




















# SOUKYA HOLISTIC HEALTHY LIVING - WEEKLY ACTIVITIES SCHEDULE

	6:30 – 7:15 am	7.15 – 8:00 am	8:00 – 8:45 am	4:30 – 5:15 pm	5:15 – 6:15 pm	6:00 – 6:30 pm	7:00 – 8:00 pm
<b>MONDAY</b> <i>uplift your spirit</i>	Mindful Walking 			Transformation Meditation 	Gardening 		
<b>TUESDAY</b> <i>clear your mind</i>		Therapeutic Yoga - Basic 		Breathing Exercises 		Healthy Cooking Demo 	
<b>WEDNESDAY</b> <i>stay balanced</i>			Therapeutic Yoga - Advanced 	Chakra Meditation 		Doctor's Lecture 	
<b>THURSDAY</b> <i>heal yourself</i>				Pranayama 	Medicinal Garden Tour 		
<b>FRIDAY</b> <i>release your stress</i>				Cyclic Meditation 		Healthy Cooking Demo 	
<b>SATURDAY</b> <i>deep rest &amp; relaxation</i>				Yoga Nidra 		Trataka 	Music Programme 
<b>SUNDAY</b> <i>get closer to nature</i>		7:30 – 8:30 am Bird Watching 		Mindful Walking			