


Espanola Schedule Morning	Sunday June 25	Monday June 26	Tuesday June 27	Wed-day June 28	Thursday June 29	Friday June 30	Saturday July 1	Sunday July 2
	Registration & Tent Set Up Day							Farewell Day
4:00am Sadhana		Sadhana	Sadhana	Sadhana	Sadhana	Sadhana	Sadhana	Sadhana
6:00am Gurdwara		Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara
7:00am Exercise		YB Physical Training or Bhangra	Gatka or Self Defense	YB Physical Training or Bhangra	Gatka or Self Defense	YB Physical Training or Bhangra	Gatka or Self Defense	YB Physical Training or Bhangra
8:00am Physical Challenge		run/walk alternate	obstacle course	river hike	run/walk alternate	river hike	Breathwalk to Gurdwara	
8:30am Breakfast		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30am Morning Session Topics based on Yogi Bhajan lectures from 1976		1976 lecture discussion - Yoga - Meditation - Gong - Art Project stating Intentions	1976 lecture topic - Yoga - Meditation - Gong - Rewrite Cinderella Story	Outing to Ojo Caliente Hot Springs	1976 lecture topic - Yoga - Meditation - Gong - relationships	1976 lecture topic - Yoga - Meditation - Gong	Morning Yoga Intensive	Packing & Departures 10:00am Gurdwara up at Ashram
11:00am Yoga & Meditation		Ravi - Sumpuran and Sopurkh	Kirn and Deva		Shanti and Sat Nirmal	Gurmukh Kaur		
12:30pm Lunch	Langar up at Gurdwara	Lunch	Lunch	Packed Lunch	Lunch	Lunch	Lunch	

2:00pm Post Lunch break out discussion groups	Yoga Class for those already in Camp with Gurumeet	women's health with Sat Dharam	women's health with Sat Dharam	Prosperity Training with Jiwan and Arjan	Breast Health with Sat Dharam K.	Women's health with Sat Dharam		
2:00pm Post Lunch break out discussion groups	Laundry can be sent out by 2:00 in Morgan Building	Snatam's Kirtan Class	Japji class, banis - what each of them does..? With Ek Ong Kar	Snatam's Kirtan Class	Snatam's Kirtan Class	Snatam's Kirtan Class		
2:00pm Post Lunch break out discussion groups		Chicks to Eagles with Sangeet K.	Sat Santokh's Self Worth Workshop	Projecting for a Mate with Sat Kirn	Reflect a Man, Contain a Man	Sat Santokh's Self Worth Workshop	5 Tatwa Challenge all afternoon	
4:00pm Afternoon break out discussion groups	Orientation & Welcome	Cooking Class	Sat Santokh's Self Worth Workshop	What does it mean for a woman to be the Grace of God?	Cooking Class	Sat Santokh's Self Worth Workshop		
4:00pm Afternoon break out discussion groups		Gurmukhi and Mantra Pronunciation	Turban Tying Class with Ravi	Jaap Sahib class, banis with Shanti and Sat Nirmal	Gurdwara 101	Gurdwara Advanced		
4:00pm Afternoon break out discussion groups		Yoga - Posture with Pritpal Kaur	Sat Nam Rasayan with Gurudev	Yoga	Sat Nam Rasayan with Gurudev	Yoga		
5:30pm Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner @ Ranch	Dinner	
6:30pm Yogi Bhajan Video and Evening Program	videos from 1984	YB Video Circle with Veterans	YB Video Circle with Veterans	YB Video Circle with Veterans	YB Video Circle with Veterans	YB Video at Ranch and Candlelight vigil for Yogi Bhajan	foot massages, skits, slideshow, fire pit, songs	 Hq WOMEN
Espanola Schedule Afternoon	Sunday June 25	Monday June 26	Tuesday June 27	Wed-day June 28	Thursday June 29	Friday June 30	Saturday July 1	Sunday July 2