

Samma Karuna

Awakening & Healing Program

WATER WEEK	Monday, 1/6	Tuesday, 2/6	Wednesday, 3/6	Thursday, 4/6	Friday, 5/6	Saturday, 6/6	Sunday, 7/6
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	Tantra Yoga	Chakra Yoga	Tantra Yoga	Hatha Yoga Spinal Awareness	Vinyasa Flow	9:30 – 11:00 Yin Yang Flow
12:00 – 13:30	FREE Community Meeting						
13:30 – 14:30	Free Chakra Yoga Demo						
14:00 – 16:00	Tetra Breath Bioenergetics (L)	Self Inquiry	BioDevelopment breaking through limitations	Aqua Tetra Breath (L)	Aqua BioDevelopment (L)	Tetra Breath Hara-Push (L)	
16:30 – 18:00	Sunset Yin Yoga	Sunset Slow Flow Yoga	Sivananda Yoga	Sunset Yin Yoga	Sunset Slow Yoga Flow	Sunset Yin Yoga	BioDevelopment w/ Özgür
18:30 – 20:30	Tantra Lecture Path of Awakening (1h)	Tantra Practice (L) (+)	Tantra Lecture Path of Awakening no. 2 (1h)(+)	Tantra Practice Ego to Intimacy (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, 8/6	Tuesday, 9/6	Wednesday, 10/6	Thursday, 11/6	Friday, 12/6	Saturday, 13/6	Sunday, 14/6
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	Chakra Yoga	Tantra Yoga	Hatha Yoga Spinal Awareness	Vinyasa Flow	9:30 – 11:00 Yin Yang Flow
12:30–13:30	FREE Community Meeting		Free Alchemy of Masculine & Feminine Demo		FREE Demo Class: Yin & Restorative Yoga Training	FREE Demo Class: Tetra Breathwork	
14:00 – 16:00	Tetra Breath Bioenergetics (L)	Self Inquiry	BioDevelopment Divine connection	Aqua Tetra Breath (L)	Aqua BioDevelopment (L)		
16:30 – 18:00	Sunset Yin Yoga	Sunset Slow Flow Yoga	Sunset Yin Yoga	Meditative Hatha Yoga Flow	Sunset Slow Yoga Flow	Sunset Yin Yoga	
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, 15/6	Tuesday, 16/6	Wednesday, 17/6	Thursday, 18/6	Friday, 19/6	Saturday, 20/6	Sunday, 21/6
7:00 – 8:00	07:00–08:00 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
12:00 – 13:30	FREE Community Meeting						
13:30–14:30	FREE Demo Class: Yin & Restorative						
14:00 – 16:00	Tetra Breath Bioenergetics (L)	Self Inquiry	BioDevelopment Impermanence	Aqua Tetra Breath (L)	BioDevelopment Breaking Free of Limitations	Tetra Breath Diaphragmatic massage (L)	
16:30 – 18:00	Yin Yoga	Sunset Yin Yoga	Chakra Yoga Flow	Meditative Hatha Yoga Flow	Sunset Slow Yoga Flow	Sunset Yin Yoga	
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	5–6 June Journey into Chakras 12 – 14 June Alchemy of Masculine & Feminine Tantra Immersion 16 June Intensive Breathwork Journey ; 16 –18 June 50–Hour Yin & Restorative Yoga (YACEP) 26–28 June : Women's Temple : Awakening Sacred Feminine Energy						14–

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

(*) Activities exclusive ONLY for Samma Karuna

(+) Class might run longer