Bramha-Swaroop Ben Shankara-Ido
Kitchen							
BRUNCH							
population	143	138	137	157	172	166	172
Kitchen am - cook	Bhavani	ganesha	Bhavani	Bhavani	Bhavani	ganesha	Bhavani
Kitchen am - team	Vishnu-Jerome Kalyani-Galen Stephanie Anandi	Vishnu-Jerome Kalyani-Galen Stephanie Brahma Nataraj-Daniel	Vishnu-Jerome Kalyani-Galen Stephanie Brahma Ganesha-John	Vishnu-Jerome Kalyani-Galen Stephanie Brahma Ganesha-John	Vishnu-Jerome Kalyani-Galen Stephanie Brahma Ganesha-John	Vishnu-Jerome Kalyani-Galen Stephanie Brahma Ganesha-John	Vishnu-Jerome Kalyani-Galen Stephanie Brahma Oksana
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Servers							
Table 1 10-10.45	Narayani andrea	Narayani andrea	Narayani andrea	Narayani andrea	Narayani andrea	Narayani andrea	Narayani andrea
Table 1 10-10.30	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie	Stephanie
Table 1 10-10.30	Manon	Manon			Vishnu-Joseph	Vishnu Joseph	
Table 2 10-10.30	Bramha-Swaroop Ben	Spencer			Shambhu-Spencer	Shambhu-Spencer	
Table 2 10-10.30	Shankara-Ido	Vishnu-Joseph	Vishnu-Joseph		Sankara Ido	Sankara	
Breakfast table 10-10:30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10:30	Sundari	Sundari	Sundari	Sundari	Sundari	Sundari	Sundari
Cleanup							
kitchen am - cleanup							
	Brahma Kalyani-Galen Spencer ganesha John ganesha	Brahma Kalyani-Galen Nataraj-Daniel Bramha-Swaroop Ben Shankara-Ido	Brahma Kalyani-Galen Nataraj-Daniel Bramha-Swaroop Ben Shankara-Ido	Brahma Kalyani-Galen Nataraj-Daniel TTC1 TTC2 TTC3 TTC4	Brahma Kalyani-Galen Nataraj-Daniel TTC1 TTC2 TTC3 TTC4	Brahma Kalyani-Galen Nataraj-Daniel TTC1 TTC2 TTC3 TTC4	Brahma Oksana Nataraj-Daniel TTC1 TTC2 TTC3 TTC4

	Mon Feb 26	Tue Feb 27	Wed Feb 28	Thu Feb 29	Fri Mar 1	Sat Mar 2	Sun Mar 3
Morning Satsang	Swami Brahmananda -God as Mother Devi Tattva	Swami Shambhudeva nanda How to Stay Inspired	Mantra Initiation / Silent Walk Swami Shambhudeva nanda How to Stay Inspired	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani	Short Satsang	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani
Opening Satsang				Swami Paramananda	Swami Brahmananda	Swami Shambhudeva nanda	Bhargavi Chaitanya
Camera							
12 pm Workshop	Maggie Wheeler and Arnaé Batson: Songs of Sustenance	Omkara from WBC: Yoga of Relationship	Omkara-Prana and Pranayama	Omkara-Yoga for Stress relief	1pm -Radha alejandra - Coaching Class	1.30 Pm Bhargavi Chaitanya-Divine Tour	Omkara- Proper Relaxtion and Yoga Nidra
Camera							
2pm workshop							
4:00 PM							
Evening Satsang	Swami Paramananda - Essential teachings of Swami Sivananada	Swami Swaroopana da Q & A	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani	TTC Graduation	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani	Swami Tattwamayana nda: The Road to Spiritual Liberation: An Introduction to Viveka-chudamani
Opening Satsang		Swami Brahmananda	Swami Hridayananda	Bhargavi Chaitanya	Swami Brahmananda	Swami Parmananada	Bhargavi Chaitanya
Camera							
AM Yoga Class							
