



Chaitanya – Awakening of Inner Consciousness

23rd-28th April, 2019 - Sattal ,Himalaya, India

Chaitanya – Awakening of Inner Consciousness: Itinerary

1. **Day I** Meet up Point Delhi Airport (Terminal number to be communicated later) @ 11AM. Traveling to Sattal @ 12PM, reaching time to Sattal @19.00.
2. **Day II**
 - i. Meditation First session @06.30 to 08.00
 - ii. Break for Breakfast @08.00 to 10.00
 - iii. Resume meditation and experiential exercises
 - iv. Short Tea Break @11.30
 - v. Meditation @12.00 to 13.30
 - vi. Break for lunch and Internalization
 - vii. Resume meditation @ 15.30-18.00
 - viii. Night Meditation for 30 minutes @21.00
3. **Day III** Day II schedule followed by Yagya and chants by Himalayan Yogi (Depending on availability), Trekking in Sattal.
4. **Day IV** Early morning Traveling to Dunagiri (approx 3 hours journey Sattal) Mediation in caves(mystical high energy place). Trekking in the heart of Dunagiri. Night stay in Dunagiri
5. **Day V** Returning back to Sattal followed by meditation. Meditation will be facilitated by a Himalayan Yogi
6. **Day VI** Early Morning traveling from Sattal to Delhi

Complete alignment with the Mother Nature in foothills of Himalaya.