ANANDA'S ACTIVITY SCHEDULE

MONDAY

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Flex & Flow
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 - 16:00
Golf Class
Spa Entrance

16:00 - 17:00
Ayurveda Talks
Vedanta Room

16:00 - 17:00
Nature Walk & Bird Watching
Spa Entrance

17:00 - 17:45
Meditation: Yoga Nidra
Hawa Mahal

TUESDAY

07:00 - 10:00
Trek to Kunjapuri*
from Spa Entrance

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Gym Session: Low Body Conditioning
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 - 16:00
Holistic Sound Healing
Vice Regal Hall

16:00 - 16:45
Healthy Cuisine Cooking Class
Culinary Studio

17:00 - 17:45
Meditation: Kaya Sthairyam
Hawa Mahal

19:30 - 20:30
Community Dining Table
(Reservation required)
Restaurant

WEDNESDAY

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Gym Session: Core Stability
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 - 16:00
Holistic Sound Healing
Vice Regal Hall

16:00 - 17:00
Nature Walk & Bird Watching
Spa Entrance

17:00 - 17:45
Meditation: Antar mauna
Hawa Mahal

THURSDAY

07:00 - 10:00
Trek to Kunjapuri*
from Spa Entrance

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Gym Session: Functional training
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 - 16:00
Holistic Sound Healing
Vice Regal Hall

16:00 - 17:00
Gardening
Spa Entrance.

17:00 - 17:45
Meditation: Chidakasha Dharana
Hawa Mahal

ANANDA'S ACTIVITY SCHEDULE

FRIDAY

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Gym Session: Core training
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 - 16:00
Golf Class
Spa Entrance

16:00 - 16:45
Healthy Cuisine Cooking Class
Culinary Studio

17:00 - 17:45
Meditation: Pranayama
Hawa Mahal

19:30 - 20:30
Community Dining Table
(Reservation required)
Restaurant

SATURDAY

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Gym Session: Super Strength
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 – 16:00
Holistic Sound Healing
Vice Regal Hall

17:00 - 17:45
Maha Mrityunjay Mantra Chanting
Hawa Mahal

19:30 - 21:00
Indian Classical Music
Restaurant

SUNDAY

07:00 - 10:00
Trek to Kunjapuri*
from Spa Entrance

07:15 - 07:30
Morning Mantra Chants
Hawa Mahal

07:30 - 08:30
Hatha Yoga
Hawa Mahal

08:00 - 09:00
Gym Session: Active core
Gym

10:15 - 11:15 & 18:15 - 19:15
Vedanta Talks
Vedanta Room

15:00 – 16:00
Holistic Sound Healing
Vice Regal Hall

17:00 - 17:45
Meditation: Ajapa japa
Hawa Mahal

WHAT TO EXPECT

Morning Mantra Chants & Hatha Yoga
The session will begin with chanting and lead into a dynamic asana (posture and movement) practice based on the traditional principles of Hatha Yoga.

Meditation
The sessions will focus on traditional Meditation & Pranayama techniques.

Holistic Sound Healing
A powerful session that combines different healing sounds and instruments to improve multidimensional wellbeing by gently activating energies and relaxing the body through sound vibrations.

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.

Community Dining Table
Dine with our well-being practitioners and guests. Come together to share a meal and conversation with fellow wellness seekers.
Limited spaces available. Prior reservation required at the restaurant reception desk.

Please keep in mind:

- Prior **registration is mandatory** for Participation in all Activities.
- All activity sessions are delivered with a group dynamic in mind.
- For more personal guidance, please book private sessions with our teachers.
- Please do not carry your mobile phone to any activity.
- As a courtesy to other guests, please arrive no later than 10 minutes before the scheduled activity times.
- Kindly wear suitable attire for the Yoga and gym classes such as Kurta-pajama/Active Wear.
- Trek & Nature walk - Registration required at the spa reception desk atleast 1 day prior.