	Wed.1/8	Thurs.1/9	Fri.1/10	Sat.1/11	Sun.1/12	Mon.1/13	Tues.1/14
6 to 7:30 Sadhana	TRAVEL	Abnashi	Parmatma	Sat Nishan	Atma	Charandayal	TRAVEL
Tea		Charandayl	Charandayl	Charandayl	Charandayl	Charandayl	
7:30 -8:30 Breakfast & Cleanup		Set-up: Atma & Donna Clean-up: Atma & Parmatma	Set-up: Elizabeth & Donna Clean-up: Parmatma & Donna	Set-up: Parmatma & Donna Clean-up: Parmatma & Donna	Set-up: Sat Nishan & Donna Clean-up: Atma & Parmatma	Set-up: Sat Nishan & Donna Clean-up: Atma & Elizabeth	
9-11:30 Session		Catching up, Orientation, Group Healing	Session 2 Healer: Elizabeth Healee: Ram Krishan Singh, 505-423-7700	Session 4 Healer: Atma Kaur Healee: Albert Hernandez, 210-844- 8806	Session 5 Healer: Abnashi Healee: HarNal Kaur 505-850-2008	Session 7 Healer: Parmatma Healee: Balwant Singh, 505-929-2037	
11:30-12:30 Free Time							
12:30 - 2 Lunch & Cleanup		Set-up: Parmatma & Charandayl Clean-up: Charandayl Abnashi	Set-up: Sat Nishan & Abnashi Clean-up: Parmatma & Abnashi	Bag Lunch& Drive to Santa Fe	1 - 2:30 Lungar at the Ashram	Set-up: Charandayl & Sat Nishan Clean-up: Atma & Abnashi	
2-4:30 Session		Session 1 Healer: Sat Nishan Healee: Mantej Kaur 971-506-0449	Session 3 Healer: Charandayal Healee: Gian Kamal Kaur, 512-753-6846	2:00 to 3:55 for 115 minutes 10,000Waves Shin Kobuta Made reservations 505-982-9304	3 – 5:30 Session 6 Healer: Donna Healee: Harimander Singh, 505-692-2002	2 -4 Sensing the Subtle Layers, Review & Conclusion	
4:30 to 5:30 Afternoon Activity		Chi GongElizabeth	Healer: Siri-Gian K. Healee: Donna (not required to observe, you may stay if you like)	300 302 300 1	Continue Healing session	4 – 5:30 Pack and clean Yoga Center & Gold House	
5:30-6:45 Dinner& Cleanup	Set-up: Atma & Abnashi Clean: Elizabeth & Donna	Set-up: Elizabeth & Parmatma Clean-up: Elizabeth & Charandayl	Set-up: Eliz & Sat Nishan Clean-up: Eliz & Charandayl	At 10,000 Waves or the Tea Housein Santa Fe Need reservations for 6 or more at Tea House. 505-992-0972 Or leftovers	Set-up: Eliz & Charandayl Clean-up: Parmatma & Donna	Set-up: Eliz & Donna Clean-up: Eliz & Parmatma	
Other Seva	Siri Gian asst: Abnashi	Yoga room: Atma Mealcontact:Sat Nishan Siri Gian asst: Abnashi	Yoga room: Atma Mealcontact:Sat Nishan	Yoga room: Atma Meal contact person: Sat Nishan	Yoga room: Atma Mealcontact:Sat Nishan	Yoga room: EVERYONE Mealcontact:Sat Nishan Siri Gian asst: Abnashi	Siri Gian asst: Abnashi
7:00 Evening Activities	If you would like to lead an evening activity, either for just our members, or open to the whole ashram, please let SGK know the activity and the day. We have a number of movie DVDs if you would like to watch any of them in the evening.						