Intermidate	Radha Alejandra	Mahadev	Omkara	Bhagavati	Radha Alejandra	Shakti	Krishna Nambodiri
Beginners	Nitya	Radha Alejandra	Nitya	Mahadev	Lakshmi-Cintiya	Lalita	Lalita
Ocean Club	Mahadev		Mahadev		Bhagavati		Bhagavati
Online Yoga class							
	PM Yoga Class						
PM Yoga Class							
Intermidate	Bhargavi Chaitanya	Bhagavai	Swami Shambhudeva nanda/ Bhagavati Assiting	Bhargavi Chaitanya	Swami Shambhudeva nanda /Shakti Maryna assiting	Vani Devi	Shyam
Beginners	Bhagavati	Bhargavi Chaitanya	Bhargavi Chaitanya	Radha Alejandra	Bhargavi Chaitanya	Bhagavati	Mohini
Staff Class				Siva	Lakshmi Alivia		Krishna Priya
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhagavati	Bhagavati	Lalita

	Mon Feb 19	Tue Feb 20	Wed Feb 21	Thu Feb 22	Fri Feb 23	Sat Feb 24	Sun Feb 25
Morning Satsang	Swami Paramananda Attain Happiness by Cultivation of Virtues	Swami Paramananda Attain Happiness by Cultivation of Virtues	Silent Walk Bhargavi Chaitanya The Importance of Having a Meditation Room and How to Do it?	Swami Brahmananda God as Mother Devi Tattva	Swami Brahmananda God as Mother Devi Tattva	Silent Walk Swami Shambhudevananda The Science of Mantra Yoga	Swami Shambhudevananda The Science of Mantra Yoga
Opening Satsang Camera							
12 pm Workshop	Krishna Das -The Yoga of Chant	Krishna Das	Bhargavi Chaitanya-Divine Tour	1 pm -Radha-Coaching Class	Amy Weintraub: Building Resilience: Yoga for Your Mood	Amy Weintraub: Building Resilience: Yoga for Your Mood	Pranava Chaitanya Anniversary Puja Krishnan Nambodiri
Camera							
2pm workshop				Bhargavi Chaitanya- Divine Tour		Sukha Wong: Thai Yoga Massage Workshop	Maggie Wheeler and Arnaé Batson: Songs of Sustenance
4:00 PM							
Evening Satsang	Krishna Das -The Yoga of Chant	Mona Sharma	Mona Sharma	Amy Weintraub: Building Resilience: Yoga for Your Mood	Sukha Wong: Thai Yoga Massage	Maggie Wheeler and Arnaé Batson: Songs of Sustenance	Maggie Wheeler and Arnaé Batson: Songs of Sustenance
Opening Satsang Camera	Swami Shambhudevananda	Bhargavi Chaitanya	Swami Paramananda	Swami Hridayananda	Swami Shambhudevananda	Swami Paramananda	Swami Hridayananda
AM Yoga Class							
Intermediate	Omkara	Mahadev	Omkara	Bhagavati	Radha Alejandra	Shakti	Krishna Nambodiri
Beginners	Nitya	Radha Alejandra	Nitya	Mahadev	Lakshmi-Cintiya	Radha Alejandra	Bhagavati
Ocean Club	Mahadev		Mahadev		Mahadev		Mahadev
Online Yoga class							
				PM Yoga Class			
PM Yoga Class							
Intermediate	Bhagavati	Swami Shambhudevananda	Swami Shambhudevananda	Omkari	Swami Shambhudevananda	Mahaev	Swami Shambhudevananda
Beginners	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya	Radha Alejandra	Mahadev	Bhagavati	Radha Alejandra
Staff Class				Lakshmi-Alivia			
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhagavati	Bhagavati	Bhagavati
Kitchen							
BRUNCH							
population	259	226	201	202	210	212	199
Kitchen am - cook	Bhavani	Madalsala	Bhavani	Bhavani	Madalsala	Bhavani	Bhavani
	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
