



Daily Suggested Agenda

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| 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