

SWAMI
KUALAYANANDA



DR. MANOHAR L. GHAROTE
Founder Director

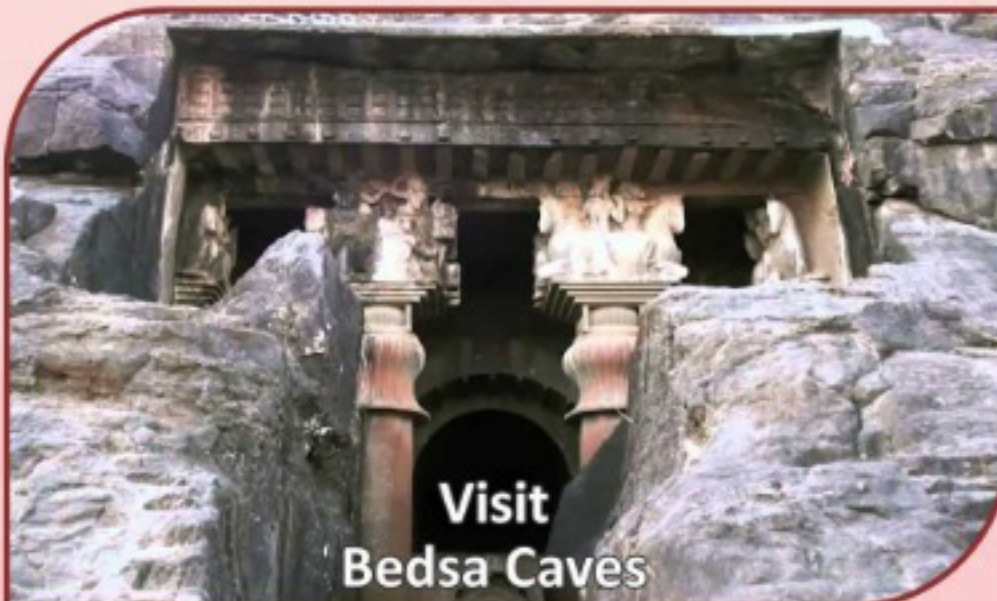
4TH INTERNATIONAL WORKSHOP ON
"YOGA : ANCIENT WISDOM – MODERN SCIENCE"
JOURNEY THROUGH WITHIN
[Inclusively with Theory & Practical's]

FROM
09.01.2020 [Thursday] to 17.01.2020 [Friday]

ORGANISED BY
DR. MANMATH MANOHAR GHAROTE
DIRECTOR
THE LONAVLA YOGA INSTITUTE [INDIA]

Website : www.lonavalayoga.org E-mail : lonayogainl@gmail.com

VENUE
Basilica holiday home
13/14, Thombarewadi Raiwood Park, Lonavla,
Tal. Maval, Dist. Pune (MS), India
www.basilicaholidayhome.com



DAY TO DAY WORKSHOP PROGRAMME

TIMING	CLASS / PROGRAMME	TOPIC / NAME OF THE ORGANISER
09.01.2020 (THURSDAY)		
03.00 PM to 04.30 PM	OPENING CEREMONY, OVERVIEW OF THE WORKSHOP & WELCOME	DR. MANMATH GHAROTE
04.30 PM to 04.45 PM	SHORT BREAK TEA / COFFEE	
04.45 PM to 06.15 PM	PRACTICALS	DR. MANMATH GHAROTE
06.30 PM to 08.00 PM	DINNER	
10.01.2020 (FRIDAY) TO 12.01.2020 (SUNDAY)		
06.00 AM TO 07.30 AM	INDIVIDUAL PRACTICE	
07.30 AM to 09.00 AM	PRACTICALS	DR. MANMATH GHAROTE PROF. JADRANKO MIKLEC NATALIA SOLVEY
09.00 AM to 10.00 AM	BREAKFAST	
10.00 AM to 12.00 NOON	LECTURE	Dr. M. V. Bhole
12.00 NOON to 12.15 PM	SHORT BREAK	
12.15 PM to 01.00 PM	PRACTICALS / LECTURE	Dr. M. V. Bhole
01.00 PM to 03.00 PM	LUNCH BREAK	
03.00 PM to 04.30 PM	LECTURE	Dr. M. V. Bhole
04.30 PM to 04.45 PM	SHORT BREAK	
04.45 PM to 06.30 PM	PRACTICALS / LECTURE	Dr. M. V. Bhole
06.30 PM to 08.00 PM	DINNER	
13.01.2020 (MONDAY)		
06.00 AM TO 7.30 AM	INDIVIDUAL PRACTICE	
07.30 AM to 09.00 AM	PRACTICALS	ROSEMARIE STAIN
09.00 AM to 10.00 AM	BREAKFAST	
10.00 AM to 05.00 PM	VISIT TO BEDSA CAVES	
06.30 PM to 08.00 PM	DINNER	
08.00 PM to 09.00 PM	CULTURAL PROGRAMME	MANTRA CHANTINGS

