

ANANDA'S ACTIVITY SHEET

MONDAY



07:15 - 07:30
Morning Mantra
Chants

📍 Yoga Room-1



07:30 - 08:30
Hatha Yoga

📍 Yoga Room-1



09:00 - 10:00
Morning Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



17:30 - 19:30
Village and Sunset

📍 Kashmiri



16:00 - 16:45
Gym Session

📍 Gym



16:00 - 17:00
Ayurveda Talks

📍 Vedanta Room



17:00 - 17:45
Meditation:
Yoga Nidra

📍 Yoga Room-1

TUESDAY



06:30 - 09:30
Trek to Kunjapuri*

📍 from Spa
Entrance



07:15 - 07:30
Morning Mantra
Chants

📍 Yoga Room-1



07:30 - 08:30
Hatha Yoga

📍 Yoga Room-1



09:00 - 10:00
Morning
Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



16:00 - 16:45
Gym Session:
Lower Body Blitz

📍 Gym



16:00 - 16:45
Healthy Cuisine
Cooking Class

📍 Culinary Studio



17:00 - 17:45
Meditation:
Kaya Sthairyam

📍 Yoga Room-1

WEDNESDAY



07:15 - 07:30
Morning Mantra
Chants

📍 Yoga Room-1



07:30 - 08:30
Hatha Yoga

📍 Yoga Room-1



09:00 - 10:00
Morning Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



17:30 - 18:30
Nature Walk



16:00 - 16:45
Gym Session:
Core Stability

📍 Gym



17:00 - 17:45
Meditation:
Antar mauna

📍 Yoga Room-1

THURSDAY



06:30 - 09:30
Trek to Kunjapuri*

📍 from Spa
Entrance



07:15 - 07:30
Morning Mantra
Chants

📍 Yoga Room-1



07:30 - 08:30
Hatha Yoga

📍 Yoga Room-1



09:00 - 10:00
Morning Stretches

📍 Gym



**10:15 - 11:15 &
18:00 - 19:00**
Vedanta Talks

📍 Vedanta Room



16:00 - 16:45
Gym Session:
Fab Abs

📍 Gym



17:00 - 17:45
Meditation:
Chidakasha Dharana

📍 Yoga Room-1

ANANDA'S ACTIVITY SHEET

FRIDAY



07:15 - 07:30
Morning Mantra
Chants

Yoga Room-1



07:30 - 08:30
Hatha Yoga

Yoga Room-1



09:00 - 10:00
Outdoor Bootcamp

Gym



**10:15 - 11:15 &
18:00 - 19:00**

Vedanta Talks

Vedanta Room



17:30 - 18:30
Nature Walk



16:00 - 16:45
Gym Session:
Lower Body Blitz

Gym



17:00 - 17:45
Meditation:
Pranayama

Yoga Room-1

SATURDAY



07:15 - 07:30
Morning Mantra
Chants

Yoga Room-1



07:30 - 08:30
Hatha Yoga

Yoga Room-1



09:00 - 10:00
Morning Stretches

Gym



**10:15 - 11:15 &
18:00 - 19:00**

Vedanta Talks

Vedanta Room



16:00 - 16:45
Gym Session-
Core Stability

Gym



16:00 - 16:45
Healthy Cuisine
Cooking Class

Culinary Studio



17:00 - 17:45
Maha Mrityunjay
Mantra Chanting

Yoga Room-1

SUNDAY



06:30 - 09:30
Trek to Kunjapuri*

**from Spa
Entrance**



07:15 - 07:30
Morning Mantra
Chants

Yoga Room-1



07:30 - 08:30
Hatha Yoga

Yoga Room-1



09:00 - 10:00
Morning Stretches

Gym



**10:15 - 11:15 &
18:00 - 19:00**

Vedanta Room



16:00 - 16:45
Gym Session: Dynamic
Body Alignment

Gym



17:00 - 17:45
Meditation:
Ajapa Japa

Yoga Room-1

MEETING POINTS

Hatha Yoga - Yoga Room-1 (Palace)

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

Meditation - Yoga Room-1 (Palace)

Discover inner peace and well-being through Traditional Meditation & 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 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

Gym Sessions in Spa Gym

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.