

MARCH

*All check-ins & meditations are via Zoom
at 12 pm PT / 1 pm MT / 2 pm CT/ 3 pm ET for 30 minutes

SUN	MON	TUE	WED	THU	FRI	SAT
 26	 27	 28	Group 1 Welcome LIVE	2 Kirtan Kriya Live	3 Kirtan Kriya Live	4 Kirtan Kriya Live
5 Kirtan Kriya Live	6 Kirtan Kriya Live	7 Kirtan Kriya Live	8 Kirtan Kriya Live	9 Thursday Check-in LIVE	10 Food Week	11 Food Week
12 Food Week <small>*Daylight savings</small>	13 Food Week	14 Food Week	15 Food Week	16 Thursday Check-in LIVE	17 Exercise Week	18 Exercise Week
19 Exercise Week	20 Exercise Week	21 Exercise Week	22 Exercise Week	23 Thursday Check-in LIVE	24 Spiritual Fitness Week	25 Spiritual Fitness Week
26 Spiritual Fitness Week	27 Spiritual Fitness Week	28 Spiritual Fitness Week	29 Spiritual Fitness Week	30 Closing LIVE	31 	