

**DAILY WELLNESS ACTIVITIES AT ATMANTAN**

FROM 09TH MARCH 2026 - 12TH MARCH 2026

FROM TIME	TO TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		09/03/26	10/03/26	11/03/26	12/03/26
6:00 AM	6:30 AM	KRIYA @ Kriya Pavilion	KRIYA @ Kriya Pavilion	KRIYA @ Kriya Pavilion	KRIYA @ Kriya Pavilion
6:30 AM	7:00 AM	★ PRANA SHUDDHI @ Pilates Studio		★ PRANA VARDHANA @ Pilates Studio	
6:40 AM	6:55 AM		MINDFUL WALK @ Wellness Reception		
7:00 AM	8:00 AM	★ PREPARATORY YOGA @ Pilates Studio	★ PREPARATORY YOGA @ Pilates Studio	★ PREPARATORY YOGA @ Pilates Studio	★ PREPARATORY YOGA @ Pilates Studio
7:00 AM	7:45 AM	★★ ASHTANGA SRENGTH FLOW @ Yoga Studio	★★ STANDING YOGA FOR BALANCE (HATHA) @ Amphitheatre if weather permits or @ Yoga Studio	★★ HATHA YOGA FOR DETOX @ Yoga Studio	★★ SUN SALUTATIONS FOR FLEXIBILITY @ Yoga Studio
7:50 AM	8:10 AM	★ PRANAYAMA FOR RESPIRATORY BOOST @ Yoga Studio	★ PRANAYAMA BALANCE (BREATHING) @ Amphitheatre	★ PRANAYAMA FOR DETOX @ Yoga Studio	★ PRANAYAMA FOR MIND CALM @ Yoga Studio
8:45 AM	9:15 AM	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple
9:15 AM	9:45 AM	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium
9:45 AM	10:30 AM	★★ FREE STYLE DANCE AEROBICS @ Pilates Studio	★★ ZUMBA / BHANGRA @ Pilates Studio	★★ ABCD / Any Body Can Dance Fitness @ Pilates Studio	★★ BOLLYWOOD / ZUMBA FITNESS @ Pilates Studio
9:45 AM	10:30 AM	★★★ SPINNING (Max 6 seats) @ Spinning Studio <b>SIGN UP @ GYM</b>	NATURE WALK @ Wellness Reception	★★ NEURO REACTIVE TRAINING (6 PEOPLE) <b>SIGN UP @GYM</b> @ Gymnasium	★★ AERIALYOGA (4 PEOPLE) <b>SIGN UP @GYM</b> @ Functional Studio
10:45 AM	11:30 AM	COOKING CLASS @ Soulful Spoon <b>SIGN UP</b>			COOKING CLASS @ Soulful Spoon <b>SIGN UP</b>
11:00 AM	11:45 AM	★ BASIC DANCE FITNESS @ Pilates Studio	★ TAI CHI & TIBETAN SOUND HEALING (SOUND BATH) @ Pilates Studio	★ BASIC AEROBICS @ Pilates Studio / @ Baudhik hub	★ TAI CHI & TIBETAN SOUND HEALING (SOUND BATH) @ Pilates Studio
11:45 AM	12:15 PM	★ TRX (6 PEOPLE) <b>SIGN UP @GYM</b> @ Functional Studio	★★ CORE BUILDING @ Functional Studio	★ TRX (6 PEOPLE) <b>SIGN UP @GYM</b> @ Functional Studio	★★★ FUNCTIONAL TRAINING @ Functional Studio
2:15 PM	2:45 PM	HEALTH TALK @ Yoga Studio	HEALTH TALK @ Yoga Studio	YOGA TALK @ Yoga Studio	SPIRITUAL TALK @ Yoga Studio
2:15 PM	2:45 PM	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara
2:45 PM	3:30 PM	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA AEROBICS FUN & FITNESS @ Indoor Pool
3:45 PM	4:15 PM	★ RESTORE & REALIGN/ @ Functional Studio	★ ACTIVE RECOVERY HOUR @ Functional Studio	★ STRETCHING @ Functional Studio	★ MAT PILATES @ Functional Studio
4:00 PM	4:45 PM	★ AQUA FUN AEROBICS @ Indoor Pool	★ AQUA FUN AND FITNESS @ Indoor Pool	★ AQUA FUN & FITNESS @ Indoor Pool	★ AQUA FUN AND FITNESS @ Indoor Pool
4:30 PM	4:50 PM	★ FACE YOGA @ Yoga Studio	★ FACE YOGA @ Yoga Studio	★ FACE YOGA @ Yoga Studio	★ FACE YOGA @ Yoga Studio
5:00 PM	5:45 PM	★★★ HATHA YOGA FOR FLEXIBILITY @ Yoga Studio	★★ HATHA MIND CALM @ Yoga Studio	★★★ VINIYASA YOGA @ Yoga Studio	★★ HATHA YOGA FOR FITNESS @ Yoga Studio
5:50 PM	6:10 PM	THERAPEUTIC-HATHA-YOGA FOR ALLERGIES & RESPIRATORY HEALTH @ Yoga Studio	THERAPEUTIC-HATHA-YOGA FOR ARTHRITIS & SPINAL HEALTH @ Yoga Studio	THERAPEUTIC-HATHA-YOGA FOR DIABETES @ Yoga Studio	THERAPEUTIC-HATHA-YOGA FOR GUT HEALTH @ Yoga Studio
6:15 PM	6:45 PM	★★ CHAKRA MEDITATION @ Yoga Studio	★★ CHIDAKASHA MEDITATION @ Yoga Studio	★ TRATAKA MEDITATION @ Yoga Studio	★ AJAPA MEDITATION @ Yoga Studio
6:45 PM	7:05 PM	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara

