

WEEK 1 (25-31 Oct)	WEEK 2 (1-7 Nov)	WEEK 3 (8-14 Nov)	WEEK 4 (15-21 Nov)	WEEK 5 (22-28 Nov)	WEEK 6 (29 Nov-5 Dec)
Six Tastes Spice Chart	*	*	*	*	*
Breakfast (1x's a week)	*	*	*	*	*
Kitchari Lunch/ Dinner Day (1 Day a Week)	*	*	*	*	*
-	Serenity Bowl (1 Lunch & Dinner a Week)	*	*	*	*
Swadhyaya Tip Sheet & Reflection	Ahimsa Tip Sheet & Reflection	Tapas Tip Sheet & Reflection	Santosha Tip Sheet & Reflection	Sakshi Tip Sheet & Reflection	Ishvara Pranidhana Tip Sheet & Reflection
Class Live (45min) (30 Oct)	Class Recorded (20-30min)	Class Live (45min) (13 Nov)	Class Recorded (20-30min)	Class Live (45min) (27 Nov)	Class Recorded (20-30min)
Group Call (1h) (30 Oct)			Group Call (1h) (20 Nov)		Group Call (1h) (4 Dec)