	Oksana	Oksana	Oksana	Oksana	Oksana	Oksana	Oksana
	Juliana	Juliana	Juliana	Juliana	Juliana	Juliana	Juliana
	Ambika	Ambika	Ambika	Ambika-Klaudia	Ambika	Ambika Klaudia	Ambika
Kitchen am - team	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara
	Anandi	Anandi	Galen	Galen	Galen	Galen	Galen
	Catalina	Catalina		Anandi		Stephanie	Stephanie
	Galen	Galen				Anandi	
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Servers							
Table 1 10-10.45	Omkari	Pierre	Stephanie	Govinda	Lakshmi-Barbara	Omkari	Stephanie
Table 1 10-10.30	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Omkari	Lakshmi-Barbara	Lakshmi-Barbara
Table 1 10-10.30	Govinda	Govinda	Pierre	Omkari	Govinda	Piere	Omkari
Table 2 10-10.30	Stephanie	Stephanie	Omkari	Stephanie	Stephanie	Stephanie	Omkari
Table 2 10-10.30	Pierre	Oksana	Shakti	Oksana	Oksana	Oksana	
Table 3 10-10.20	Ambika-Shelly	Shakti Maryna					
Table 3 10-10.20	Manon	Atmamayi					
Breakfast table 10-10:30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10:30	Ambika	Ambika	Ambika	Ambika-Klaudia	Peire	Ambika Shelly	Ambika
Breakfast table 10-10:30	Ganga	Omkari					
Cleanup							
kitchen am - cleanup							
	Brahma	Brahma	Oksana	Brahma	Brahma	Brahma	Brahma
	Galen	Galen	Galen	Galen	Galen	Galen	Galen
	Juliana	Juliana	Juliana	Juliana	Juliana	Juliana	Juliana
	TTC1	TTC1	TTC1	TTC1	TTC1	TTC1	TTC1
	TTC2	TTC2	TTC2	TTC2	TTC2	TTC2	TTC2
	TTC3	TTC3	TTC3	TTC3	TTC3	TTC3	TTC3
	TTC4	TTC4	TTC4	TTC4	TTC4	TTC4	TTC4
	TTC5	TTC5	TTC5	TTC5	TTC5	TTC5	TTC5
DINNER							
population	226	201	202	210	212	199	187
Kitchen pm - cook	Madalsala	Saraswati	Saraswati	Saraswati	RajaRajeshwari	Madalasa	Madalas

	Mon Feb 12	Tue Feb 13	Wed Feb 14	Thu Feb 15	Fri Feb 16	Sat Feb 17	Sun Feb 18
Morning Satsang	Swami Paramananda The Essential Message of the Bhagavad Gita	Swami Paramananda The Essential Message of the Bhagavad Gita	Silent Walk Bhargavi Chaitanya A Bright Future Awaits You Establish the Yoga Practice at Home	Swami Brahmananda Patanjali Yoga Sutras: Cultivate Clear Vision and Deep Meditation	Swami Brahmananda Patanjali Yoga Sutras: Cultivate Clear Vision and Deep Meditation	Silent walk Swami Shambhudevananda Living at The Source Devotion and Worship	Swami Shambhudevananda Living at The Source Devotion and Worship
Opening Satsang Camera							
12 pm Workshop	Asha Nayaswami: Life Lessons from Autobiography of a Yogi	Asha Nayaswami: Life Lessons from Autobiography of a Yogi	Nina Rao: The Power of Chant	Nina Rao: The Power of Chant	Swami Paramananda Welcome to The Journey of Your life TTC Introduction workshop	Nina Rao: The Power of Chant - Hanuman Chalisa	Piere -Reflexology
Camera							
4pm workshop							Krishna Das-Yoga of Chant Retreat
4:00 PM							
Evening Satsang	Asha Nayaswami: Life Lessons from Autobiography of a Yogi	Asha Nayaswami: Life Lessons from Autobiography of a Yogi	Nina Rao: The Power of Chant	Nina Rao: The Power of Chant	Nina Rao: The Power of Chant	Nina Rao: The Power of Chant	Krishna Das: Yoga of Chant Retreat
