



DAY 1 – Arrival & Harmony

Morning	Afternoon	Evening
09:00 AM Arrival & Check-In	01:00 PM Sattvic Lunch	06:00 PM Manifestation by the Ganga
09:30 AM Nourishing Breakfast	04:30 PM Relaxing yoga session	08:00 PM Dinner
11:00 AM Retreat Orientation		

DAY 2 - Awakening & Exploration

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

DAY 3 – Connection & Completion

Morning
07:30 AM Pranic Healing Session
09:00 AM Breakfast
10:00 AM Yoga for Neck & Shoulder Release
10:30 AM Wrap-Up Session
11:00 AM Check-Out