

FLY Camp 2018 - Schedule

Friday July 13th through Sunday July 15th

<p>Friday July 13th, 2018 8:00pm to 8:30pm: Light dinner</p>	<p>6pm to 7pm: (REPORTING) Sooner the better 7pm to 7:30pm: (CAMP WALK-THROUGH) Settlement + Camp Walk through 7:30pm - 8:00pm: (QSB) Quick Stress Buster 8:00pm to 8:30pm: (DINNER) Light Dinner offered in the camp 8:30pm to 8:45pm: (POST DINNER WALK) Yogic Walk (around 1000 steps) 8:45 pm onwards: (YOGIC HABITS) Know what you will be doing in the camp *END OF DAY*</p>
<p>Saturday July 14th, 2018 8am onwards: Breakfast 12:00pm - 1:00pm: Lunch</p>	<p>3:30 am - 5:30 am: (MEDITATE) (You must wake up by 4am) ¾ ~ 1 Lt Water + Tadasana Toilet 30 minutes of Meditation 5:30 am to 7 am: (YOGA iteration 1) Yoga & Breathing 7 am to 8 am : (CHANTING) Take Bath and Join Ongoing Chanting session 8:00 am to 12:00 pm: (BREAKFAST & ACTIVITIES) Breakfast followed by day activities (This approximately represents the first half of your work hours on regular days). Camp offers following services during this duration:-</p> <ul style="list-style-type: none"> • 10:00am to 11:30am <ol style="list-style-type: none"> 1. Meet & Greet 2. Revising & Tracking Yogic Habits interactively 3. Sharing your good habits • 11:30 am onwards Volunteering for Lunch preparation Book Reading at Spiritual Library <p>12:00pm to 5:30pm: (LUNCH & ACTIVITIES) (This represents your second half of work hours on regular days). You can leverage following services during these hours:-</p>

	<ul style="list-style-type: none"> • 2:30 pm to 3:30pm: (A YEAR OF BETTERMENT) Personal Interaction with Instructor and know how Vihangam Yoga is planning a year of your betterment • 3:30pm to 5:00pm: (YOGA iteration 2) Yogasana and Breathing • 5:00pm to 5:30pm: (SNACKS) Fruit snacks 5:30pm to 6:30pm: (BREAK) Optionally read book at spiritual library Volunteer for Dinner Preparation 6:30pm to 7:30pm : (BREATHING & CHANTING) Physical and Mental Wellbeing 7:30pm to 8:30pm (DINNER) Light Dinner 8:30pm to 8:45pm (POST DINNER WALK) Yogic Walk (around 1000 steps) 8:45 pm to 9pm: (YOGIC HABITS REVISION) Revising & Tracking Yogic Habits interactively *END OF DAY*
<p>Sunday July 15th, 2018</p>	<p>3:30am to 5:30 am: (MEDITATE) (You must wake up by 4am) ¾ ~ 1 Lt Water + Tadasana Toilet 30 minutes of Meditation</p> <p>5:30am to 7:00 am: (YOGA iteration 3) Yoga & Breathing</p> <p>7:00 am to 9:00 am : (CHANTING and BHAJAN) Take Bath and Join Ongoing Chanting and Bhajan session</p> <p>9am to 10:00 am: (BREAKFAST)</p> <p>10:00 am to 11:00 am (YOGIC HABITS REVISION) Track how we did and Share feedback</p> <p>11:00 am onwards (WRAP-UP) Pack and disperse.</p>