Opening Satsang Camera	Bhargavi Chaitanya	Swami Shambhudevananda	Swami Hridayananda	Swami Paramananda	Swami Shambhudevananda	Swami Brahmananda	Swami Hridayananda
AM Yoga Class							
Intermediate	Omkara	Radha Alejandra	Omkara	Radha Alejandra	Radha Alejandra	Bhagavati	Krishna Nambodiri
2nd Intermediate	N/A	N/A	N/A	Bhagavati	Bhagavati	Mahadev	Bhagavati
Beginners	Nitya	Bhagavati	Nitya	Lalita	Lakshmi-Cintiya	Radha-Alejandra	Lalita
Ocean Club	Mahadev		Mahadev		Mahadev		Mahadev
Online Yoga class							
PM Yoga Class							
Intermediate	Swami Shambhudevananda	Swami Shambhudevananda	Swami Shambhudevananda	Swami Paramananda	Swami Shambhudevananda	Swami Shambhudevananda	Swami Shambhudevananda
2nd Intermediate	N/A	N/A	N/A	Krishna	Krishna	Bhargavi Chaitanya	Bhargavi Chaitanya
Beginners	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	lalita	Bhargavi Chaitanya
Staff Class		Radha Brittani			Siva		
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya
Kitchen							
BRUNCH							
population	190	195	200	203	255	271	271
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Kitchen am - cook	Madalasa	Bhavani	Bhavani	Bhavani	Madalsala	Bhavani	Bhavani
Kitchen am - team	Vishnu-Jerome Atmamayi Brahma Stephanie Ambika Lakshmi-Barbara Galen Anandi Oksana	Vishnu-Jerome Catalina Brahma Stephanie Ambika Lakshmi-Barbara Galen Anandi Oksana	Vishnu-Jerome Catalina Brahma Stephanie Ambika Lakshmi-Barbara Galen Anandi Oksana Prema	Vishnu-Jerome Catalina Brahma Stephanie Ambika Lakshmi-Barbara Galen Anandi Oksana	Vishnu-Jerome Atmamayi Brahma Stephanie Ambika-Klaudia Lakshmi-Barbara Galen Anandi Oksana	Vishnu-Jerome Catalina Brahma Stephanie Ambika-Klaudia Lakshmi-Barbara Galen Anandi Atmamayi	Vishnu-Jerome Atmamayi Brahma Stephanie Ambika-Klaudia Lakshmi-Barbara Galen Anandi Oksana
Servers							
Table 1 10-10.45	Omkari	Piere	Stephanie	Govinda	Lakshmi-Barbara	Omkari	Stephanie
Table 1 10-10.30	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Omkari	Lakshmi-Barbara	Lakshmi-Barbara
Table 1 10-10.30	Reena	Govinda	Peire	Omkari	Govinda	Govinda	Govinda
Table 2 10-10.30	Stephanie	Stephanie	Omkari	Stephanie	Stephanie	Stephanie	Omkari
Table 2 10-10.30	Piere	Reena	Prema	Oksana	Oksana	Oksana	Atmamayi
Table 3 10-10.20				Ambika Shelly	Ambika-shelly	Ambika -Shelly	Ambika -Shelly
Table 3 10-10.20				Manon	Manon	Manon	Bonnie
Breakfast table 10-10.30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10.30	Oksana	Manon	Ambika shelly	Pascal	Juliana	Juliana	Juliana
Breakfast table 10-10.30				Radha Alejandra	Sundari	Sundari	Sundari
Cleanup							
kitchen am - cleanup	Brahma Atmamayi Galen TTC1 TTC2 TTC3 TTC4	Brahma Catalina Galen TTC1 TTC2 TTC3 TTC4	Brahma Catalina Galen TTC1 TTC2 TTC3 TTC4	Brahma Catalina Galen TTC1 TTC2 TTC3 TTC4	Brahma Nino Galen TTC1 TTC2 TTC3 TTC4	Brahma Catalina Galen TTC1 TTC2 TTC3 TTC4	Brahma Oksana Galen TTC1 TTC2 TTC3 TTC4

	Mon Feb 5	Tue Feb 6	Wed Feb 7	Thu Feb 8	Fri Feb 9	Sat Feb 10	Sun Feb 11
