

WEEKLY ACTIVITY SCHEDULE



Time	Monday 21st October 2019	Tuesday 22nd October 2019	Wednesday 23rd October 2019	Thursday 24th October 2019
07:00– 10:00		Trek to Kunjapuri(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 Mr. Walker	Introductory Session With Mr. Walker
10:15-11:15	Vedanta Session - Wellness from Within	Vedanta Session – Mapping your Subtle Body	Vedanta Session- Traps we set Ourselves	Vedanta Session- Understanding Emotions
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 – Detox	Healthy Cuisine Cooking Class
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation	Spa Orientation

17:00 – 17:45	Meditation Session- Yoga Nidra	Meditation session- ChidakashDharana	Meditation Session-Chakra Shuddhi- Purification of Psychic Center	Kirtan & Meditation Session at Amphitheatre
18:15-19:15	Vedanta Session- Destiny- Forged or Fixed	Vedanta Session- Three States of Mind	Vedanta Session- Ego Management	Vedanta Session- Giving- Blessing in Disguise
Time	Friday 25th October 2019	Saturday 26th October 2019	Sunday 27th October 2019	
07:00-10:00		..	Trek to Kunjapuri(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 Mr. Walker	Introductory Session With Mr. Walker	Introductory Session With Mr. Walker	
10:15 – 11:15	Vedanta Session- Vedanta with the Western Thinkers	Vedanta Session- Mystic Symbolism of India	Vedanta Session- Positive Parenting	
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- MahaMritunjay Mantra Chanting with Hawan (Amphitheatre)	Meditation session- AntarMaouna	Meditation Session- Pranayama	
18:15 - 19:15	Vedanta Session- As you think so you become	Vedanta Session- Stress- The source and solution	Vedanta Session- Yoga- The big Picture	

18:45 – 19:30	Traditional Dance Performance (Amphitheatre)	Meeting Point
Activity		Meeting Point
TREK TO KUNJAPURI (Weather permitting)		Spa Entrance
Please register at spa reception by 18:00 Hrs. on Wednesday or Saturday		Spa Entrance
Hatha Yoga Improve your physical and spiritual well-being with this ancient system of Indian philosophy		Hawa Mahal (Palace)
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. <ul style="list-style-type: none"> • 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 		Palace
AQUA FITNESS		Swimming Pool
Healthy Cuisine Cooking Class		Restaurant Show Kitchen
Gym Sessions		Spa Gymnasium
SPA ORIENTATION This introductory session is for our newly arrived guests to assist all in becoming familiar with Ananda's services and facilities.		Spa Entrance
AURVEDIC LECTURE		Vedanta Room
KIRTAN – Kirtan is an important aspect of Yoga. Kirtan is not religious chanting, nor is it just singing one word many times. It is a part of Nada Yoga, the Yoga of sound, in which you produce sound waves and follow them with awareness.		Amphitheatre
Visiting Masters - Introductory session with the Visiting Master Mr. Cameron Walker		Vedanta Room
VEDANTA - A WAY OF LIFE The Sanskrit word Vedanta means "End of Knowledge". It presents eternal principles of life and living. 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. Join Mr. Riyaz Barucha in interactive sessions on Vedanta. The book Vedanta Treatise - The Eternities, authored by Swamiji is available in your room as reading material.		Vedanta Room