



ISKCON of San Diego Bhakta Program

Hare Kṛṣṇa! Thank you for your interest in the Bhakta Program at ISKCON of San Diego. The purpose of the Bhakta Program is to train serious individuals in the principles of spiritual life. Those who join the program will receive training in various aspects of Kṛṣṇa Consciousness including culture, philosophy, and art, and will be equipped with the tools necessary to conduct their spiritual lives capably and with resolve. We offer two programs: a 6-month retreat and a yearlong sabbatical, for which you will find the list of courses on the next page. For more information contact Amogha-līla Dāsa (amoghaliladasabvks@gmail.com)

6-Month Bhakta Program Curriculum

Daily Temple Programs

Daily Morning Program

4:00: Rise and Bathe

4:30: Deity Greeting & Kīrtana

5:15: Japa

7:15: Deity Greeting & Kīrtana

7:45: Śrīmad-Bhāgavatam Class

Mon.-Wed.: Bhagavad-gītā
Class

Thursday: Krishna Lounge

Friday: Home Program

Saturday: Harināma

Sunday: Sunday Feast

Evening Programs

Courses

Course 1: Śāstra

Content:

- Śloka memorization
- Nectar of Instruction (Upadeśāmṛta)
- Śrī Īsopaniṣad
- Bhagavad-gītā
- Golden Purports from the Śrīmad Bhāgavatam
- Teachings of Lord Caitanya

Course 2: Vaiṣṇava Sadācāra (Culture and Etiquette)

Content:

- Temple etiquette
- Vaiṣṇava relationships
- Developing Vaiṣṇava qualities

Course 3: Musical Instruments

Content:

- Basic karatāla and mṛdaṅga instruction
- Leading kīrtana
- Kīrtana standards

1-Year Bhakta Program Curriculum

Daily Temple Programs

Daily Morning Program

4:00: Rise and Bathe

4:30: Deity Greeting & Kīrtana

5:15: Japa

7:15: Deity Greeting & Kīrtana

7:45: Śrīmad-Bhāgavatam Class

Mon.-Wed.: Bhagavad-gītā
Class

Thursday: Krishna Lounge

Friday: Home Program

Saturday: Harināma

Sunday: Sunday Feast

Evening Programs

Courses

Months 1-6

(Same as above)

Months 6-12

Course 1: Śāstra (cont.)

Content:

- Śloka memorization (cont.)
- Nectar of Devotion
- Selections from Śrīmad Bhāgavatam
- Selections from Śrī Caitanya-caritāmṛta

Course 2: ISKCON Disciple Course

Content:

- The significance of initiation
- The guru-disciple relationship
- Choosing a guru
- Guruship in ISKCON

Course 3: Brahmachārya

Content:

- The meaning of brahmachārya

- The culture and etiquette of the brahmacārī-āśrama
- Developing the qualities of a brahmacārī

Course 4: Musical Instruments (cont.)

Content:

- Further karatāla and mṛdaṅga instruction

(end)