



Program Savitri Weekend July 3, 4 and 5, 2015

Friday July 3::

Arrival at Klooster Nieuwkerk: between 16.00 and 17.00 hours.

- 17.00 – 18.00 introduction.
Maybe Sonia could give us a first impression about the connection between Aswapathy's yoga and Savitri's yoga?
We could share our own ideas on this subject also.*
- 18.00 – 19.00 evening meal.*
- 19.00 – 21.30 evening session. Canto III, Book I: "The Yoga of the Soul's Release".
Before starting this canto, we could look - for a moment - to the two preceding canto's.*
- After 21.30 free time and bedtime.*

Saturday July 4:

- 07.00 – 08.00 an early walk in the environment for whoever wants to participate.*
- 08.00 – 09.00 breakfast.*
- 09.00 – 10.30 first morning session. Continuing canto III.
And enjoying a song from Hans.*
- 10.30 – 10.45 coffee and tea break.*
- 10.45 – 11.45 second morning session. Continuing Canto III.*
- 11.45 – 12.45 guided tour through the "Naturetuin" (garden).*
- 13.00 – 14.00 lunch.*
- 14.00 – 15.30 Finishing canto III, looking forward to book II:
the canto's XIII and XIV. What is their connection with the canto we just read?
Enjoying a song from Hans.*
- 15.30 – 16.00 tea break.*
- 16.00 – 17.30 second afternoon session. Canto XIII, book II:
"In the Self of Mind". This is a very short canto, so we may first read it as a whole, and then repeat it sentence by sentence, as we did some lines during our session in April (if time permits).
We could also enjoy a song from Hans.*
- 17.30 – 18.00 free before supper.*
- 18.00 – 19.00 supper.*
- 19.00 – 21.30 being together, sharing experiences and thoughts.
Maybe enjoying another song from Hans?*
- After 21.30 free time and bedtime.*

Sunday July 14:

<i>07.00 – 08.00</i>	<i>silent walk in nature for whoever wants to participate.</i>
<i>08.00 – 09.00</i>	<i>breakfast.</i>
<i>09.00 – 10.30</i>	<i>first morning session. Canto XIV, book II: “The World Soul”.</i>
<i>10.30 – 11.00</i>	<i>coffee and tea break.</i>
<i>11.00 – 12.30</i>	<i>second morning session. Starting canto V, Book VII: “The Finding of the Soul”. What is the connection with the canto’s we read so far?</i>
<i>12.30 – 13.00</i>	<i>free before lunch.</i>
<i>13.00 – 14.00</i>	<i>lunch.</i>
<i>14.00 – 15.30</i>	<i>afternoon session (last session). Finishing canto V, Book VII. Do we understand now the connection between Aswapatty’s yoga and Savitri’s yoga?</i>
<i>15.30 – 16.00</i>	<i>tea break.</i>
<i>16.00 – 16.30</i>	<i>packing one’s bags.</i>
<i>16.30 – 17.00</i>	<i>saying goodbye and leaving, going home.</i>

Hans will not be present on Sunday, but we may play some songs from his cd’s.



Savitri