



#### DAY 1 – Arrival & Grounding

Morning	Afternoon	Evening
09:00 AM <b>Arrival &amp; 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</b>
11:00 AM <b>Retreat Orientation</b>		

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

Morning	Afternoon	Evening
07:30 AM <b>Pranayama Session</b>	01:00 PM <b>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>Breakfast</b>		
11:00 AM <b>Meditation: Breath Awareness</b>		

#### DAY 3 – Healing & Devotion

Morning	Afternoon	Evening
07:30 AM <b>Pranic Healing Session</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>	
11:00 AM <b>Body Scan Meditation</b>		

DAY 4 – Calm & Restore

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

DAY 5 – Expansion & Stillness

Morning	Afternoon	Evening
07:30 AM <b>Pranayama &amp; Energy 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 – 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>		

**Morning**

07:30 AM  
**Mindful Breathing**

08:00 AM  
**Power Yoga**

09:00 AM  
**Breakfast**

10:30 AM  
**Wrap-Up Session**

11:00 AM  
**Check-Out**