

USA, Canada, Ireland, Iceland, UK, Netherland, Belgium (Flemish) Country Week 2019
29th November - 5th December 2019

Day 1 - Friday 29th November 2019

- 14:00 Arrival in SPN
14:00 - 15:00 Giving Bands for the Country Week in the Lobby
15:00 - 17:00 Tour of SPN - with Swami VishwaAniruddhananda
17:00 - 18:00 OM Chanting (normal SPN circle)
18:00 - 19:15 Evening Prayers in Temple
19:30 - 21:00 Giving Bands for the Country Week in the Lobby
19:45 -20:30 Dinner
21:00 - 21:15 Evening Arati in Temple
21:15 - 21:25 Evening Aarti at Panduranga Temple
21:30 - 22:30 Welcome Meeting for Country Week with Swami VishwaAnashuyananda, Swami
TulsidasAnanda, Swamini VishwaKaruna, Swamini PratibhaMa, Swamini
VishwaJanani? in Darshan Hall

Day 2 - Saturday 30th November 2019

- 06:00 - 06:50 [AKY led Group Practice](#) in Babaji Cave???
07:00 - 08:45 Morning Prayers (Yagna for women after Guru Puja)
08:30 - 09:15 Breakfast
10:00 - 13:00 AKY Level 2 Preparation with Swami Tulsidasi in Seminar Room
10:00 - 13:00 BM Academy [Bhakti Marga Explained - The Bigger Picture](#) in Darshan Hall
13:00 - 14:00 Lunch + Seva (washing up plates)
14:00 - 15:00 AKY Level 2 Preparation with Swami Tulsidas in Seminar Room
15:00 - 17:00 AKY Level 2 Initiation with Paramahansa Vishwananda in Seminar Room
15:30 - 16:30 [SPN Parikrama in silence Japa walk \(meet in Lobby\)](#)
17:00 - 18:00 Music Practice Women for Darshan in Shiva Lounge
18:00 Mahavatar Babaji Day Celebration in Temple
Dinner after Celebration is finished
21:00 - 21:15 Evening Arati in Temple
21:15 - 21:25 Evening Aarti at Panduranga Temple

Day 3 - Sunday 1st December 2019

- 07:00 - 08:00 [AKY led Group Practice](#) in Babaji Cave
08:00 - 09:15 Breakfast
09:00 - 11:30 Morning Prayers in Temple (Yagna for women after Guru Puja)
13:00 - 14:00 Lunch + Seva (washing up plates)
14:00 - 17:00 [Bhagavad Gita Lecture 1](#) in Darshan Hall
17:00 - 18:30 Music Practice Women for Darshan in Shiva Lounge
19:00 - 20:00 Dinner
20:10 - 20:55 Music Practice Women for Darshan in Shiva Lounge
21:00 - 21:15 Evening Arati in Temple
21:15 - 21:25 Evening Aarti at Panduranga Temple
21:30 - 22:30 Satsang for USA with Swami TulsidasAnanda in Light Hall
Satsang for Canada with Swamini PratibhaMa in Seminar Room

Satsang for UK, Ireland, Iceland with Swamini Karuna in Darshan Hall
Satsang for Netherlands with Swami Aniruddha in Krishna Lounge
Satsang for Belgium (Flemish) with Swami Vijaya in Conference Room

Day 4 - Monday 2nd December 2019

06:00 - 06:50 [AKY led Group Practice](#) in Babaji Cave
07:00 - 08:30 Morning Prayers (Yagna for women after Guru Puja)
08:30 - 09:15 Breakfast
09:00 - 10:00 [Japa Talk with Swami Tulsidas?](#) in Darshan Hall
09:15 - 10:45 Music Practice Women for Darshan in Shiva Lounge
09:30 - 11:00 Music Practice Men for Darshan in Music Room
10:00 - 10:45 Sadhana Presentation in Light Hall
11:00 Satsang with Paramahansa Vishwananda in Light Hall
13:00 - 14:00 Lunch + Seva (washing up plates)
14:30 - 17:30 [Bhagavad Gita Lecture 2](#) in Darshan Hall
18:00 - 19:15 Evening Prayers in Temple
19:00 [Darshan with Paramahansa Vishwananda](#) in Darshan Hall (Live Stream in Temple)
19:00 - 20:00 [OMC exclusive for the country](#) in Light Hall
20:00 - 21:00 Dinner
21:00 - 21:15 Evening Arati in Temple
21:15 - 21:30 Evening Aarti at Panduranga Temple

Day 5 - Tuesday 3rd December 2019

06:00 - 06:50 [AKY led Group Practice](#) in Babaji Cave
07:00 - 08:30 Morning Prayers (Yagna for women after Guru Puja)
08:30 - 09:15 Breakfast
10:00 - 13:00 [Bhagavad Gita Lecture 3](#) in Darshan Hall
13:00 - 14:00 Lunch + Seva (washing up plates)
14:00 - 17:00 Music Workshop in Music Room, Chanting Course in Seminar Room, or 14:15h Sri Yantra Painting Meditation Workshop in Atelier (Optional - €25) OR Seva in the Ashram, Indian Dance Workshop in Darshan Hall, Puja Workshop in Light Hall, Art Workshop Krishna Lounge???

18:00 - 19:15 Evening Prayers in Temple
19:00 [Darshan with Paramahansa Vishwananda](#) in Darshan Hall (Live Stream in Temple)
19:00 - 20:00 [OMC exclusive for the country](#) in Light Hall
20:00 - 21:00 Dinner
21:00 - 21:15 Evening Arati in Temple
21:15 - 21:30 Evening Aarti at Panduranga Temple

Day 6 - Wednesday 4th December 2019

06:00 - 06:50 [AKY led Group Practice](#) in Babaji Cave
07:00 - 08:30 Morning Prayers (Yagna for women after Guru Puja)
08:30 - 09:15 Breakfast
11:00 [Exclusive Darshan with Paramahansa Vishwananda](#) in Light Hall
13:00 - 14:00 Lunch + Seva (washing up plates)
14:30 - 17:30 [Bhagavad Gita Lecture 4](#) in Darshan Hall

18:00 - 19:15 Evening Prayers in Temple
18:00 - 19:30 Yagna with Swami Anashuya in Yagna Shala/Darshan Hall
20:00 - 21:00 Dinner
21:00 - 21:15 Evening Arati in Temple
21:15 - 21:30 Evening Aarti at Panduranga Temple
21:30 - 22:30 Country Meeting for UK, Ireland, Iceland with Swamini Karuna in Darshan Hall
Country Meeting for USA & Canada with Swami Tulsidas, Swamini Janani? & Swamini
PratibhaMa in Light Hall
Country Meeting for Netherlands with Swami Aniruddha in Krishna Lounge
Country Meeting for Belgium (Flemish) with Swami Vijaya in Conference Room

Day 7 – Thursday 5th December 2019

06:00 - 06:50 [AKY led Group Practice](#) in Babaji Cave
07:00 - 08:30 Morning Prayers (Yagna for women after Guru Puja)
08:30 - 09:15 Breakfast
09:15 – 09:30 Board Bus for UK Participants

After Check out and Depart from SPN