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[Home](#) > [Visiting the ashram](#) > [Staying in the ashram](#) > [Staying outside of course times](#)

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## Staying outside of course times <sup>[1]</sup>



One of the unique aspects of Mandala Yoga Ashram is that yoga and meditation practitioners are welcome to come and stay and follow ashram daily life from any time from mid February to end of November (unless we're fully booked at the time). The daily routine is very simple and designed to enable us to practice the attitudes and spirit of yoga through the day.

What follows is the standard daily schedule when there is no yoga course taking place. It is also possible to stay during a yoga course and be part of the background ashram team without full participation in the course itself. During these times, the schedule below will adapt slightly according to the course timetable.

Each day starts early in the morning with personal yoga practice, or a guided class, and then at around 7.30am everybody comes together for mantra yoga <sup>[2]</sup> (chanting) and meditation. This is followed by 30 minutes of silent cleaning, then breakfast at 8.45am, and then karma yoga <sup>[3]</sup> through the morning from 9.30 to 1pm, pausing for a cup of tea and perhaps a chat at 11am. Lunch is at 1pm.

There is a period after lunch until 4.15pm for resting, walking in the beautiful natural surroundings of the ashram, study, interaction, stillness etc. Then karma yoga <sup>[3]</sup> continues from 4.15-6.15pm, when there is supper.

The evening would either include group chanting, a *havan* (fire ceremony), kirtan <sup>[2]</sup>, satsang <sup>[4]</sup>

or quiet personal time. Silence or mouna [5] commences from 9pm through to breakfast the following morning.

Each week there is the *mrityunjaya mantra* [6] (healing chant) at 8pm each Tuesday. This chant is dedicated to all those we know who are in particular need of healing. If there is someone who is suffering or ill at this time, let us know brief details and we will chant for their health and deeper well-being.

Most weeks there is an afternoon and evening of mouna [5] on Wednesdays, and an evening *havan* on Thursday.

It is an opportunity to live the teachings and attitudes of yoga in daily life, and thereby bring a greater clarity, well-being and spaciousness to our life experience.

It is also possible to consider an extended stay in the ashram [7].

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**Source URL:** <http://www.mandalayoga.net/yoga-UK/staying-outside-course-times>

**Links:**

[1] <http://www.mandalayoga.net/yoga-UK/staying-outside-course-times>

[2] <http://www.mandalayoga.net/node/232>

[3] <http://www.mandalayoga.net/node/75>

[4] <http://www.mandalayoga.net/node/267>

[5] <http://www.mandalayoga.net/node/268>

[6] <http://www.mandalayoga.net/node/155>

[7] <http://www.mandalayoga.net/node/517>