Morning Satsang	Swami Paramanada Yoga and Inner Peace	Silent Walk Bhargavi Chaitanya Become Inspired - The Power of Prayer	In the Name of Peace	Ganapati Vidya Homa Krishnan Namboodiri	Swami Brahmananda The Secret of True Happiness	Silent Walk Swami Shambhudevananda Uplift the self by the Self	Swami Shambhudevananda Uplift the self by the Self
Opening Satsang Camera			Swami Paramananda	Swami Brahmananda			
12 pm Workshop	Manas Kshirsagar: Ayurvedic Keys to Longevity	Manas Kshirsagar: Ayurvedic Keys to Longevity	Omkara from WBC: Qi Gong Workshop	James Twyman: Find Courage & Inspiration in the Radical Wisdom of St. Francis of Assisi.	James Twyman: Find Courage & Inspiration in the Radical Wisdom of St. Francis of Assisi.	Eben Alexander and Karen Newell: Learning to Live with Trust that All Is Well	Eben Alexander and Karen Newell: Learning to Live with Trust that All Is Well
Camera 2pm workshop 4:00 PM							
Evening Satsang	Manas Kshirsagar: Ayurvedic Keys to Longevity	Kirtan with Girish and Students	James Twyman: Find Courage & Inspiration in the Radical Wisdom of St. Francis of Assisi.	James Twyman: Find Courage & Inspiration in the Radical Wisdom of St. Francis of Assisi.	Eben Alexander and Karen Newell: Learning to Live with Trust that All Is Well	Eben Alexander and Karen Newell: Learning to Live with Trust that All Is Well	Asha Nayaswami: Life Lessons from Autobiography of a Yogi
Opening Satsang Camera	Swami Shambhudevananda	Swami Paramananda	Swami Hridayananda	Bhargavi Chaitanya	Swami Brahmananda	Swami Paramananda	Bhargavi Chaitanya
AM Yoga Class							
Intermediate	Omkara	Mahadev	Omkara	Mahadev	Radha-Alejandra	Radha-Alejandra	Krishna Nambodiri
Beginners	Nitya	Lalita	Nitya	Lalita	Lakshmi-Cintiya	Shakti	Radha-Alajandra
Ocean Club	Mahadev		Mahadev		Mahadev		Mahadev
Online Yoga class							
					PM Yoga Class		
PM Yoga Class							
Intermediate	Swami Shambhudevananda	Swami Shambhudevananda	Swami Shambhudevananda	Bhagavati	Bhagavati	Mahadev	Bhagavati
Beginners	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Krishna	Bhargavi Chaitanya	Bhagavati	Bhargavi Chaitanya
Staff Class	Radha Brittany	Brahmaswaroop	Lakshmi-Alivia	Vani Devi	Bhavani	Sivapriya	Brahmaswaroop
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya
Kitchen							
BRUNCH							
population	165	165	167	166	172	172	185
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Kitchen am - cook	Bhavani	Madalsala	Bhavani	Bhavani	Bhavani	Madalsala	Bhavani
Kitchen am - team	Vishnu-Jerome Ganesha-John Brahma Stephanie Sam Lakshmi-Barbara Lakshmi-Barbara Beatrix Anandi	Vishnu-Jerome Stephanie Sam Ambika Lakshmi-Barbara Beatrix Galen Oxsana	Vishnu-Jerome Oksana Stephanie Ambika Lakshmi-Barbara Beatrix Galen	Vishnu-Jerome Oksana Brahma Ambika Lakshmi-Barbara Beatrix Galen	Vishnu-Jerome Brahma Stephanie Ambika Lakshmi-Barbara Galen Anandi Oksana	Vishnu-Jerome Stephanie Ambika Lakshmi-Barbara Galen Anandi	Vishnu-Jerome Brahma Stephanie Ambika Lakshmi-Barbara Galen
Servers							
Table 1 10-10.45	Omkari	Galen	Stephanie		Lakshmi-Barbara	Oksana	Stephanie
