

WEEKLY ACTIVITY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday
07:00 – 10:00		Mountain Hike To Kunjapuri Temple (Weather permitting)
07:15 - 08:15	Hatha Yoga: Beginners	Hatha Yoga: Beginners	Hatha Yoga: Beginners	Hatha Yoga: Beginners
08:30 - 09:30	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate
09:00- 09:30	Morning Stretches	Morning Stretches	Morning Stretches	Morning Stretches
09:30 – 10:00	Introductory Session With Ms. Akcelina	Introductory Session With Ms. Akcelina	Introductory Session With Ms. Akcelina	Introductory Session With Ms. Akcelina
10:00-11:00	Vedanta Session – Law of Karma & it's Implication	Vedanta Session– Facets of Emotions	Vedanta Session–Avenues of Service	Vedanta Session –Technique of Right Action
15:00-16:00	Golf Class		Golf Class	Golf Class
16:00-16:45	Gym Session- Core Stability	Gym Session- Lower Body Blitz	Gym Session- Aqua Workout	Gym Session- Fab Abs
16:00-17:00	Ayurvedic Lecture – Tridosha – Vedanta Room	Healthy Cuisine Cooking Class
16:00-17:00	Kirtan at The Amphitheatre
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation	Spa Orientation
17:00 – 17:45	Meditation Session- ChidakashaDharana	Meditation Session- Chakra Shuddhi- Purification of Psychic Center	Meditation Session- AjapaJapa	Meditation Session- Yoga Nidra
18:00-19:00	Vedanta Session– Vedanta with Western Greats	Vedanta Session – Yoga Explained	Vedanta Session–Essence of Leadership	Vedanta Session–Essential Values of Life
Time	Friday	Saturday 19th .	Sunday 20th	
07:00 – 10:00		..	Mountain Hike To Kunjapuri Temple (Weather permitting)	
7:15 - 8:15	Hatha Yoga: Beginners	Hatha Yoga: Beginners	Hatha Yoga: Beginners	
8:30 - 9:30	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate	
09:00-09:30	Gym Session- Boot Camp Out Door (Golf Course)	Morning Stretches	Morning Stretches	
09:30 – 10:00	Introductory Session With Ms. Akcelina	Introductory Session With Ms. Akcelina	Introductory Session With Ms. Akcelina	
10:00 – 11:00	Vedanta Session –Mechanics of Desires	Vedanta Session –Role of intellect in Life	Vedanta Session–Indicator of Spiritual Evolution	
15:00-16:00	Golf Class	Golf Class	Golf Class	
16:00-16:45	Gym Session- Lower Body Blitz	Gym Session- Core Stability	Gym Session- Dynamic Body Alignment	
16:00-17:00	..	Healthy Cuisine Cooking Class	.	
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation	
17:00-17:45	Meditation Session- Pranayama	Meditation Session- Mantra Sadhna	Meditation Session- Antar Mouna	
18:00 - 19:00	Vedanta Session–Vedanta in Poetry	Vedanta Session–Mystical India and Its Symbolism	Vedanta Session – Life of a Giver	
18:30 – 19:15		Traditional Dance Performance (Vice regal Hall Palace)		