

LYT & Ashram Daily Schedule

Monday-Friday

Morning Meditation	5:00 - 6:15 am or 6:20 - 7:20 am
IY Hatha Yoga	6:20 - 7:40 am
Breakfast Preparation	7:00 - 8:00 am
Breakfast	8:00 - 9:15 am
A.M. Karma Yoga (including Breakfast Clean up)	8:30 - 11:45 am
Noon Meditation	12:00 - 12:30 pm
Lunch	12:45 - 1:30 pm
Lunch Clean up	1:30 - 3:00 pm
P.M. Karma Yoga	2:00 - 5:30 pm
IY Hatha Yoga	5:00 - 6:30 pm or
Deep Relaxation	5:00 - 6:30 pm - offered Fridays only or
Evening Meditation	6:00 - 6:30 pm or
"Laughing Meditation"	6:00 - 6:30 pm - offered Thursdays only
Supper	6:30 - 7:30 pm
Supper Clean up	7:30 - 9:00 pm
Evening Programs	7:30 - 9:00 pm
Optional Night Meditation	9:00 - 9:30 pm (Guru Bhavan)
Public Buildings Close	9:00 pm - 8:00 am
Lights Out in Dorms	10:00 pm

SATCHIDANANDA ASHRAM
LYT - Living Yoga Training
108 Yogaville Way
Buckingham, Virginia 23921
434-969-3121-ext...117
lyts@iyiva.org

LYT Program's Financial Arrangements

All LYTS enter the program under Arrangement # 1 for the first month. Upon easeful completion of this month, Arrangements #2 & 3 will be considered.

#1 –Arrangement: Standard - \$250 Monthly Fee

25 Service Hours (= 6 - 3 ½ hr. service shifts + 2 -1 ½ kitchen cleanups)
(Time Distribution: ½ **service** & ½ **study/free**)

#2 – Arrangement: ¾ Time - \$125 Monthly Fee

31 Service Hours (= 8 - 3 ½ hr. service shifts + 2 -1 ½ kitchen cleanups)
(Time Distribution: ¾ **Service** / ¼ **Study/Free Time**)

***#3 – Arrangement: Full Time** Service replaces all fees

38 Service Hours (= 10 - 3 ½ hr. service shifts + 2 -1 ½ kitchen cleanups)
(Time Distribution: **Full service, with time off for sadhana & 1 free day.**)

***Arrangement #3 is only available to those who have the strength and vitality to comfortably serve this many hours while attending required sadhana.**

Additional fees not included in the above financial arrangements:

\$25 Application Fee

\$100 Deposit

\$40 or \$55 Transportation fee(s) - to or from Charlottesville