Table 1 10-10.30	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Lakshmi-Barbara	Omkari	Lakshmi-Barbara	Lakshmi-Barbara
Table 1 10-10.30	Lakshmi-Anne	Atmamayi	Bhavani Lizzie	Omkari	Peire	Atmamayi	Mahadevi
Table 2 10-10.30	Stephanie	Stephanie	Atmamayi	Stephanie	Stephanie	Stephanie	Atmamayi
Table 2 10-10.30	Juliana	Juliana	Juliana	Juliana	Ganga	Juliana	Juliana
Breakfast table 10-10:30	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
Breakfast table 10-10:30	Ambika	Ambika	Ambika	Ambika	Ambika	Ambika	Ambika
Cleanup							
kitchen am - cleanup	Govinda Ganesha-John Sam TTC1 TTC2 TTC3 TTC4 TTC5	Govinda Brahma Sam TTC1 TTC2 TTC3 TTC4 TTC5	Govinda Brahma Galen And Oksana TTC1 TTC2 TTC3 TTC4 TTC5	Govinda Brahma Galen TTC1 TTC2 TTC3 TTC4 TTC5	Govinda Brahma Galen TTC1 TTC2 TTC3 TTC4 TTC5	Govinda Brahma Galen TTC1 TTC2 TTC3 TTC4 TTC5	Govinda Brahma Galen TTC1 TTC2 TTC3 TTC4 TTC5

	Mon Jan 29	Tue Jan 30	Wed Jan 31	Thu Feb 1	Fri Feb 2	Sat Feb 3	Sun Feb 4
Morning Satsang	Swami Shambhudevananda Foundations pf Meditation	Mantra Initiation/ Silent Walk Swami Shambhudevananda Foundations pf Meditation	Short Satsang	Swami Brahmananda The Secret of True Happiness	Swami Paramananda Inner Peace for Outer Peace	Silent Walk Bhargavi Chaitanya Living a Divine Life	TTC Introduction
Opening Satsang Camera			Swami Brahmananda				Swami Paramananda
12 pm Workshop	Bhargavi Chaitanya-Divine Tour	Girish: Prana Rising Immersion: Transformational Breathwork / Yoga of the Voice	Girish: Embodied Mindfulness: The Yoga of Singing for Health and Wellness	Amy Yee	Gary Kraftsow: Understanding the role of the integrated use of breath-centric āsana & prāṇāyāma for physiological longevity.	Gary Kraftsow: Understanding the role of meditation importance for emotional balance & mental clarity, and their importance for longevity.	
Camera							
2pm workshop 4:00 PM							
Evening Satsang	Girish: Voice of the Soul	Girish: Voice of the Soul	ATTC/TTC Graduation	Gary Kraftsow: Introduction to the theory and practice of Yoga for Longevity, and Understanding the role of āsana for anatomical longevity.	Gary Kraftsow: Understanding the role of the mantrajapa for emotional balance & mental clarity, and their importance for longevity.	Gary Kraftsow: Understanding the practice of, and the role of, the Tantric Laya Yoga practice of Devatā Yoga for nourishing the Heart & attuning to Spirit, and their importance for longevity	Manas Kshirsagar: Ayurvedic Keys to Longevity
Opening Satsang Camera			Swami Brahmananda	Swami Shambhudevananda	Swami Paramananda	Swami Hridayananda	Bhargavi Chaitanya
AM Yoga Class							
Intermediate	Krishna	Krishna	Omkaara	Krishna	Omkaara	Shakti	Krishna Nambodiri
Beginners	Lalita	Lalita	Krishna	Mahadev	Lakshmi- Cyntia	Bhargavi Chaitanya	Krishna
Ocean Club	Mahadev		Mahadev		Mahadev		Mahadev
Online Yoga class	PM Yoga Class						
PM Yoga Class							
Intermediate	Mahadev	Atmaram	Mahadev	Atmaram	Mahadev	Mahadev	Swami shambhudevananda
