



Sample day program for Counselors

8:00 - 8:30 a.m. - Yoga & Mangala Darshan (gather your group & be with them at all times)

8:30 - 9:00 a.m. - Morning Walk (get your group ready with shoes on for the walk)

9:00 - 10:30 a.m. – serve Breakfast to campers + free time-getting ready

10:30 - 11:00 a.m. - Class A (make sure your group is at the assign spot for both the classes)

11:00 - 1:00 p.m. - Class B

1:00 - 2:00 p.m. - Serve Lunch to campers

2:00 - 3:00 p.m. - Activity 1 (make sure your group is at the assign spot for both the activity)

3:00 - 4:00 p.m. - Activity 2

4:00 - 4:30 p.m. - Snack

4:30 - 5:30 p.m. - Sports

5:30 - 7:30 p.m. - Skit preparation (*Counselors with their group*)