

India January 2024 timetable

Morning Program: 7.00 am Yoga on the roof deck 7.30 am Breakfast 9 am to 1 pm Class	Afternoon Program 1 pm to 2.30 pm lunch 2.30 to 5.30 activities	Evening program: 5.30 pm Bolly wood dance class 6.30pm Dinner 8.30pm - Kirtan
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Meal breaks are long to provide time to rest and relax or visit the shops and markets.

Yoga, afternoon activities, Bollywood dance class and Kirtan are all optional – attend if you wish.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					26 th	27 th
					Team arrives in Jodhpur	Students arrive in Jodhpur Settle in. Evening walking tour of the local area / Markets
28 th	29 th	30 th	31 st	1 st	2 nd	3 rd
Orientation Day Afternoon activity: Visit the Step Well	Module 1: Introduction to Sound Therapy (I) Afternoon activity: Explore Mehrangarh Fort	Module 2: Fundamentals of Sound and Vibrations (K) Afternoon activity: Indian Cooking class	Module: 3 Sound Healing with Tibetan Singing Bowls Practitioner Course (I) Afternoon activity: Jaswant Thada Museum and Gardens	Module 4: Sound Healing with Mantras Part One (K) Afternoon activity: Mandore Gardens and Temple Ruins	Module 5: Sound Healing Instruments and Techniques (I) Afternoon activity: Trigger Point Therapy Class	Module 6: Sound Healing with Mantras Part Two (K) Afternoon activity: Trigger Point Therapy Class
4 th	5 th	6 th	7 th	8 th	9 th	10 th
Module 7 : Individual and Group Sound Therapy Sessions (I) Afternoon activity: Sacred Temples Tour	Module 8: Sound Healing with Mantras Part Three (K) Afternoon activity: Relax and restore	Module 9: Shamanic Sound Healing Therapy (I) Afternoon activity: Umaid Bhawan Palace	Module 10: Sound Baths and Running Successful Events (I) Afternoon activity: Relax and restore	Module 11: Holistic Counselling Skills for Sound Therapist (I) Afternoon activity: Henna hands afternoon	Debrief - Closing ceremony and sound therapy exhibition Today is a very special day filled with ceremony and sound therapy	Students leave. You will be taken to Jodhpur airport by taxi to catch your flight