

# Ashram Daily Schedule

Anyone Wishing to Stay at the Ashram

Please Follow this Schedule

5:00 am	Arise and Bathe (A spirit of silence is observed from 5:00 am until breakfast.)  This time is for personal practice: Japa, hatha yoga, spiritual reading, journaling, meditation, puja, etc.
5:45 – 6:15 am	*Paduka Puja in Babaji's Kutir (optional)
6:20 – 6:50 am	*Small Fire Ceremony (optional)
7:00 – 8:00 am	*Morning Aarati
8:00 – 9:00 am	Breakfast of your own making and clean up
9:00 - 1:00pm	**Karma Yoga - Service to the Divine as assigned while repeating the mantra and keeping silence.
1:00 - 2:00 pm	Lunch and clean up
2:00 - 3:00 pm	Personal Time
3:00 - 5:00 pm	**Karma Yoga - Service to the Divine as assigned while repeating the mantra and keeping silence.
5:00 – 6:00 pm	Prepare and Bathe for Aarati
6:00 – 6:45 pm	*Evening Aarati
7:00 – 8:30 pm	Optional light meal
9:00 pm	Quiet Time – Quiet reading, meditating, or writing in your room is fine.

\*Clothing for ceremonies should be modest and clean. This would include covering the legs and shoulders for both men and women. Preferred clothing for women would be long skirt, suit, or sari. Preferred clothing for men would be lungi.

\*\*During the day modest clothing should be worn, this includes covering the legs. Sleeveless tops but not tank tops may be worn.

Long-term visitors have one personal day per week. This is a day to do your laundry, rest, meditate, hike, visit centers, or other activities.