

## **A typical Day at Sadhu Vaswani Summer Camp**

Conch showers Be Ready by 7:30  
Rise and shine feed birds 20minutes 7:30-7:50  
Yoga 8:00-8:40  
Breakfast 8:45-9:25  
Puja 9:30-10:15  
Chanting 10:30 -11:10  
Philosophy 11:15-12:05  
Lunch 12:15-1:15  
Sports and Games 1:30-3:00  
Snack-3:00-3:30  
Club 1 3:30-4:20  
Club 2 4:25-5:10  
Writing/Reading/Relax 5:15-6:00  
Dinner 6:15-7:15  
Bathroom and Get to Evening Program 7:15-7:30  
Evening Program 7:30-8:50  
Snack Younger-9:00-9:15  
Group Sharing Older-8:50-9:45  
Lights out Younger 9:30  
Snack Older 9:35-9:45  
Lights out Older-10:30  
Lights out Counselors 11:00

*Schedule Subject to Change*