

2026 March

A Year of Sacred Practice & Inner Transformation in the MIP program

MON	TUE	WED	THU	FRI	SAT	SUN
Pranayama study group 12:00-13:00 2	3	4	5	Yoga class with Amba 06:00- 07:00 6	Karma yoga teaching 10:00- 10:50 Gita Study group 11:30- 12:30 7	Yoga Vashista 11:00-12:30 8
Pranayama study group 12:00-13:00 9	Yoga class Deepa 06:00- 07:00 10	Hanuman Chalisa chanting 18:00 - 18:45 11	12	13	Yoga class with Sylvia Lakshmi 08:00- 09:00 Karma yoga teaching 10:00- 10:50 Gita Study group 11:30- 12:30 14	Yoga Vashista 11:00-12:30 15
Pranayama study group 12:00-13:00 16	17	18	Yoga class with Shambhu 06:00- 07:00 Ayurveda with Dr Sri Devi 19:00- 20:00 19	20	Karma yoga teaching 10:00- 10:50 21	Yoga Vashista 11:00-12:00 Yoga class with Nilakanta 16:00- 17:00 22
Pranayama study group 12:00-13:00 23	24	25	26	Lalita Sahasranāma 18:00 - 18:45 27	Yoga class with Chandika 08:00- 09:00 Karma yoga teaching 10:00- 10:50 RAJA YOGA Study group 11:30- 12:30 NEW 28	Yoga class Mahadeva 0800-09:00 Yoga Vashista 11:00-12:30 Mip buddy Sangha 11:30- 12:30 29
Pranayama study group 12:00-13:00 30	Yoga class with Ambika 06:00- 07:00 31	1	2	4	5	6



Morning challenge

4:45 - 6:00 AM

Morning asana practice guided

by Swamiji 3 times a week

- Monday
- Wednesday
- Friday

RAJA YOGA Study group



Train the mind. Awaken the Self.

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Dont miss the Gita Pranayanam
every night at 7pm

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