



Activity Sheet | 24th October 2016 - 30th October 2016

	Monday 24th October 2016	Tuesday 25th October 2016	Wednesday 26th October 2016	Thursday 27th October 2016
07:00-10:00				Mountain Hike To Kunjapuri Temple (weather permitting)
07:15-08:15	Hatha Yoga: Beginner	Hatha Yoga: Beginner	Hatha Yoga: Beginner	Hatha Yoga: Beginner
08:30-09:30	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	Hatha Yoga : Intermediate level
09:00-09:30 09:30-10:00	Morning Stretches Introductory session with Visting Master Ms Green	Morning Stretches Introductory session with Visting Master Ms Claret	Morning Stretches Introductory session with Visting Master Ms Green	Morning Stretches Introductory session with Visting Master Ms Claret
10:00-11:00	Vedanta: Get to know yourself	Vedanta: Do You Know Your Mind?	Vedanta: Relationships: A Rational Approach	Vedanta: Stress - Source And Solution
15:00-16:00	Golf Class (Guided by our Pro)		Golf Class (Guided by our Pro)	Golf Class (Guided by our Pro)
16:00-16:45	Fab Abs	Lower Body Blitz	Core Stability	Fab Abs
16:00-17:00 16:30-17:15		Ayurvedic Rejuvenation cuisine		Kirtan (Amphitheatre)
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation	Spa Orientation
17:00-17:45	Meditation: Yoga Nidra	Hatha Yogic Breath Work (Pranayama)	Meditation: Ajapa Japa	Meditation: Yoga Nidra
18:00-19:00	Vedanta With The Great Western Thinkers	Vedanta: Grades Of Awareness- States Of Being	Vedanta:Endless Desires: Cause and Consequences	Vedanta: Devotion to God: Myth , Meaning

	Friday 28th October 2016	Saturday 29th October 2016	Sunday 30th October 2016
07:00-10:00			Mountain Hike To Kunjapuri Temple (weather permitting)
07:15-08:15	Hatha Yoga: Beginner	Hatha Yoga: Beginner	Hatha Yoga: Beginner
08:30-09:30	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level
09:00-09:30	Morning Stretches	Morning Stretches	Morning Stretches
09:30-10:00 10:00-11:00	Introductory session with Visting Master Ms Green Vedanta: Three Thought Textures:As you think....	Introductory session with Visting Master Ms. Claret Vedanta: Consequences Of An Undeveloped Intelle	Introductory session with Visting Master Ms Green Vedanta: Positive Parenting: Practical Tips
15:00-16:00	Golf Class (Guided by our Pro)	Golf Class (Guided by our Pro)	Golf Class (Guided by our Pro)
16:00-16:45	Lower Body Blitz	Core Stability	Pilates
16:00-17:00		Ananda Rejuvenation Cuisine	
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation
17:00-17:45	Hatha Yogic Breath Work (Pranayama)	Meditation: Mantra Sadhna	Meditation: Antar Mouna
18:00-19:00	Vedanta : Yoga:An Overview	Vedanta : Mystic Symbolism Of India	Vedanta: Indications Of Spiritual Unfoldment
18:30-19:15		Traditional Indian Dance Performance (Amphitheatre)	

Week's Special

Visiting Masters

Integrative Touch & Aura Reading

With Ms. Virginie Claret
1st to 31st October 2016

Buqi Healing

With Ms. Sheila Green
1st to 31st October 2016

MOUNTAIN HIKE TO KUNJAPURI (weather permitting)

Join our Trekker for a hike (half way by car and half way trek due to wheather conditions) to visit the sacred Temple of Lord Shiva and Sati. Returning by car in time for a late Breakfast
 Please register at spa reception by 18:00pm on Wednesday or Saturday

HATHA YOGA

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

MEDITATION

Discover inner peace and well-being through Traditional Meditation and 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 moblie phone in morning yoga & evening meditations classes
- As a courtesy to other guests, please arrive no later than 10 minutes before the scheduled start time of Yoga and Meditation classes.
- Kindly wear suitable attire for the Yoga classes such as kurta-pajama/track suit.

MORNING STRETCHES

Thai Stretches, passive and active stretching

FAB ABS

No more love handles! Trim and tone your tum with Ananda's flab busting workout.

LOWER BODY BLITZ

A combination of exercises to define your pins, lift your buttocks and slim your tummy.

CORE STABILITY

A challenging series of Swiss ball exercises to improve core strength and reduce back problems.

PILATES

A full body workout which Tones, Strengthens and stretches muscle from the inside out, aiding posture and breathing patterns.

GOLF CLASS (Guided by our Pro)

ANANDA REJUVENATION CUISINE

Join our Chef to learn about food preparation the Ananda way.

SPA ORIENTATION

This introductory session is for our newly arrived guests to assist all in becoming familiar with Ananda's rejuvenating services and facilities

VEDANTA - A WAY OF LIFE

The Sanskrit word Vedanta means "Highest Knowledge". It presents the eternal principles of life and living. Equips one with the strength of intellect to meet challenges and live a life of action and peace. Above all, its philosophy leads one to the ultimate goal of Self-Realisation. Join in daily interactive sessions on Vedanta. **Sri Bharucha** is a senior disciple of Swami Parthasarathy. The book Vedanta Treatise - The Eternities, authored by Swami ji is available in your room as reading material.

SPA ENTRANCE

PALACE

PALACE

SPA GYMNASIUM

SPA GYMNASIUM

SPA GYMNASIUM

SPA GYMNASIUM

GOLF COURSE

SHOW KITCHEN

SPA RECEPTION

RESTAURANT PAVILION