

WEEKLY ACTIVITY SCHEDULE

Time	Monday 11th December 2017	Tuesday 12th December 2017	Wednesday 13th December 2017	Thursday 14th December 2017
7:00 – 10:00		..		Mountain Hike To Kunjapuri Temple (Weather permitting)
7:15 - 8:15	Hatha Yoga: Beginners	Hatha Yoga: Beginners	Hatha Yoga: Beginners	Hatha Yoga: Beginners
8:30 - 9:30	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate	Hatha Yoga: Intermediate
9:00-9:30	Morning Stretches	Morning Stretches	Morning Stretches	Morning Stretches
9:30 – 10:00	Introductory Session With Dr. Aaron	Introductory Session With Ms.Akcelina	Introductory Session With Ms.Akcelina	Introductory Session With Ms.Akcelina
10:00-11:00	Vedanta Session – The Inexorable Law	Vedanta Session – The Mystery Of Life	Vedanta Session–Vedanta In Practice	Vedanta Session –Peace & Prosperity
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		Healthy Cuisine Cooking Class	Guided Walk - The Ayurvedic Garden	
1630 – 17:15	Kirtan (Amphitheatre)
16:30-17:45	Spa Orientation	Spa Orientation	Spa Orientation	Spa Orientation
17:00-17:45	Meditation Session- ChidakashaDharana	Meditation Session- Pranayama	Meditation Session- AjapaJapa	Meditation Session- Yoga Nidra
18:00-19:00	Vedanta Session– Path Of Pleasant Vs Path Of Good	Vedanta Session –Vedantic Principles of Right Action	Vedanta Session –Qualities of a Wise Person	Vedanta Session-Four Avenues of Services

Time	Friday 15th December 2017	Saturday 16th December 2017	Sunday 17th December 2017
7:00 – 10:00		..	Mountain Hike 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	Morning Stretches	Morning Stretches	Morning Stretches
9:30 – 10:00	Introductory Session With Ms.Akcelina	Introductory Session With Ms. Akcelina	.. Introductory Session With Ms. Akcelina
10:00 – 11:00	Vedanta Session-What Is True Happiness?	Vedanta Session –Two Motivations of Life	Vedanta Session- Blue Print of your Personality
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	.
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16:30-17:45	Spa Orientation	Spa Orientation	Spa Orientation
17:00-17:45	Meditation Session- Pranayama	Meditation Session- Mantra Sadhna	Meditation Session- AntarMouna
18:00 - 19:00	Vedanta Session–Three Textures of Mind	Vedanta Session – The Four Yogas	Vedanta Session – Atheism & Theism, Religion & Spirituality
18:30 – 19:15		Traditional Performance (Amphitheatre)	

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Activity	Meeting Point
<p>MOUNTAIN HIKE TO KUNJAPURI TEMPLE (Weather permitting) Join our Trekker for a hike (Half way Trek and half way by Car due to weather conditions) to visit the sacred Temple of Lord Shiva and Sati. Returning by Car in time for late breakfast Please register at spa reception by 18:00 Hrs on Wednesday or Saturday</p>	Spa Entrance
<p>Hatha Yoga Improve your physical and spiritual well-being with this ancient system of Indian philosophy</p>	Palace / Vice regal Hall
<p>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.</p> <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
<p>AQUA FITNESS Aerobic exercise in shallow water</p>	Swimming Pool
<p>Healthy Cuisine Cooking Class</p>	Restaurant Building
<p>Gym Sessions</p>	Spa Gymnasium
<p>GUIDED WALK AROUND THE AYURVEDIC GARDEN</p>	Spa Entrance
<p>SPA ORIENTATION This introductory session is for our newly arrived guests to assist all in becoming familiar with Ananda's services and facilities.</p>	Spa Entrance
<p>Visiting Masters Introductory session with the Visiting Masters</p>	Vedanta Room, Below Restaurant Deck
<p>VEDANTA - A WAY OF LIFE The Sanskrit word Vedanta means "Highest Knowledge". It presents eternal principals 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. Rajashekhar daily interactive sessions on Vedanta. The book Vedanta Treatise - The Eternities, authored by Swamiji is available in your room as reading material</p>	Vedanta Room, Below Restaurant Deck