

Puravida Long Weekender

March 11-14 (Schedule subject to slight change)

	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th
8.00		Osho Dynamic Meditation w/ Dhiraj (Z)	Fragrant Qi Gong & Inner Smile w/ Premal (Z)	Lie In!
9.00		Breakfast	Breakfast	Breakfast
10.00 (ends 11.15)		Satsang w/ Tarisha (Z)	Satsang w/ Suvarna (Z)	Humaniversity AUM Meditation w/ Devaraj (Z) or 11.00 Yoga w/ Shambavi (S)
11.30		Bioenergetics w/ Raks & Ishan (Z) or Yoga w/ Shambavi (S)	Bioenergetics w/ Raks & Ishan (Z) or Biodanza w/ Niraj (S)	
13.00		Lunch	Lunch	Lunch
13.30		Lunch	Lunch	Help with Dishes
14.00				
14.30		Help with Dishes & Veg Chop	Introduction to Osho Leela (F) Help with Dishes & Veg Chop	Humaniversity Training Talk (Z)
15.00				
15.30 (ends 17.15)	Arrival & Check-in	Humaniversity Flushing w/ Devaraj (Z) or Biodanza w/ Niraj (S)	Hip-Hop Dancing w/ Paul (S) or Ratu Bagus Shaking w/ Kamini (Z)	Closing Circle (Z)
17.30		Hula Hooping W/ Mala (Z) or Tibetan Bowl Meditation (S)	Feldenkrais w/ Dhiraj or Tibetan Bowl Meditation (S)	
18.00				
19.00	Dinner	Dinner	Dinner	
20.00	Help with Dishes	Help with Dishes	Help with Dishes or AUM Talk (S)	
21.00	Evening Gathering (Z)	Evening Gathering (Z)	9.30 Evening Gathering (Z)	
22.00	DJs + Juice Bar + Yurt Sauna	DJs + Juice Bar + Bonfire + Yurt Sauna	Ghetto Heaven Theme Party + DJs + Juice Bar + Yurt Sauna	
4.00	Close / Chill-out	Close / Chill-out	Close / Chill-out	-

(Z) = Zorba (S) = Shankara (F) = Fover