

HAMG Activity Schedule Offered Free Of Charge

11 Sessions of Yoga per week
 06 sessions of Meditation per month
 02 sessions of Doctor's Lecture per month
 02 Sessions of Cookery demonstrations per month
 02 Sessions of Spiritual program per month

Detailed Activity Schedule -Heritance Ayurveda

DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Yoga	06.45hrs to 07.45hrs	06.45hrs to 07.45hrs	06.45hrs to 07.45hrs	06.45hrs to 07.45hrs	06.45hrs to 07.45hrs	06.45hrs to 07.45hrs	
Evening Yoga		17.00hrs to 18.00hrs		17.00hrs to 18.00hrs	17.00hrs to 18.00hrs	17.00hrs to 18.00hrs	17.00hrs to 18.00hrs
Meditation			17.00hrs to 18.00hrs				07.00hrs to 08.00hrs
Doctor's Lecture						20.00hrs to 21.00hrs	
Spiritual program			17.00hrs to 18.00hrs				

In addition 04 Entertainments per week offer at the dinner time .

1. Oriental Music
2. Violin Music
3. Cultural show
4. Flute music

All additional activities are subject to change based on occupancy.