The Alchemy, Rishikesh

Daily Class Schedule - 14 sessions a day, 7 days a week, all drop-in

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 - 7.30	Chakra Breathing & Meditation	Dynamic Meditation	Kundalini Dynamic Meditation				
7.30 - 9.00	Intuitive Flow	Mysore Ashtanga	Vinyasa Flow	Ashtanga Vinyasa	Hatha Flow	Sunrise Flow	Power Yoga
8.00 - 9.15	Himalayan Traditional Hatha	Himalayan Traditional Hatha	Himalayan Traditional Hatha	Himalayan Traditional Hatha	Himalayan Traditional Hatha	Himalayan Traditional Hatha	Himalayan Traditional Hatha
9.15 - 10.30	Kundalini Yoga	Tantra Yoga	Kundalini Yoga	Tantra Yoga	Kundalini Yoga	Tantra Yoga	Kundalini Yoga
9.30 - 10.30	Classical Dance	Bollywood Dance	Classical Dance	Bollywood Dance	Classical Dance	Bollywood Dance	Classical Dance
11.00 - 12.30	Satsang by Yogis	Satsang by Yogis	Satsang by Yogis	Satsang by Yogis	Satsang by Yogis	Satsang by Yogis	Satsang by Yogis
12.30 - 1.30	Community Lunch	Community Lunch	Community Lunch	Community Lunch	Community Lunch	Community Lunch	Community Lunch
1.30 - 2.00	Friendship	Friendship	Friendship	Friendship	Friendship	Friendship	Friendship
2.00 - 3.00	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra
3.00 - 4.15	Yin Yoga	Restorative Yoga	Yin Yoga	Restorative Yoga	Yin Yoga	Restorative Yoga	Yin Yoga
4.30 - 5.45	Advance Yoga	Vinyasa Flow	Kriya Yoga	Power Yoga	Hot Yoga	Acro Yoga	Surya Namaskar 108
6.00 - 7.30	Tibetan Sound Healing	Ecstatic Dance	Gong Bath	Crystal Bowl Sound Healing	Death Meditation	Women Circle	Multi Sound Healing
7.30 - 8.30	Yogi Community Dinner	Yogi Community Dinner	Yogi Community Dinner	Yogi Community Dinner	Yogi Community Dinner	Yogi Community Dinner	Yogi Community Dinner
8.30 - 9.30	Sound Bath Meditation	Sleep Meditation	Stress Relief Meditation	Somatic Meditation	Loving Kindness Meditation	Mantra Meditation	Zen Meditation

Timings can shift on festival days. Please check with the front desk on arrival.