## Timetable

(This is a guideline. The timetable can be adjusted to suit yourself/your centre, keeping the goal of 8 hours of yoga)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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| **Amrit Vela** | **3.00 – 3.30 am**  
Awareness of Baba - Deeply experience Baba as Father, Teacher and Satguru* |
| **3.30 - 4.00 am** | **Awareness of Baba** - Deeply experience Baba as Purifier*               |
| **4.00 - 4.30 am** | **Awareness of Baba** - Deeply experience Baba as Companion*              |
| **4.30 - 5.00 am** | **Awareness of Baba** - Remain absorbed in the Ocean of Love*             |
| **Pre-murli Yoga** | **6.00 - 6.30 am**  
(Adjust to local time)  
Cleaning mind and intellect to receive knowledge |
| **Murli** | **6.30 - 7.30 am**  
(Adjust to local time)  
Murli of the day |
| **Post Murli Yoga** | **7.30 - 8.00 am**  
(Adjust to local time)  
Absorbing Murli of the day |
| **Class** | **10.00 - 10.30 am**  
The Power of Awareness (Class by Charlie bhai) |
| **Bhatti** | **10.30 - 11.00 am**  
The Power of Awareness (with Commentary by Charlie bhai) |
| **Bhatti** | **11.00 - 12.00 noon**  
Deeply experience the **Awareness of the Drama*** |
| **Bhatti** | **3.30 - 4.30 pm**  
Deeply experience the **Awareness of Being a Guest** in the Physical World* |
| **Bhatti** (walking or moving) | **5.30 - 6.30 pm**  
Deeply experience the **Awareness of the Confluence Age*** |
| **Spreading Sakaash (seated)** | **6.30 - 7.00 pm**  
Send powerful Sakaash to brahmins, to additionally empower them in all awarenesses above. |
| **Spreading Sakaash (seated)** | **7.00 - 7.30 pm**  
Send powerful Sakaash to the souls of the world, to touch them with the awarenesses above. |
| **Bhatti** | **8.30 - 9.00 pm**  
Just being with Baba:  
Relax and Surrender into Baba’s Lap |

* Murli excerpts available on the Portal [bkmeditation.online/Global-Bhatti-2022](bkmeditation.online/Global-Bhatti-2022), suggested as inspirations for the meditations.

Register your yoga time on the Portal – section “Contribute - Billion Minutes of Yoga”