

# Samma Karuna

## Awakening & Healing Program

EARTH WEEK	Monday, 25/5	Tuesday, 26/5	Wednesday, 27/5	Thursday, 28/5	Friday, 29/5	Saturday, 30/5	Sunday, 31/5
7:00 - 8:00	7:00 - 8:00 OSHO® Dynamic Meditation 8:15 - 9:15 Vipassana Sitting Meditation (Free For All)						8:00 - 9:00 OSHO® Dynamic
9:30 - 11:30	Hatha Vinyasa Flow	Hatha Vinyasa Flow	Hatha Vinyasa Flow	Hatha Vinyasa Flow	Hatha Vinyasa Flow	Vinyasa Flow	9:30 - 11:00 Yin Yang Flow
10:00-11:30		Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)		
12:00 - 13:30	FREE Community Meeting	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	BioDevelopment w/ Özgür
14:00 - 16:00	Tetra Breath Hara-Push (L)	Self Inquiry	BioDevelopment Breaking Free of Limitations	Aqua Tetra Breath (L)	Aqua BioDevelopment(L)	Tetra Breath Bioenergetics (L)	
16:30 - 18:00	Kundalini Yoga	Sunset Slow Flow Yoga	Yin Yoga & Sound Healing	Meditative Hatha Yoga Flow	Sunset Slow Yoga Flow	Sunset Yin Yoga	
18:30 - 20:30	Tantra Lecture Inner Journey(1h)	Tantra Practice (L) (+)	Tantra Lecture Personal-Growth (1h) (+)	Tantra Practice What is Love (L)(+)	SK So Ham Breathwork	Tantra Practice Sacred Hug Meditation(L)(+)	18:30 FREE Sauna & Ice Bath
Free Events	19:45 Community Dinner						20:00 FREE Conscious Cinema
WATER WEEK	Monday, 4/5	Tuesday, 5/5	Wednesday, 6/5	Thursday, 7/5	Friday, 8/5	Saturday, 9/5	Sunday, 10/5
7:00 - 8:00	7:00 - 8:00 OSHO® Dynamic Meditation 8:15 - 9:15 Vipassana Sitting Meditation (Free For All)						8:00 - 9:00 OSHO® Dynamic
9:30 - 11:30	Hatha Vinyasa Flow	Hatha Vinyasa Flow	Hatha Vinyasa Flow	Kundalini Hatha Flow	Hatha Vinyasa Flow	Kundalini Hatha Flow	9:30 - 11:00 Yin Yang Flow
10:00 - 11:30		FREE Tetra Breathwork (t.i.t) 1.5h	FREE Tetra Breathwork (t.i.t) 1.5h	FREE Tetra Breathwork (t.i.t) 1.5h	FREE Tetra Breathwork (t.i.t) 1.5h		
12:00 - 13:30	FREE Community Meeting	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	FREE Tantra (t.i.t) 1.5h	BioDevelopment w/ Özgür
14:00 - 16:00	Tetra Breath Bioenergetics (L)	Self Inquiry	BioDevelopment Eutony	Aqua Tetra Breath (L)	Aqua BioDevelopment (L)	Tetra Breath Hara-Push (L)	
16:30 - 18:00	Kundalini Yoga	Sunset Slow Flow Yoga	Yin Yoga & Sound Healing	Meditative Hatha Yoga Flow	Sunset Slow Yoga Flow	Sunset Yin Yoga	
18:30 - 20:30	Tantra Lecture Path of Awakening (1h)	Tantra Practice Ego to Intimacy (L)(+)	Tantra Lecture Path of Awakening no. 2 (1h)(+)	Tantra Practice. (L)(+)	SK So Ham Breathwork	Tantra Practice Elemental love (L)(+)	18:30 FREE Sauna & Ice Bath
Free Events	19:45 Community Dinner						20:00 FREE Conscious Cinema
FIRE WEEK	Monday, 11/5	Tuesday, 12/5	Wednesday, 13/5	Thursday, 14/5	Friday, 15/5	Saturday, 16/5	Sunday, 17/5
7:00 - 8:00	7:00 - 8:00 OSHO® Dynamic Meditation 8:15 - 9:15 Vipassana Sitting Meditation (Free For All)						8:00 - 9:00 OSHO® Dynamic
9:30 - 11:30	Hatha Yoga Foundation & Stability	Tantric Hatha Yoga	Hatha Vinyasa Flow	Hatha Yoga Breath and Energy	Hatha Yoga Spinal Awareness	Vinyasa Flow	9:30 - 11:00 Yin Yang Flow
10:00-11:30		Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)		
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14:00 - 16:00	Tetra Breath Bioenergetics (L)	Self Inquiry	BioDevelopment Impermanence	Aqua Tetra Breath (L)	Aqua BioDevelopment (L)	Tetra Breath Hara-Push (L)	
16:30 - 18:00	Kundalini Yoga	Sunset Slow Flow Yoga	Chakra Yoga Flow	Meditative Hatha Yoga Flow	Sunset Slow Yoga Flow	Sunset Yin Yoga	16:00 - 18:00 BioDevelopment W/ Özgür
18:30 - 20:30	Tantra Lecture Intimacy (1h)	S.K AUM meditation Free demo (18:30-19:15) (L) 3.5 Hrs (+)	Tantra Lecture Tantric Sexuality (1h) (+)	Tantra Practice Exploring Pleasure (L)(+)	SK So Ham Breathwork	Tantra Practice Shower of Love Meditation (L)(+)	18:30 FREE Sauna & Ice Bath
Free Events	19:45 Community Dinner						20:00 FREE Conscious Cinema
AIR WEEK	Monday, 18/5	Tuesday, 19/5	Wednesday, 20/5	Thursday, 21/5	Friday, 22/5	Saturday, 23/5	Sunday, 24/5
7:00 - 8:00	7:00-08:00 OSHO® Dynamic Meditation 8:15 - 9:15 Vipassana Sitting Meditation (Free For All)						8:00 - 9:00 OSHO® Dynamic
9:30 - 11:30	Hatha Yoga Foundation & Stability	Tantric Hatha Yoga	Hatha Vinyasa Flow	Hatha Yoga Breath and Energy	Hatha Yoga Spinal Awareness	Hatha Vinyasa Flow	9:30 - 11:00 Yin Yang Flow
10:00 - 11:30		Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)	Tetra Breathwork (t.i.t) (100 THB)		
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14:00 - 16:00	Tetra Breath Bioenergetics (L)	Self Inquiry	BioDevelopment Heart Opening	Aqua Tetra Breath (L)	Aqua BioDevelopment(L)	Tetra Breath Diaphragmatic massage (L)	
16:30 - 18:00	Kundalini Yoga	Sunset Slow Flow Yoga	Chakra Yoga Flow	Meditative Hatha Yoga Flow	Sunset Slow Yoga Flow	Sunset Yin Yoga	BioDevelopment W/ Özgür
18:30 - 20:30	Tantra Lecture Roles and Relationships (1h)	Tantra Practice (L) (+)	Tantra Lecture Life more Rich (1h)(+)	Tantra Practice Effortless Life (L)(+)	SK So Ham Breathwork	Tantra Practice Atishas Heart Meditation (L)(+)	18:30 FREE Sauna & Ice Bath
Free Events	19:45 Community Dinner						20:00 FREE Conscious Cinema
WORKSHOPS	4th - 6th June: Women's Temple: Awakening Sacred Feminine Energy						

(L) Limited Space (register 30 min before the class @Welcome Center)

(\*) Activities exclusive ONLY for Samma Karuna

(+) Class might run longer (t.i.t) teachers i

