



Vana Sample Weekly Group Activities

Vana offers a selection of mindfully curated activities to enhance your retreat. Each of these have been crafted to be meaningful and unique, with the aim of exploring various facets of wellbeing.

Our Retreat Program plays an integral role in creating a transformative experience. Most take place at the Retreat while some are excursions such as the Rishikesh Aarti, nature trail and hikes. Our activities are led by our specialists, practitioners, experts and other members of our team and are open to all Vanavasis.

*Retreat activities require signing-up a day prior at the Retreat Services.

MONDAY

7:30 - 8:20 am

Pratah Yoga
Posture | Breathing |
Awareness
Suyash
The Bodhi Tree

8:00 - 8:45 am

Power Walk
Mayank
Gymnasium

10:00 - 10:30 am

Om Chanting
Suyash
Cave

11:30 - 12:00 nn

Madhyan Yoga
light movement of
joints and body
Suyash
The Bodhi Tree

12:15 - 1:00 pm

Group Flute Lesson*
Tilak
The Bodhi Tree

2:00 - 2:30 pm

Prajna - Yoga Nidra
withdrawal of senses
with awareness
Suyash
The Bodhi Tree

3:30 - 4:00 pm

Raag Therapy 'Relaxation'
Tilak
The Bodhi Tree

5:15 - 6:00 pm

Sandhya Yoga
Breathing | Relaxation
Suyash
The Bodhi Tree

6:00 - 7:00 pm

Talk - The Wisdom
of Ayurveda
Dr Vishnu
The Library

TUESDAY

7:30 - 8:20 am

Pratah Yoga
Posture | Breathing |
Awareness
Suyash
The Bodhi Tree

8:45 - 9:00 am

Dhanwantari Puja
Ayurveda Team
Reflection Pond

9:15 - 9:45 am

Tratak*
Suyash
Cave

10:00 - 11:00 am

Body Weight Circuit
Training
Mayank
Gymnasium

11:30 - 12:00 nn

Madhyan Yoga
light movement of
joints and body
Suyash
The Bodhi Tree

12:00 - 1:00 pm

Cuisine Lesson*
'Home Remedies'
Vipul
Salana

2:00 - 2:30 pm

Prajna - Yoga Nidra
withdrawal of senses
with awareness
Suyash
The Bodhi Tree

2:45 - 3:15 pm

Walking Meditation
Gelek
Yoga Orchard

3:30 - 4:00 pm

Raag Therapy 'Nourishment'
Tilak
The Bodhi Tree

5:15 - 6:00 pm

Sandhya Yoga
Breathing | Relaxation
Suyash
The Bodhi Tree

6:00 - 7:00 pm

Hindustani Classical
Recital
Avinash, Anirudh
Kila

WEDNESDAY

7:30 - 8:20 am

Pratah Yoga
Posture | Breathing |
Awareness
Suyash
The Bodhi Tree

8:00 - 8:45 am

Power Walk
Mayank
Gymnasium

10:00 - 11:00 am

Nature Walk
Ajay Ji
Kila

10:30 - 11:15 am

Gom Meditation
Gelek
Cave

11:30 - 12:00 nn

Madhyan Yoga
light movement of
joints and body
Suyash
The Bodhi Tree

2:00 - 2:30 pm

Prajna - Yoga Nidra
withdrawal of senses
with awareness
Suyash
The Bodhi Tree

3:30 - 4:00 pm

Raag Therapy 'Energy'
Tilak
The Bodhi Tree

5:15 - 6:00 pm

Sandhya Yoga
Breathing | Relaxation
Suyash
The Bodhi Tree

6:00 - 7:00 pm

Talk - The Yogasutra
of Patanjali
Suyash
The Library

THURSDAY

7:30 - 8:20 am	Pratah Yoga Posture Breathing Awareness Suyash The Bodhi Tree
