



Daily Suggested Agenda

0630 – 0800	Group Yogasana Session
0830 – 0930	Breakfast
0930 – 1000	Group Sound Meditation (Sacred Chants)
1000 – 1300	Massage / Steam/ Free Time
1300 – 1400	Lunch
1400 – 1600	Free Time / Swim
1600 – 1700	Group Yogasana session
1700 – 1900	Free Time / Nature Walk / Massage
1930 – 2030	Dinner
2100	Movie in Home Theatre (Optional)

Optional Activities:

- Private Yoga & Pranayama sessions
- Private Chanting & Meditation sessions
- Cooking Sessions
- Spa therapies
- City Excursion
- Community service
- Temple and village tours
- Visit to nearby places of interest
- Trekking trip to nearby hills
- Nature farming