Stundenplan 1.- 7. Tag

Zeit	1. Tag	2. Tag	3. Tag	4. Tag	5. Tag	6. Tag	7. Tag
09.00-10.00	Allgemeines	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
10.15-11.15	Indische Philosophie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
11.30- 12.30	*Vedānta Upaniṣaden*	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie
12.30-13.00	Anatomie Physiologie	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*
13.00-14.45	Mittagspause	Mittagspause	Mittagspause	Mittagspause	Mittagspause	Mittagspause	Mittagspause
14.45-15.45	Indische Philosophie	*Yoga-Philosophie Yoga-Sūtra*	*Haṭha-Yoga Tradition*	*Haṭha-Yoga Tradition*	Sanskrit	*Buddhismus*	*Vedānta*
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
16.00-17.00	*Mahābhārata Bhagavad-Gītā*	*Sāmkhya* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
17.15-17.45	*Bhagavad-Gītā*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*
17.45-19.00	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation

Stundenplan 8.- 14. Tag

Zeit	8. Tag	9. Tag	10. Tag	11. Tag	12. Tag	13. Tag	14. Tag
09.00-10.00	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*	*Bhagavad-Gītā*
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
10.15-11.15	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	*Tantrismus*
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
11.30- 12.30	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	Anatomie Physiologie	*Buddhismus*
12.30-13.00	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Haṭha-Yoga Pradīpika*	*Buddhismus*
13.00-14.45	Mittagspause	Mittagspause	Mittagspause	Mittagspause	Mittagspause	Mittagspause	Mittagspause
14.45-15.45	*Buddhismus*	*Vedānta*	*Buddhismus*	*Buddhismus*	*Tantrismus*	*Buddhismus*	*Vedānta Upaniṣaden*
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
16.00-17.00	*Sāmkhya* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Yoga-Sūtra* *Upaniṣaden*	*Sāmkhya* *Upaniṣaden*	Allgemeines
15 Min	Pause	Pause	Pause	Pause	Pause	Pause	Pause
17.15-17.45	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*	*Upaniṣaden*
17.45-19.00	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation	*Nididhyāsana* Meditation