Beginners	Atmaram	Bhargavi Chaitanya	Atmaram	Lalita	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya
Staff Class		Brahmaswaroop		Siva	Vishnu		Vani Devi
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya	Bhargavi chaitanya	Lalita
Project team							
	Durga-Devi	Durga-Devi	Durga-Devi	Durga-Devi	Durga-Devi	Durga-Devi & Vishnu-Jerome	
	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Omkar Tom Bhavani Brahma Lakshmi-Alivia	Vishnu-Jerome
Kitchen							
BRUNCH			TTC breakfast				
population	189	185	183	189	197	184	170
Baker	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia	Lakshmi-Alivia
Kitchen am - cook	Bhavani-Reheli	Mahadev	Bhavani-Reheli	Bhavani-Reheli	Bhavani-Reheli	Bhavani-Reheli	Bhavani-Reheli
	Daniel	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome	Vishnu-Jerome
	Sam	Daniel	Daniel	Daniel	Ambika	Ambika	Ambika
	Ganesha-John	Sam	Sam	Sam	Sam	Sam	Sam
Kitchen am - team	Brahma	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John	Ganesha-John
	Durga-Devi	Brahma	Brahma	Brahma	Brahma	Brahma	Brahma
	Stephanie	Durga-Devi	Durga-Devi	Durga-Devi	Stephanie	Stephanie	Stephanie
		Stephanie	Stephanie	Stephanie	Krishna Priya	Krishna Priya	Krishna Priya
Servers							
Table 1 10-10.45	Peirre	Pierre	Narayani-Andrea	Narayani-Andrea	Tom	Stephanie	Bhavani
Table 1 10-10.30	Narayani-Andrea	madalasa	Madalasa	Mahadev	Stephanie	Juliana	Lakshmi Barbara
Table 1 10-10.30	Nick	Reena	Nick	Madalasa	Ganga	Ganga	Lakshmi
Table 2 10-10.30	Reena	Nick	Shambhu	Shambhu	Peire	Mahadev	Ganga
Table 2 10-10.30	Bhavani	Bhavani	Vishnu-Jerome	KrishnaPriya	Nick	Pascal	
Table 2 10-10.30	Tom	Narayani-Andrea	Stephanie	Durga Devi	Madalasa	Madalasa	Stephanie
Breakfast table 10-10:30	Mahadev	Vishnu-Jerome	Daniel	Daniel	Krishna Priya	Krishna Priya	Krishna Priya
Breakfast table 10-10:30	Durga Devi	Durga Devi	Durga Devi	Bhagavati	Narayani Andrea	Lakshmi	Juliana
Cleanup							

	Mon Jan 1	Tue Jan 2	Wed Jan 3	Thu Jan 4	Fri Jan 5	Sat Jan 6	Sun Jan 7
Morning Satsang	Krishnan Nambodiri Sun Salutations Puja	Swami Shambhudevananda Become Inspired - The Power of Pranayama	Silent Walk Bhargavi Chaitanya Work is Worship, Dedicate it to God	Swami Shambhudevananda Become Inspired - The Power of Pranayama	ATTC/TTC Introduction	Silent Walk Swami Paramananda Yoga - The Great Vision	Swami Brahmananda Swami Sivananda on How God Came into My Life
Opening Satsang Camera		Vishnu	Vishnu	Gauri Devi	Swami Paramananda Vishnu	Vishnu	vishnu
12 pm Workshop	Acharya Mangalananda: Love and Devotion: New Year's Kirtan	Acharya Mangalananda: Love and Devotion: New Year's Kirtan	Asana Coaching-Shyam and Mohini	Asana Coaching-Shyam and Mohini	Pierre from WBC: Reflexology Workshop	Subhash Kak: The Convergence of Yoga and Consciousness Science	Subhash Kak: The Convergence of Yoga and Consciousness Science
Camera							
2pm workshop 4:00 PM							