- Sign Up For The Cooking Class At The Dining Pavilion.
- Choose Classes That Suit Your Fitness Level (**★BEGINNER –★★ INTERMEDIATE –★★★ADVANCE**) All Classes Have Been Marked With Stars As Per Their Competence Level.
- Report (5min Early) To All The Group Activities, So That You can Setup Mats, follow INITIAL-IMPORTANT-INSTRUCTIONS Of The Session, Warmup / Loosening Practices, etc & Get The Completeness Of The Group Activity.
- Comfortable Fitness Gear Are Mandatory For All Fitness Activities – Indoor Sports Shoes, Track Pants/Sports Trousers, Sports T-Shirt.
- Personal Kriya Kits Are Available For Purchase @Wellness.

**DAILY WELLNESS ACTIVITIES AT ATMANTAN**

FROM 13TH MARCH 2026 - 15TH MARCH 2026

FROM TIME	TO TIME	FRIDAY	SATURDAY	SUNDAY
		13/03/26	14/03/26	15/03/26
6:00 AM	6:30 AM	KRIYA @ Kriya Pavilion	KRIYA @ Kriya Pavilion	KRIYA @ Kriya Pavilion
6:30 AM	7:00 AM	★ PRANA SANJEEVANI @ Pilates Studio		★★★HIKING (06:30AM-08:30AM) @WELLNESSS RECEPTION (If weather permits)SIGN UP
6:40 AM	6:55 AM		MINDFUL WALK @ Wellness Reception	
7:00 AM	8:00 AM	★ PREPARATORY YOGA @ Pilates Studio	★ PREPARATORY YOGA @ Pilates Studio	★ PREPARATORY YOGA @ Pilates Studio
7:00 AM	7:45 AM	★★ HATHA YOGA FOR METABOLIC BALANCE @ Yoga Studio	★★ STANDING YOGA FOR GROUNDING (HATHA) @ Amphitheatre if weather permits or @ @ Yoga Studio	★★ HATHA IMMUNITY FLOW @ Yoga Studio
7:50 AM	8:10 AM	★ PRANAYAMA FOR METABOLISM @ Yoga Studio	★ PRANAYAMA FOR GROUNDING @ Amphitheatre	★ PRANAYAMA FOR IMMUNITY @ Yoga Studio
8:45 AM	9:15 AM	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple
9:15 AM	9:45 AM	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium
9:45 AM	10:30 AM	★★ZUMBA / BHANGRA @ Pilates Studio	★★ ABCD / Any Body Can Dance @ Pilates Studio	★★★ AQUA FIT @ Indoor Pool
9:45 AM	10:30 AM	NATURE WALK @ Wellness Reception	★★ NEURO REACTIVE TRAINING (6 PEOPLE) SIGN UP @GYM @ Gymnasium	
10:45 AM	11:30 AM	★★★ SPINNING (6 seats) @ Spinning Studio SIGN UP @ GYM	INDOOR GAMES @ Boudhik Hub	★★ AERIALYOGA (4 PEOPLE) SIGN UP @GYM @ Functional Studio
11:00 AM	11:45 AM	★ TAI CHI &TIBETAN SOUND HEALING (SOUND BATH) @ Pilates Studio	★ BASIC DANCE FITNESS @ Pilates Studio	
11:45 AM	12:15 PM	★★ CORE BUILDING @ Functional Studio	★TRX (6 PEOPLE) SIGN UP @GYM @ Functional Studio	★★ CORE BUILDING @ Functional Studio
2:15 PM	2:45 PM	HEALTH TALK @ Yoga Studio	FITNESS TALK @ Functional Studio	SPIRITUAL TALK @ Yoga Studio
2:15 PM	2:45 PM	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara
2:45 PM	3:30 PM	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA FUN & FITNESS @ Indoor Pool	INDOOR GAMES @ Boudhik Hub
3:45 PM	4:15 PM	★ ACTIVE RECOVERY HOUR @ Functional Studio	★ TENSION MELT @ Functional Studio	★ STRETCHING @ Functional Studio
4:00 PM	4:45 PM	★ AQUA FUN & FITNESS @ Indoor Pool	★AQUA FUN & FITNESS @ Indoor Pool	
4:30 PM	4:50 PM	★ FACE YOGA @ Yoga Studio	★ FACE YOGA @ Yoga Studio	★ FACE YOGA @ Yoga Studio
5:00 PM	5:45 PM	★★★ VINYASA DETOX FLOW @ Yoga Studio	★★ HATHA RESPIRATORY BOOST @ Yoga Studio	★★★ MOON SALUTATION @ Yoga Studio
5:50 PM	6:10 PM	THERAPEUTIC-HATHA- YOGA- FOR PCOD AND HORMONAL ISSUES @ Yoga Studio	THERAPEUTIC-HATHA-YOGA FOR HYPOTHYROID @ Yoga Studio	THERAPEUTIC-HATHA-YOGA FOR INSOMNIA AND CARDIOVASCULAR ISSUES @ Yoga Studio
6:15 PM	6:45 PM	★ YOGA NIDRA MEDITATION @ Yoga Studio	★★ TWIN HEARTS MEDITATION @ Yoga Studio	★MSRT MEDITATION @ Yoga Studio
6:45 PM	7:05 PM	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara	RETREAT ORIENTATION VIDEO @ Chantara

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