



#### Day 1 – Arrival & Gentle Settling In

Morning	Afternoon	Evening
09:00 AM <b>Arrival and check-in</b>	01:00 PM <b>Sattvic Lunch</b>	06:00 PM <b>Manifestation by the Ganga</b>
09:30 AM <b>Nourishing Breakfast</b>	04:30 PM <b>Relaxing yoga session</b>	08:00 PM <b>Dinner and relaxation</b>
11:00 AM <b>Retreat Orientation</b>		

#### DAY 2 - Breath, Movement & Nature

Morning	Afternoon	Evening
07:30 AM <b>Pranayama Practice</b>	01:00 PM <b>Sattvic Lunch</b>	05:30 PM <b>Moving Water Meditation</b>
08:00 AM <b>Yoga for Spine Strength</b>	04:30 PM <b>Scenic Hike to the Waterfall</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Nourishing Breakfast</b>		
11:00 AM <b>Meditation: Breath Awareness</b>		

#### DAY 3 – Healing & Inner Awareness

Morning	Afternoon	Evening
07:30 AM <b>Pranic healing</b>	01:00 PM <b>Lunch</b>	07:00 PM <b>Beach Meditation</b>
08:00 AM <b>Yoga for Neck &amp; Shoulder Release</b>	04:30 PM <b>Ganga Aarti Experience</b>	08:30 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>	07:00 PM <b>Beach Meditation</b>	08:30 PM <b>Dinner</b>
11:00 AM <b>Body Scan Meditation</b>		

DAY 4 – Balance, Healing & Sound Restoration

Morning	Afternoon	Evening
07:30 AM <b>Deep Breathwork</b>	01:00 PM <b>Lunch</b>	07:00 PM <b>Free time to unwind</b>
08:00 AM <b>Balance-focused yoga</b>	04:00 PM <b>Ayurvedic therapy &amp; rejuvenation</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>		
11:00 AM <b>Sound Bath Healing</b>		

DAY 5 – Mantras, Locks & Deep Inner Work

Morning	Afternoon	Evening
07:30 AM <b>Pranayama &amp; Energetic Locks</b>	01:00 PM <b>Lunch</b>	05:30 PM <b>Beach Yoga</b>
08:00 AM <b>Hip-Opening Yoga</b>	04:00 PM <b>Cave Meditation Experience</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>		
11:00 AM <b>Mantra Meditation</b>		

DAY 6 – Flow, Devotion & Elemental Connection

Morning	Afternoon	Evening
07:30 AM <b>Advanced Breathwork</b>	01:00 PM <b>Lunch</b>	06:00 PM <b>5 Element Meditation</b>
08:00 AM <b>Yoga Flow</b>	04:30 PM <b>Bhoothnath Temple Visit</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>		
11:00 AM <b>Mantra Meditation</b>		

DAY 7 – Power, Play & Yogic Rest

Morning	Afternoon	Evening
07:30 AM <b>Mindful breathing practice</b>	01:00 PM <b>Lunch</b>	05:30 PM <b>Yoga Nidra</b>
08:00 AM <b>Power Yoga session</b>	04:30 PM <b>Inversion asanas</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>		
11:00 AM <b>Mantra Meditation</b>		

DAY 8 – Slow Practice & Self-Reflection

Morning	Afternoon	Evening
07:30 AM <b>Pranayama</b>	01:00 PM <b>Lunch</b>	05:00 PM <b>Chakra Alignment</b>
08:00 AM <b>Therapeutic Yoga</b>	03:00 PM <b>Reading &amp; Journaling</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>		
11:00 AM <b>Mantra Meditation</b>		

DAY 9 – Quiet Presence & Nature Immersion

Morning	Afternoon	Evening
07:30 AM <b>Pranayama by the beach</b>	01:00 PM <b>Lunch</b>	05:00 PM <b>Nature walk</b>
08:00 AM <b>Beach Yoga flow</b>	04:30 PM <b>Backbend Yoga practice</b>	08:00 PM <b>Dinner</b>
09:00 AM <b>Breakfast</b>		
11:00 AM <b>Silent meditation session</b>		

DAY 10 – Gratitude, Closure & Departure

Morning
07:30 AM <b>Breathwork</b>
08:00 AM <b>Asana Class</b>
10:30 AM <b>Closing Circle</b>
11:00 AM <b>Check-out</b>