



WEEKLY RETREAT PROGRAM

Vana offers a selection of mindfully curated activities to enhance your retreat. Each of these have been crafted to be meaningful and unique, with the aim of exploring various facets of wellbeing.

Our Retreat Program plays an integral role in creating a transformative experience. Most take place at the Retreat while some are excursions such as the Rishikesh Aarti, nature trail and hikes. Our activities are led by our specialists, practitioners, experts and other members of our team and are open to all Vanavasis.

*Retreat activities require signing-up a day prior at the Wellness Services.

#Reflection garden is our newly curated garden outside Residence 3

MONDAY,

7:00 - 8:00 am	Pratah Yoga Reetu <i>The Bodhi Tree</i>
10:00 - 10:45 am	Om Chanting Reetu <i>The Bodhi Tree</i>
11:00 - 12:00 nn	Body Weight Circuit Training Nishant <i>Gymnasium</i>
11:00 - 12:00 nn	Sukshma Yoga Reetu <i>The Bodhi Tree</i>
12:00 - 1:00 pm	Group Flute Lesson* Bhatt ji <i>The Bodhi Tree</i>
2:30 - 3:30 pm	Yoga Nidra Reetu <i>The Bodhi Tree</i>
3:30 - 4:00 pm	Raag Therapy 'Relaxation' Bhatt ji <i>The Bodhi Tree</i>
3:30 - 9:00 pm	Rishikesh Aarti* Ashim <i>Kila Lobby</i>
4:15 - 5:00 pm	Flute Offering Bhatt ji <i>Kila</i>
5:00 - 6:00 pm	Shwasa Yoga Reetu <i>The Bodhi Tree</i>
6:00 - 7:00 pm	A Talk on The Wisdom of Ayurveda Dr Avilochan <i>The Library</i>

TUESDAY

8:00 - 9:00 am	Badminton* Shubham <i>Badminton Court</i>
10:00 - 11:00 am	Gom Meditation Dr Sopa <i>Bodhivana</i>
11:00 - 12:00 nn	Aqua Moves* Bijender <i>Indoor Pool</i>
11:00 - 11:30 am	Mindful Tea Raghav <i>Kila Terrace</i>
12:00 - 1:00 pm	Cuisine Lesson 'Nutrition' Chef Rakesh <i>Salana</i>
3:30 - 4:00 pm	Raag Therapy 'Nourishment' Bhatt ji <i>The Bodhi Tree</i>
4:00 - 5:00 pm	Swaranjali Vishal <i>Kila</i>
5:00 - 6:00 pm	Explore Vana Gardens Pramod <i>Kila</i>
6:00 - 7:00 pm	The Art of Traditional Chinese Medicine Dr Dimple <i>The Library</i>
8:00 - 8:30 pm	Nidra Flute Bhatt ji <i>The Bodhi Tree</i>

WEDNESDAY

6:45 - 10:00 am	Hike to Gulab Singh's* Ashim <i>Kila Lobby</i>
7:00 - 8:00 am	Pratah Yoga Reetu <i>The Bodhi Tree</i>
8:00 - 9:00 am	Power Walk Nishant <i>Gymnasium</i>
10:00 - 10:45 am	Om Chanting Reetu <i>The Bodhi Tree</i>
11:00 - 12:00 nn	Sukshma Yoga Reetu <i>The Bodhi Tree</i>
11:00 - 12:00 nn	Aqua Moves* Bijender <i>Indoor Pool</i>
12:00 - 1:00 pm	Group Flute Lesson* Bhatt ji <i>The Bodhi Tree</i>
2:30 - 3:30 pm	Yoga Nidra Reetu <i>The Bodhi Tree</i>
3:30 - 4:00 pm	Raag Therapy 'Energy' Bhatt ji <i>Gandharva</i>
4:00 - 5:00 pm	Hindustani Classical Recital Avinash, Anirudh <i>Kila</i>
5:00 - 6:00 pm	Shwasa Yoga Reetu <i>The Bodhi Tree</i>

