

Day	Date	Starting Time	Ending Time	Description
Day 1	Wednesday, May 6, 2026			Gnanapeedam to Chennai
Day 2	Thursday, May 7, 2026	6:00 PM		Sathsang at Chennai
Day 3	Friday, May 8, 2026	9:50 AM	12:20 PM	Chennai to Dubai
Day 4	Saturday, May 9, 2026			Dubai
Day 5	Sunday, May 10, 2026			Dubai
Day 6	Monday, May 11, 2026	2:40 AM	9:40 AM	Dubai to Dallas
Day 7	Tuesday, May 12, 2026			Dallas
Day 8	Wednesday, May 13, 2026			Dallas
Day 9	Thursday, May 14, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 9	Thursday, May 14, 2026			Dallas- Kids/Teens Yoga Intro/ Jeeva Raksha/ Sathsang
Day 10	Thursday, May 14, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 10	Friday, May 15, 2026	6:30 PM	8:30 PM	Advanced Course- Tamil
Day 11	Saturday, May 16, 2026	7:00 AM	6:30 PM	Advanced Course- Tamil
Day 12	Sunday, May 17, 2026	7:00 AM	4:00 PM	Advanced Course- Tamil
Day 13	Monday, May 18, 2026			Dallas
Day 14	Tuesday, May 19, 2026	4:00 PM	5:55 PM	Dallas to Omaha
Day 15	Wednesday, May 20, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 15	Wednesday, May 20, 2026	6:10 PM	8:30 PM	Key- Level1 (Jeeva Raksha, Mooladhara)
Day 16	Thursday, May 21, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 16	Thursday, May 21, 2026	6:10 PM	8:30 PM	Key- Level 2 (Mahasakthi Yogam , Agna)
Day 17	Friday, May 22, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 18	Saturday, May 23, 2026			Omaha
Day 19	Sunday, May 24, 2026			Omaha
Day 20	Monday, May 25, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 21	Tuesday, May 26, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 21	Tuesday, May 26, 2026	6:15 PM	8:30 PM	Key- Level 2 (Maha Sakthi Yogam , Sahasrara)
Day 22	Wednesday, May 27, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 23	Thursday, May 28, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 24	Friday, May 29, 2026	8:30 AM	6:30 PM	KEY- Level 3 -Intensive Kundalini Meditation Retreat
Day 25	Saturday, May 30, 2026	7:00 AM	6:30 PM	KEY- Level 3 -Intensive Kundalini Meditation Retreat
Day 26	Sunday, May 31, 2026	7:00 AM	4:00 PM	KEY- Level 3 -Intensive Kundalini Meditation Retreat
Day 27	Monday, June 1, 2026	5:15 AM	6:15 AM	Morning Meditation
Day 28	Tuesday, June 2, 2026	7:30 AM	9:20 AM	Omaha to SFO
Day 29	Wednesday, June 3, 2026			SFO
Day 30	Thursday, June 4, 2026			SFO
Day 31	Friday, June 5, 2026			SFO
Day 32	Saturday, June 6, 2026	10:00 AM	1:00 AM	Entrepreneurs Workshop
Day 33	Sunday, June 7, 2026			SFO
Day 34	Monday, June 8, 2026			SFO
Day 35	Tuesday, June 9, 2026			SFO
Day 36	Wednesday, June 10, 2026			SFO
Day 37	Thursday, June 11, 2026	9:00 AM	8:30 PM	Intensive Kundalini Meditation Retreat
Day 38	Friday, June 12, 2026	9:00 AM	8:30 PM	Intensive Kundalini Meditation Retreat
Day 39	Saturday, June 13, 2026	9:00 AM	8:30 PM	Intensive Kundalini Meditation Retreat
Day 40	Sunday, June 14, 2026			SFO
Day 41	Monday, June 15, 2026	5:05 PM		Depart SFO
Day 42	Tuesday, June 16, 2026		7:40 PM	Arrival Dubai
Day 43	Wednesday, June 17, 2026	3:20 AM	8:55 AM	Dubai to Cochin Arrival Gnanapeedam