

ANANDA'S ACTIVITY SCHEDULE

MONDAY



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



08:00 - 09:00
Hatha Yoga: Asana
for activation of energy

📍 Hawa Mahal



09:00 - 10:00
Morning Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



15:00 - 18:30
Village and Sunset

📍 Kashmoli



16:00 - 16:45
Gym Session-

📍 Gym



16:00 - 17:00
Ayurveda Talks

📍 Vedanta Room



17:00 - 17:45
Meditation:
Yoga Nidra

📍 Board Room 1

TUESDAY



07:00 - 10:00
Trek to Kunjapuri*

📍 from Spa
Extrance



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



08:00 - 09:00
Hatha Yoga: Asana
for activation of energy

📍 Hawa Mahal



09:00 - 10:00
Morning
Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



15:30 - 16:00
Emotional
Healing Talk

📍 Vedanta Room



16:00 - 16:45
Gym Session:
Lower Body
Blitz

📍 Gym



16:00 - 16:45
Healthy Cuisine
Cooking Class

📍 Culinary Studio



17:00 - 17:45
Pranayama:
Hatha Yoga

📍 Board Room 1

WEDNESDAY



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



08:00 - 09:00
Hatha Yoga: Asana
for activation of energy

📍 Hawa Mahal



09:00 - 10:00
Morning Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



16:00 - 17:00
Nature Walk



16:00 - 16:45
Gym Session:
Core Stability

📍 Gym



17:00 - 17:45
Meditation:
Ajapa Japa

📍 Board Room 1

THURSDAY



07:00 - 10:00
Trek to Kunjapuri*

📍 from Spa
Extrance



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



08:00 - 09:00
Hatha Yoga: Asana
for activation
of energy

📍 Hawa Mahal



09:00 - 10:00
Morning Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



16:00 - 16:30
Traditional Chinese
Medicine Talk

📍 Vedanta Room



16:00 - 16:45
Gym Session-
Fab Abs

📍 Gym



17:00 - 17:45
Meditation:
Chidakasha Dharana

📍 Board Room 1

*Weather Permitting

ANANDA'S ACTIVITY SCHEDULE

FRIDAY



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



08:00 - 09:00
Hatha Yoga: Asana for
activation of energy

📍 Hawa Mahal



09:00 - 10:00
Outdoor Bootcamp

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks
📍 Vedanta Room



16:00 - 17:00
Nature Walk



16:00 - 16:45
Gym Session
Lower Body Blitz
📍 Gym



17:00 - 17:45
Pranayama:
Hatha Yoga

📍 Board Room 1

SATURDAY



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



08:00 - 09:00
Hatha Yoga: Asana
for activation of energy

📍 Hawa Mahal



09:00 - 10:00
Morning Stretches
📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks
📍 Vedanta Room



15:30 - 16:00
Emotional
Healing Talk
📍 Vedanta Room



16:00 - 16:45
Gym Session-
Core Stability
📍 Gym



16:00 - 16:45
Healthy Cuisine
Cooking Class

📍 Culinary Studio



17:00 - 17:45 Maha
Mrityunjay Mantra
with Hawan

📍 Board Room 1

SUNDAY



07:00 - 10:00
Trek to Kunjapuri*

📍 from Spa
Entrance



08:00 - 09:00
Hatha Yoga: Asana for
activation of energy

📍 Hawa Mahal



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks
📍 Vedanta Room



16:00 - 16:45
Gym Session
Dynamic Body
Alignment

📍 Gym



07:45 - 08:00
Morning Mantra
Chants

📍 Hawa Mahal



09:00 - 10:00
Morning Stretches
📍 Gym



17:00 - 17:45
Meditation:
Antar Mouna

📍 Board Room 1

MEETING POINTS

Hatha Yoga - Hawa Mahal (Palace)

Improve your physical and spiritual well-being with this ancient system of Indian philosophy

Meditation - Hawa Mahal

Discover inner peace and well-being through Traditional Meditation & Pranayama techniques. All Hatha Yoga and Meditation sessions are delivered with a group dynamic in mind.

For more personal guidance, please book a private session with our teachers.

- Please do not carry your mobile phone in yoga & meditation classes.
- As a courtesy to other guests, please arrive no later than 10 minutes before the scheduled time of Yoga and Meditation classes.
- Kindly wear suitable attire for the Yoga classes such as Kurta-pajama/track suit

Gym Sessions in Spa Gym

Vedanta - A Way of Life

The Sanskrit word Vedanta means End of Knowledge. It presents eternal principles of life and living. It equips one with strength of intellect to meet challenges and live a life of action & peace. Above all, its philosophy leads one to the ultimate goal of Self-Realization.