

JAIN VISHVA BHARATI LONDON

1-Day Preksha Meditation Workshop

Time-Table: Sunday, May 23, 2010

8:45 AM	Registration and Opening
9:15 AM	Yoga and Pranayam
10:30 AM	Practice - Relaxation (Kayotsarga)
11:15 AM	Discourse: "Consciousness of detachment and Preksha Meditation?" (By Acharya Mahapragya - on DVD, language - Hindi)
12:15 PM	Break
12:25 PM	Practice - Perception of Psychic Colors (Leshya Dhyam)
1: 00 PM	Lunch
1: 30 PM	Self Study or Silent Observation for Introspection
2:00 PM	Practice - Mantra Meditation
2:30 PM	Q- A and Experience sharing
3:00 PM	Closing with Mangal Patha

PLEASE RESPECT SILENCE