THURSDAY,

6:45 - 12:00 nn
Jabarkhet Nature Reserve*
 Ashim
Kila Lobby

7:00 - 8:00 am
Pratah Yoga
 Reetu
The Bodhi Tree

10:00 - 11:00 am
Shamatha Meditation
 Dr Sopa
Bodhivana

11:00 - 12:00 nn
Sukshma Yoga
 Reetu
The Bodhi Tree

11:00 - 12:00 nn
Aqua Moves*
 Bijender
Indoor Pool

12:00 - 1:00 pm
Cuisine Lesson 'Home Remedies'
 Chef Jyotsna,
 Ashish
Salana

2:30 - 3:30 pm
Yoga Nidra
 Reetu
The Bodhi Tree

3:30 - 4:00 pm
Raag Therapy 'Enthusiasm'
 Bhatt ji
The Bodhi Tree

4:00 - 4:45 pm
Tratak*
 Reetu
Wellness Center

5:00 - 6:00 pm
Shwasa Yoga
 Reetu
The Bodhi Tree

7:00 - 9:00 pm
Live Guitar
 Anurag
Salana

FRIDAY,

7:00 - 8:00 am
Pratah Yoga
 Reetu
The Bodhi Tree

8:00 - 9:00 am
Badminton*
 Shivakar
Badminton Court

10:00 - 10:45 am
Om Chanting
 Reetu
The Bodhi Tree

11:00 - 12:00 nn
Sukshma Yoga
 Reetu
The Bodhi Tree

11:00 - 12:00 nn
Body Weight Circuit Training
 Nishant
Gymnasium

12:00 - 1:00 pm
Group Flute Lesson*
 Bhatt ji
The Bodhi Tree

2:30 - 3:30 pm
Yoga Nidra
 Reetu
The Bodhi Tree

3:30 - 4:00 pm
Raag Therapy 'Peace'
 Bhatt ji
The Bodhi Tree

3:30 - 9:00 pm
Rishikesh Aarti*
 Ashim
Kila Lobby

5:00 - 6:00 pm
Shwasa Yoga
 Reetu
The Bodhi Tree

5:30 - 6:00 pm
Sandhya Vandana
 Bhatt ji
Ariya Terrace

6:15 - 6:45 pm
Walking Meditation
 Gelek
Yoga Orchard

SATURDAY

6:45 - 12:00 nn
Hike to Barlowganj*
 Ashim
Kila Lobby

7:00 - 8:00 am
Pratah Yoga
 Reetu
The Bodhi Tree

8:00 - 9:00 am
Power Walk
 Bijender
Gymnasium

10:00 - 11:00 am
Shamatha Meditation
 Gelek
Bodhivana

11:00 - 12:00 nn
Sukshma Yoga
 Reetu
The Bodhi Tree

12:00 - 1:00 pm
Cuisine Lesson 'Ayurveda'
 Chef Mohan
Salana

2:30 - 3:30 pm
Yoga Nidra
 Reetu
The Bodhi Tree

3:30 - 4:00 pm
Raag Therapy 'Purity'
 Bhatt ji
The Bodhi Tree

5:00 - 6:00 pm
Shwasa Yoga
 Reetu
The Bodhi Tree

6:00 - 7:00 pm
Bhajan Aur Bandish Singing
 Shailendra
Kila

SUNDAY,

6:45 - 12:00 nn
Jabarkhet Nature Reserve*
 Ashim
Kila Lobby

7:00 - 8:00 am
Pratah Yoga
 Reetu
The Bodhi Tree

10:00 - 11:00 am
Gom Meditation
 Youtso
Bodhivana

11:00 - 12:00 nn
Sukshma Yoga
 Reetu
The Bodhi Tree

12:00 - 12:45 pm
Lesson on Vana Beverages
 Ashish
Salana

2:30 - 3:30 pm
Yoga Nidra
 Reetu
The Bodhi Tree

3:30 - 4:00 pm
Raag Therapy 'Love'
 Bhatt ji
The Bodhi Tree

4:00- 4:45 pm
Tratak*
 Reetu
Wellness Center

5:00 - 6:00 pm
Shwasa Yoga
 Reetu
The Bodhi Tree

6:00 - 7:00 pm
Hindustani Classical Singing
 Dharmendra
Kila

8:30 - 10:00 pm
Film 'Yes Man'
 Peyton Reed
The Bodhi Tree