9:30 - 10:30 am	Maha Shivratri Puja Pandit Ji Temple
10:30 - 11:15 am	Shamatha Meditation Gelek Cave
11:00 - 12:00 nn	Aqua Moves* Nishant Outdoor Pool
11:30 - 12:00 nn	Madhyan Yoga light movement of joints and body Suyash The Bodhi Tree
12:00 - 1:00 pm	Cuisine Lesson* 'Ayurveda' Chef Rakesh Salana
2:00 - 2:30 pm	Prajna - Yoga Nidra withdrawal of senses with awareness Suyash The Bodhi Tree
2:45 - 3:15 pm	Walking Meditation Gelek Yoga Orchard
3:30 - 4:00 pm	Raag Therapy 'Enthusiasm' Tilak The Bodhi Tree
5:15 - 6:00 pm	Sandhya Yoga Breathing Relaxation Suyash The Bodhi Tree
6:00 - 7:00 pm	Swaranjali Vishal Kila

FRIDAY

7:30 - 8:20 am	Pratah Yoga Posture Breathing Awareness Suyash The Bodhi Tree
8:00 - 8:45 am	Power Walk Mayank Gymnasium
10:00 - 10:30 am	Om Chanting Suyash Cave
11:00 - 11:30 am	Mindful Tea* Alphinah Kila Terrace
11:30 - 12:00 nn	Madhyan Yoga light movement of joints and body Suyash The Bodhi Tree
12:15 - 1:00 pm	Group Flute Lesson* Tilak The Bodhi Tree
2:00 - 2:30 pm	Prajna - Yoga Nidra withdrawal of senses with awareness Suyash The Bodhi Tree
3:00 - 4:00 pm	Walk in Vana Gardens Jolly Ji Kila
4:15 - 4:45 pm	Raag Therapy 'Peace' Tilak The Bodhi Tree
5:15 - 6:00 pm	Sandhya Yoga Breathing Relaxation Suyash The Bodhi Tree

SATURDAY

7:30 - 8:20 am	Pratah Yoga Posture Breathing Awareness Suyash The Bodhi Tree
9:15 - 9:45 am	Tratak* Suyash Cave
10:00 - 10:30 am	Body Balance Workout* Mayank Gymnasium
10:30 - 11:15 am	Shamatha Meditation Gelek Cave
11:30 - 12:00 nn	Madhyan Yoga light movement of joints and body Suyash The Bodhi Tree
12:00 - 1:00 pm	Cuisine Lesson* 'Nutrition' Chef Rakesh Salana
2:00 - 2:30 pm	Prajna - Yoga Nidra withdrawal of senses with awareness Suyash The Bodhi Tree
4:00 - 4:30 pm	Raag Therapy 'Purity' Bhatt Ji The Bodhi Tree
5:15 - 6:00 pm	Sandhya Yoga Breathing Relaxation Suyash The Bodhi Tree
6:00 - 7:00 pm	Talk - The Art of Traditional Chinese Medicine Dimple The Library
7:00 - 7:30 pm	Flute Offering to New Moon Bhatt Ji Temple

SUNDAY

7:30 - 8:20 am	Pratah Yoga Posture Breathing Awareness Suyash The Bodhi Tree
10:00 - 11:00 am	Body Weight Circuit Training Mayank Gymnasium
10:30 - 11:15 am	Gom Meditation Gelek Cave
11:30 - 12:00 nn	Madhyan Yoga light movement of joints and body Suyash The Bodhi Tree
12:00 - 12:45 pm	Lesson on Vana Beverages* Vipul Salana
2:00 - 2:30 pm	Prajna - Yoga Nidra withdrawal of senses with awareness Suyash The Bodhi Tree
2:45 - 3:15 pm	Walking Meditation Gelek Yoga Orchard
3:30 - 4:00 pm	Raag Therapy 'Love' Bhatt Ji The Bodhi Tree
5:15 - 6:00 pm	Sandhya Yoga Breathing Relaxation Suyash The Bodhi Tree
6:00 - 7:00 pm	Hindustani Classical Singing Dharmendra Kila
8:00 - 10:00 pm	Film 'The Lady' Luc Besson The Bodhi Tree