

# **Nirmala Yoga-Abhyaasam - @ Bay Area , California**

Daily Schedule:: <==>5 day Class

Get up possibly by 3am and get ready by 3:55 am sharp (Every day)

From	To	Activity	Remarks
4am	5am	Om-kaara Pranavam	
5am	6am	Self Practice hour-1	
7AM	8:45am	Morning Abhishekam & Puja & Alamkaaram	
6am	7am	NYS under Amma's Guidance	
7am	8am	Mauna Vratam	
8am		<b>Breakfast</b>	
9:30am	11am	Nirmala Yogam - Book Reading/ Study circle/Questions on Practice	
11am	12 Noon	Group Discussions	
11am	12 Noon	Kitchen Seva - cooking/cleaning/setup	
12 Noon		<b>Lunch</b>	
12:30p m	2pm	<b>Break - Siesta Time</b>	
2pm	3pm	Self Practice hour-2	
3pm	5pm	Kitchen Seva - cooking/cleaning/setup	
4pm	5pm	SriKrishnuni RaasaKreedha - book-reading	
5pm	6pm	Self Practice hour-3	
6pm	7pm	Bhajans & Singing around Amma	
7:30pm		<b>Dinner</b>	
8pm		<b>Retire for the day</b>	