Evening Satsang	Acharya Mangalananda: Love and Devotion: New Year's Kirtan	Acharya Mangalananda: Love and Devotion: New Year's Kirtan	Acharya Mangalananda: Love and Devotion: New Year's Kirtan	ATTC / TTC Inauguration	Subhash Kak: The Convergence of Yoga and Consciousness Science	Subhash Kak: The Convergence of Yoga and Consciousness Science	Amir Vahab: The Spirit of Rumi: Sufi Songs of Love
Opening Satsang	Swami Paramananda	Swami Hridayananda	Swami Shambhudevananda	Swami Brahmananda	Shyam and Mohini	Swami Hridayananda	Swami Shambhudevananda
Camera	Gauri Devi	Gauri Devi	Vishnu	Elizabeth	Elizabeth	Gauri Devi	Gauri Devi
AM Yoga Class							
Intermediate	Shyam	Shyam	Shyam	Shyam	Shyam	Shyam and Mohini	Arjuna
Beginners	Mohini	Lalita	Uma Leticia	Mohini	Mohini		Uma-Nicole
Ocean Club	Gauri Devi		Swami Shambhudevananda		Mahadev		Mahadev
Online Yoga class							
	PM Yoga Class						
PM Yoga Class							
Intermediate	Bhargavi Chaitanya	Swami Shambhudevananda/ Narayani-Diana	Swami Shambhudevananda/ Narayani Diana	Swami Shambhudevananda/ Narayani Diana	Mahadev	Shyam	Shyam
Juice Fasting class	Savitri Devi				Uma Leticia	Uma Leticia	Uma Leticia
Beginners	Lalita	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhargavi Chaitanya	Bhagirati	Bhagirati	Mohini
Staff Class							
Sadhana Meeting							
Prasad distribution							
Ashram Welcome Tour	Bhargavi Chaitanya	Bhargavi Chaitanya	Swami Paramananda	Lalita	Bhargavi Chaitanya	Lalita	Bhargavi Chaitanya
Kitchen							
BRUNCH							
population	248	212	212	217-20	214-20	213-20	214-20
Kitchen am - cook	Saraswati	Saraswati	Saraswati	ganesha	Saraswati	Saraswati	ganesha
Kitchen am - team	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth	Elizabeth
	Beatrix	Beatrix	Reena	Reena	Reena	Reena	Reena
	Reena	Pranava	Pascal	Prema		Sam	Sam
	Ambika-Shelley	Ambika-Shelley	Bhavani	Narayani-Diane	Sam	Daniel	Daniel
	Pascal	Pascal	Prema		Daniel	Narayani-Diane	Durga-Devi
	Prema	Prema	Kamala-Devi		Narayani-Diane		
	Kamala Devi						
Servers							
Table 1 10-10.45	Omkari Skye	Arianna	Omkari	Omkari	Omkari	Omkari	Omkari
Table 1 10-10.30	Arianna	Omkari Skye	Pierre	Pierre	Sam	Pierre	Pierre
Table 2 10-10.30	Pierre	Pierre	Arianna	Elizabeth	Narayani-Andrea	Elizabeth	Elizabeth
Table 2 10-10.30	Erick	Erick	Erick	Shakti Maryna	Shakti Maryna	Narayani-Andrea	Narayani-Andrea
Table 3 10-10.20	Mahadev	Mahadev	Elizabeth	Padma			
Table 3 10-10.20	Shakti-Marayna	Narayani Andrea	Shakti Maryna	Prema			
Breakfast table 10-10:30	Beatrix	Beatrix	Narayani Andrea	Lakshmi	Lakshmi -Alivia	Ganehsa John	Durga Devi
Breakfast table 10-10:30	Prema	Prema	Kamala Devi	Narayani-Andrea	Prema	Durga Devi	John Ganesha
cleanup							
kitchen am - cleanup	Tom	Tom	Tom	Tom	Tom	Saraswati & Tom	Tom
	Reena	Reena	Reena	Reena	Reena	Sam & Daniel	Sam & Daniel
	Ambika-Shelly	Ambika-Shelly		Narayani-Diana	Sam	TTC1	TTC1
	Pascal	Pascal	Shakti Maryna	Pascal	Narayani-Diana	TTC2	TTC2
	Abhimanyu	Nicolas	Pranava	ganesha	Pascal	TTC3	TTC3
	Pranava	Pranava	Pascal	Siva-Ahi	Daniel	TTC4	TTC4
	Krishna	Kamala Devi	Siva-Ahi	Sam	Siva	TTC5	TTC5
	Anandi			Daniel	Nicolas	TTC6	TTC6
	Nicolas			Stephanie		TTC7	TTC7
						TTC8	TTC8
						TTC 9	TTC 9
Dinner							

