

PROGRAMME DAY 2



Sadhana 05:00-07:30 CEST

W Deep Meditation: Jappa of Japji

24h Japji Jappa 07:30 CEST

W Until Sunday 05:00

Breakfast Time 08:30-09:30 CEST

Morning Workshops 10:00-12:00 CEST

R Be your power - embrace and enjoy your existence - Dayajot Kaur

G Free from addiction, free for life
Eva Guru Sant Kaur

V Humility is relaxing
Avtar Kaur

O Deep Listening - Sada Sat Kaur

B Emotional Clarity
Haridev & Dass Shiva

PU Shakti Dance®: "Embodying Being"
Sara Avtar

Y Gong: a facilitator of transformation
Ada Devinderjit & Urs Nussbaum

I Energize your life - boost your health
Klaus Troedel

Lunch Time 12:00-13:30 CEST

Y Open Q&A Session with KRI

I VIRTUAL BAZAAR

V YOGI TEA LOUNGE

Afternoon Workshops 13:30-15:30 CEST

O Cultivating the Rhythmic Intelligence of a Woman - Sat Kirin Kaur

B Humility and Potency in a man
Kirpal Singh

PU We are Divine: a workshop for children and the young at heart
Rameshdeep Kaur

Y Focus yourself in the Eye of the storm
Dharma Singh & Karta Purkh Kaur

I Guru Nanak - a humble way to an ecologic lifestyle
Jaideep Singh

Pi Inner Chakra Healing®
Mahan Kim

G The Humility of the Woman
Ishwara Kaur

V Yogic Science to Break Habits & Addictive Behavior - Mukta Kaur

H

Break Time 15:30-15:45 CEST

Afternoon Yoga 15:45-17.00 CEST

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Shama Kaur with healing meditation Anand Kirtan and family

All Camp Meditation 17:00-17:20 CEST

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Anand Kirtan and family

Dinner Time 17:30-19:00 CEST

R Open Sharing Session
Red Tent (women)

B Open Sharing Session
Blue Hut (men)

V YOGI TEA LOUNGE

O Open Sharing Session
Rainbow Tent (LGBTQAI+)

I VIRTUAL BAZAAR

Evening concert 19:00-20:30 CEST

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Mahadev · Devine Ambience & Kamari+Manvir

Zoom Rooms

