



DAY 1 – Arrival & Grounding

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 - Breath, Body & Nature

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

DAY 3 – Healing & Devotion

Morning	Afternoon	Evening
07:30 AM Pranic Healing Session	01:00 PM Lunch	07:00 PM Beach Meditation
08:00 AM Yoga for Neck & Shoulder Release	04:30 PM Ganga Aarti Experience	08:30 PM Dinner
09:00 AM Breakfast		
11:00 AM Body Scan Meditation		

DAY 4 – Calm & Restore

Morning	Afternoon	Evening
07:30 AM Intensive Breathwork	01:00 PM Lunch	07:00 PM Rest
08:00 AM Yoga for Balance	04:00 PM Ayurvedic Therapy Session	08:00 PM Dinner
09:00 AM Breakfast		
11:00 AM Sound Bath Healing		