

2026 April

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

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|---|---|--|--|--|
| | | | | Yoga class with Shambhu 06:00- 07:00 | Karma yoga teaching 10:00- 10:50 Gita Study group 11:30- 12:30 | Yoga Vashista 11:00-12:30 Mip buddy Sangha 12:30- 13:30 |
| Pranayama study group 12:00-13:00 | Ayurveda with Dr Sri Devi 19:00- 20:00 | Yoga class Deepa 06:00- 07:00 | | Yoga class with Sivakami 06:00- 07:00 | Karma yoga teaching 10:00- 10:50 RAJA YOGA Study group 11:30- 12:30 | Yoga class with Sylvia Lakshmi 08:00- 09:00 Yoga Vashista 11:00-12:30 |
| Pranayama study group 12:00-13:00 | | Yoga class with Shambhu 06:00- 07:00 Vishnu Sahasranamam 18:00 - 18:45 | | Yoga class with Sylvia Lakshmi 06:00- 07:00 | Karma yoga teaching 10:00- 10:50 Gita Study group 11:30- 12:30 | Yoga Vashista 11:00-12:00 |
| Pranayama study group 12:00-13:00 | | Yoga class Deepa 06:00- 07:00 | Hanuman Chalisa chanting 18:00 - 18:45 | | Karma yoga teaching 10:00- 10:50 RAJA YOGA Study group 11:30- 12:30 | Yoga class Janaki 08:00- 09:00 Yoga Vashista 11:00-12:30 |
| Yoga class with Sivakami 06:00- 07:00 Pranayama study group 12:00-13:00 | | | | | | |



Morning challenge

Starting April 7

5:00 – 6:00 AM every day
Join Swamiji for morning
Pranayama

In April, join the ATTC students for morning pranayama practice.

Please note: When the students begin working with bandhas, the sound will be muted, as these techniques are reserved for advanced practitioners.



Dont miss the Gita Pranayanam every night at 7pm

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