

Day One

[10am](#) - Guided Meditation

[10.20am](#) - Go through the PROGRANA section of the manual Pg 1 - 16

[11am](#) - Level 1 Activation

[11.45am](#) - Short Break

[12pm](#) - Level 2 Activation

[12.45pm](#) - 30 minute Lunch break

[1.20pm](#) - Prograna for Self. Read Pg 58 - 60

Demonstrate how to invoke Prograna and get students to do it with you step by step - Lead into transmission for self - 10/15 minutes

[1.45pm](#) - Guidance for Practitioners. Pg 49 - 56

[2.15pm](#) - Prograna Swap. 33 minutes per transmission.

Demonstrate how to facilitate Prograna. Get students to follow you for the invocation - They can then begin the session.

[3.40pm](#) - Short Break

[4pm](#) - Guidance for Practitioners. Pg 61 - 68

[4.45pm](#) - Prograna for spaces. Pg 71

Explain how to facilitate Prograna for spaces. Students will not be practicing this aspect in the workshop.

DO NOT LET PRACTITIONERS TAKE MANUAL HOME. THEY CAN
TAKE A PHOTO OF THE INVOCATION IF THEY WANT TO GIVE
THEMSELVES A TRANSMISSION BEFORE BED.

Day TWO

[10am](#) - Short check in with students

[10.30am](#) - Prograna for Gaia. Read Pg 69 - 70.

As a group facilitate a transmission for Gaia (Around 22 minutes)

[11am](#) - Read 'THE ESSENCE' section of the manual. Pg 18 - 34.

[12.15am](#) - Prograna for self. (Around 20 minutes)

[12.40pm](#) - 30 minute Lunch break

[1.15pm](#) - Practitioner Swap.

Ask practitioners to invoke Prograna on their own this time.

[2.45pm](#) - Short Break

[3.pm](#) - Read 'THE PROGRANA KEYS'. Pg 35 - 48

[3.50pm](#) - After the workshop. Pg 77 - 83. Ask the students if they have any questions.

[4.15pm](#) - Level 3 Activation

[4.50pm](#) - Hand out certificates