TIMING	CLASS / PROGRAMME	TOPIC / NAME OF THE ORGANISER
14.01.2020 (TUESDAY) TO 16.01.2018 (THURSDAY)		
06.00 AM TO 07.30 AM	INDIVIDUAL PRACTICE	
07.30 AM to 09.00 AM	PRACTICALS	VIVIAN LAGIER NATALIA SOLVEY PROF. JADRANKO MIKLEC
09.00 AM to 10.00 AM	BREAKFAST	
10.00 AM to 12.00 NOON	LECTURE	DR. MANMATH GHAROTE SHREE GURAV MAHARAJ
12.00 NOON to 12.15 PM	SHORT BREAK	
12.15 PM to 01.00 PM	PRACTICALS	DR. MANMATH GHAROTE SHREE GURAV MAHARAJ
01.00 PM to 03.00 PM	LUNCH BREAK	
03.00 PM to 04.30 PM	LECTURE	SHREE GURAV MAHARAJ
04.30 PM to 04.45 PM	SHORT BREAK	
04.45 PM to 06.30 PM	LECTURE /PRACTICE	SHREE GURAV MAHARAJ
06.30 PM to 08.00 PM	DINNER	
8.00 PM to 9.00 PM	MANTRA MEDITATION	DR. MANMATH GHAROTE
17.01.2020 (FRIDAY)		
06.00 AM TO 7.30 AM	INDIVIDUAL PRACTICE	
07.30 AM to 09.00 AM	PRACTICALS	NATALIA SOLVEY
09.00 AM to 10.00 AM	BREAKFAST	
10.00 AM to 01.00 PM	SPECIAL PROGRAMME IN FOND MEMORY OF DR. M.L.GHAROTE	
01.00 PM to 03.00 PM	LUNCH BREAK	
04.00 PM to 06.00 PM	CLOSING CEREMONY CERTIFICATE DISTRIBUTION	
06.30 PM to 08.00 PM	DINNER	
08.00 PM to 09.00 PM	CULTURAL PROGRAMME	DEVOTIONAL SONGS

Please Note:

- Per person contribution for the workshop will be **Euro 1000** which is inclusive of to and fro transport facility from Mumbai airport to Lonavla and back, accommodation, food, visits to surrounding places such as holy places, temples, ancient Caves, workshop cost, participation certificates, workshop kit etc.
- **POST WORKSHOP TOUR PROGRAMME:** If participants are interested then there will be special tour programme can be organised to very famous Ajanta and Ellora caves at Aurangabad from 18th January 2020 to 21st January 2020. The distance between Lonavla and Aurangabad is apporx. 400 km and may take 8 hours by road. To avoid long travelling by road all the participants can travel by air from Mumbai to Aurangabad within 1.30 hrs flight time. Per person contribution for the tour will be **Euro 600**. Interested participants should submit their names well in advance upto **30th September 2019** so that the air ticket can be booked well in advance. If participant submit their names after 30th September 2019 then they have to pay the exact amount of the air fare which will be at that time. This is also subject to availability of air ticket at that time as every day there is only one flight.