## Ananda's Activity Schedule

### Friday
- **07:45 - 08:00**
  - Morning Mantra Chants
  - Location: Hawa Mahal
- **08:00 - 09:00**
  - Hatha Yoga: Asana for activation of energy
  - Location: Hawa Mahal
- **09:00 - 10:00**
  - Outdoor Bootcamp
  - Location: Gym
- **10:15 - 11:15 & 18:00 - 19:00**
  - Vedanta Talks
  - Location: Vedanta Room
- **16:00 - 17:00**
  - Nature Walk
- **17:00 - 17:45**
  - Pranayama: Hatha Yoga
  - Location: Board Room 1

### Saturday
- **07:45 - 08:00**
  - Morning Mantra Chants
  - Location: Hawa Mahal
- **08:00 - 09:00**
  - Hatha Yoga: Asana for activation of energy
  - Location: Hawa Mahal
- **09:00 - 10:00**
  - Morning Stretches
  - Location: Gym
- **10:15 - 11:15 & 18:00 - 19:00**
  - Vedanta Talks
  - Location: Vedanta Room
- **15:30 - 16:00**
  - Emotional Healing Talk
  - Location: Vedanta Room
- **16:00 - 16:45**
  - Gym Session
  - Location: Gym
- **17:00 - 17:45**
  - Maha Mrityunjay Mantra with Hawan
  - Location: Board Room 1

### Sunday
- **07:45 - 08:00**
  - Morning Mantra Chants
  - Location: Hawa Mahal
- **08:00 - 09:00**
  - Hatha Yoga: Asana for activation of energy
  - Location: Hawa Mahal
- **09:00 - 10:00**
  - Morning Stretches
  - Location: Gym
- **10:15 - 11:15 & 18:00 - 19:00**
  - Vedanta Talks
  - Location: Vedanta Room
- **16:00 - 16:45**
  - Gym Session
  - Location: Gym
- **17:00 - 17:45**
  - Meditation: Antar Mouna
  - Location: 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.

*Weather Permitting*