

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

📍 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

📍 Hawa Mahal



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

📍 Hawa Mahal



16:00 - 17:00
Nature Walk

📍 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



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

15:00 - 16:00
Holistic Sound Healing

Hawa Mahal

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



17:00 - 17:45
Maha Mrityunjay Mantra Chanting

Hawa Mahal

19:00 - 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

Hawa Mahal



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:

- 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.