

SOMATHEERAM WEEKLY ACTIVITY

SCHEDULE

Yoga and meditation timing @ yoga hall -I

- 06:30 hrs to 07:30 hrs (Pranayama & meditation)
- 07:30 hrs to 09:00 hrs (Advanced yoga)
- 11:15 hrs to 12:45 hrs (Intermediate yoga)
- 15:30 hrs to 17:00 hrs (Intermediate yoga)

Yoga and meditation timing @ yoga hall -II

- 10:00 hrs to 10:45 hrs (Chakra Meditation)
- 11:15 hrs to 12:30 hrs (Beginner's yoga)
- 15:30 hrs to 16:45 hrs (Beginner's yoga)
- 16:45 hrs to 17:30 hrs (Pranayama & meditation)