



## WEEKLY RETREAT PROGRAM

Six Senses Vana offers a selection of mindfully curated activities to enhance your stay. Each has been crafted to provide a meaningful and transformative experience while exploring various facets of well-being.

Most activities take place at the retreat; some are external excursions such as the Rishikesh Aarti, nature trails, and hikes. Our specialists, practitioners, and experts lead all activities, which are available to all guests.

\*Retreat activities require signing up 24 hours before taking place at the Wellness Services. Please arrive two to five minutes before the starting time to secure your spot and not to disturb the activity once it's started.

### Example Day 1

6:00 am to 10:00 am	<b>Hike to Santala Devi*</b> <i>Kila</i>
7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> <i>Yogasala 1</i>
8:00 am to 8:45 am	<b>Power Walk</b> <i>Gymnasium</i>
9:15 am to 9:45 am	<b>Om Chanting</b> <i>The Bodhi Tree</i>
10:30 am to 11:15 am	<b>Aqua Moves*</b> <i>Indoor Pool</i>
11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> <i>Yogasala 1</i>
12:15 pm to 1:00 pm	<b>Group Flute Lesson*</b> <i>The Bodhi Tree</i>
2:00 pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> <i>The Bodhi Tree</i>
3:30 pm to 4:00 pm	<b>Raag Therapy 'Relaxation'</b> <i>The Bodhi Tree</i>
5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> <i>Yogasala 1</i>
5:45 pm to 6:00 pm	Rishikesh Aarti Introduction <i>The Bodhi Tree</i>

### Example Day 2

7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> <i>Yogasala 1</i>
8:00 am to 8:45 am	<b>Badminton*</b> Mayank <i>Tennis Court</i>
9:15 am to 9:45 am	<b>Tratak*</b> <i>Wellness center 1</i>
10:00 am to 10:45 am	<b>Body Weight Circuit Training</b> <i>Gymnasium</i>
11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> <i>Yogasala 1</i>
12:00 noon to 1:00 pm	<b>Apothecary Lesson* 'Home Remedy'</b> <i>Salana</i>
2:00 pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> <i>The Bodhi Tree</i>
3:00 pm to 9:00 pm	<b>Private Rishikesh Aarti* Kila</b>
3:30 pm to 4:00 pm	<b>Raag Therapy 'Nourishment'</b> <i>The Bodhi Tree</i>
5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> <i>Yogasala 1</i>
6:00 pm to 7:00 pm	<b>Talk - Natural Alignment</b> <i>The Library</i>

### Example Day 3

7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> <i>Yogasala 1</i>
9:15 am to 10:00 am	<b>Gom Meditation</b> <i>The Bodhi Tree</i>
10:00 am to 11:00 am	<b>Nature Walk at Vana Kila</b>
11:00 am to 11:30 am	<b>Body Balance Workout*</b> <i>Gymnasium</i>
11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> <i>Yogasala 1</i>
2:00 pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> <i>The Bodhi Tree</i>
2:45 pm to 3:15 pm	<b>Walking Meditation</b> Gelek <i>Yogasala 1</i>
3:30 pm to 4:00 pm	<b>Raag Therapy 'Energy'</b> <i>The Bodhi Tree</i>
4:30 pm to 5:00 pm	<b>Flute Recital</b> <i>Kila</i>
5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> <i>Yogasala 1</i>
6:00 pm to 7:00 pm	<b>Talk - The Science of Reflexology</b> <i>The Library</i>

Example Day 4		Example Day 5		Example Day 6		Example Day 7	
6:00 am to 10:00 am	<b>Hike to Gulab Singh*</b> Kila	6:00 am to 12:00 noon	<b>Hike to Barlowganj*</b> Kila	7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> Yogasala 1	6:00 am to 12:00 noon	<b>Private Hike to Jabarkhet Nature Reserve*</b> Kila
7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> Yogasala 1	7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> Yogasala 1	9:15 am to 9:45 am	<b>Tratak*</b> Wellness center 1	7:00 am to 7:50 am	<b>Pratah Yoga Posture   Breathing   Awareness</b> Yogasala 1
9:15 am to 10:00 am	<b>Shamatha Meditation</b> The Bodhi Tree	8:00 am to 8:45 am	<b>Power Walk</b> Gymnasium	10:00 am to 11:00 am	<b>Vishwakarma Puja</b> Temple	8:00 am to 9:00 am	<b>Walk in Vana Gardens</b> Kila
10:30 am to 11:15 am	<b>Aqua Moves *</b> Indoor Pool	9:15 am to 10:00 am	<b>Gom Meditation</b> The Bodhi Tree	10:00 am to 10:45 am	<b>Body Weight Circuit Training</b> Gymnasium	9:15 am to 9:45 am	<b>Om Chanting</b> The Bodhi Tree
11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> Yogasala 1	11:00 am to 11:30 am	<b>Mindful Tea*</b> Salana Terrace	11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> Yogasala 1	10:15 am to 10:45 am	<b>Body Balance Workout*</b> Gymnasium
12:00 noon to 1:00 pm	<b>Cuisine Lesson* 'Ayurveda'</b> Salana	11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> Yogasala 1	12:00 noon to 1:00 pm	<b>Cuisine Lesson* 'Nutrition'</b> Salana	11:30 am to 12:00 noon	<b>Madhyan Yoga light movement of joints and body</b> Yogasala 1
2:00 pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> Shivani The Bodhi Tree	2:00 pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> The Bodhi Tree	2:00pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> The Bodhi Tree	12:00 noon to 12:45 pm	<b>Lesson on Vana Beverages*</b> Salana
3:30 pm to 4:00 pm	<b>Raag Therapy 'Enthusiasm'</b> The Bodhi Tree	2:45 pm to 3:15 pm	<b>Walking Meditation</b> Yogasala 1	3:30 pm to 4:00 pm	<b>Raag Therapy 'Purity'</b> The Bodhi Tree	2:00 pm to 2:30 pm	<b>Prajna - Yoga Nidra withdrawal of senses with awareness</b> The Bodhi Tree
4:30 pm to 5:00 pm	<b>Surmandal Recital</b> Kila	3:30 pm to 4:00 pm	<b>Raag Therapy 'Peace'</b> The Bodhi Tree	5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> Yogasala 1	3:30 pm to 4:00 pm	<b>Raag Therapy 'Love'</b> The Bodhi Tree
5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> Yogasala 1	5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> Yogasala 1	6:00 pm to 7:00 pm	<b>Talk - The Art of Traditional Chinese Medicine</b> The Library	5:00 pm to 5:45 pm	<b>Sandhya Yoga Breathing   Relaxation</b> Yogasala 1
6:00 pm to 7:00 pm	<b>Talk - The Wisdom of Ayurveda</b> The Library	6:00 pm to 7:00 pm	<b>Talk - Sowa Rigpa: Ancient Science of Tibetan Healing</b> The Library	7:00 pm to 9:00 pm	<b>Live Guitar</b> Salana	8:00 pm to 10:00 pm	<b>Film 'Good Will Hunting'</b> Gus Van Sant The Bodhi Tree