



Vishoka Meditation The Yoga of Inner Radiance

with
Pandit Rajmani Tigunait, PhD
May 21–25, 2020

SCHEDULE

▶ Thursday, May 21

7:30–9:00 pm

The History of Vishoka Meditation
Lecture

▶ Friday, May 22

10:00–11:00 am

Dynamism of Vishoka Meditation, Part-I
Lecture

11:00–11:15 am

Break

11:15 am–12:15 pm

Dynamism of Vishoka Meditation, Part-II
Lecture

3:30–4:30 pm

**The Secret of Healthy Breathing & the Healing
Power of the Mind**
Lecture & Practicum combined

7:30–9:00 pm

Bringing the Mind to its Home Base
Lecture & Practicum combined

▷ Saturday, May 23

- 10:00–11:00 am **Unblocking the Pranic Pathways, Part-I**
Lecture & Practicum combined, with a focus on pranayama techniques that purify and energize the nervous system and mind
- 11:00–11:15 am Break
- 11:15 am–12:15 pm **Unblocking the Pranic Pathways, Part-II**
Lecture & Practicum combined, with a focus on pranayama techniques that boost the pranic fire and enhance the mind's capacity to keenly become aware of pranic pulsation
- 3:30–4:30 pm **Breathing Practicum**
Practicum with HI Faculty, reinforcing the pranayama techniques taught in the morning
- 7:30–9:00 pm **Cultivating Inner Balance**
Lecture & Practicum combined, focusing on the pranayama technique that evolves into Vishoka Meditation

▷ Sunday, May 24

- 10:00–11:00 am **Vishoka Meditation—Four Points of Experience**
Lecture & Practicum combined
- 11:00–11:15 am Break
- 11:15 am–12:15 pm **Immersive Nature of Vishoka Meditation**
Lecture & Practicum combined, with a focus on experiencing the continuum of consciousness that transcends the sense of separation and duality
- 3:30–4:30 pm **Meditation Practicum**
Practicum with HI Faculty, reinforcing the meditation technique taught in the morning
- 7:30–9:00 pm **Optimizing the Practice of Vishoka Meditation**
Lecture & Practicum combine

▶ **Monday, May 25**

10:00-11:00 am

Lasting Effects of Periodical Immersion in Vishoka, Part-I
Lecture

11:00-11:15 am

Break

11:15 am-12:15 pm

Lasting Effects of Periodical Immersion in Vishoka, Part-II
Lecture & Practicum combined

