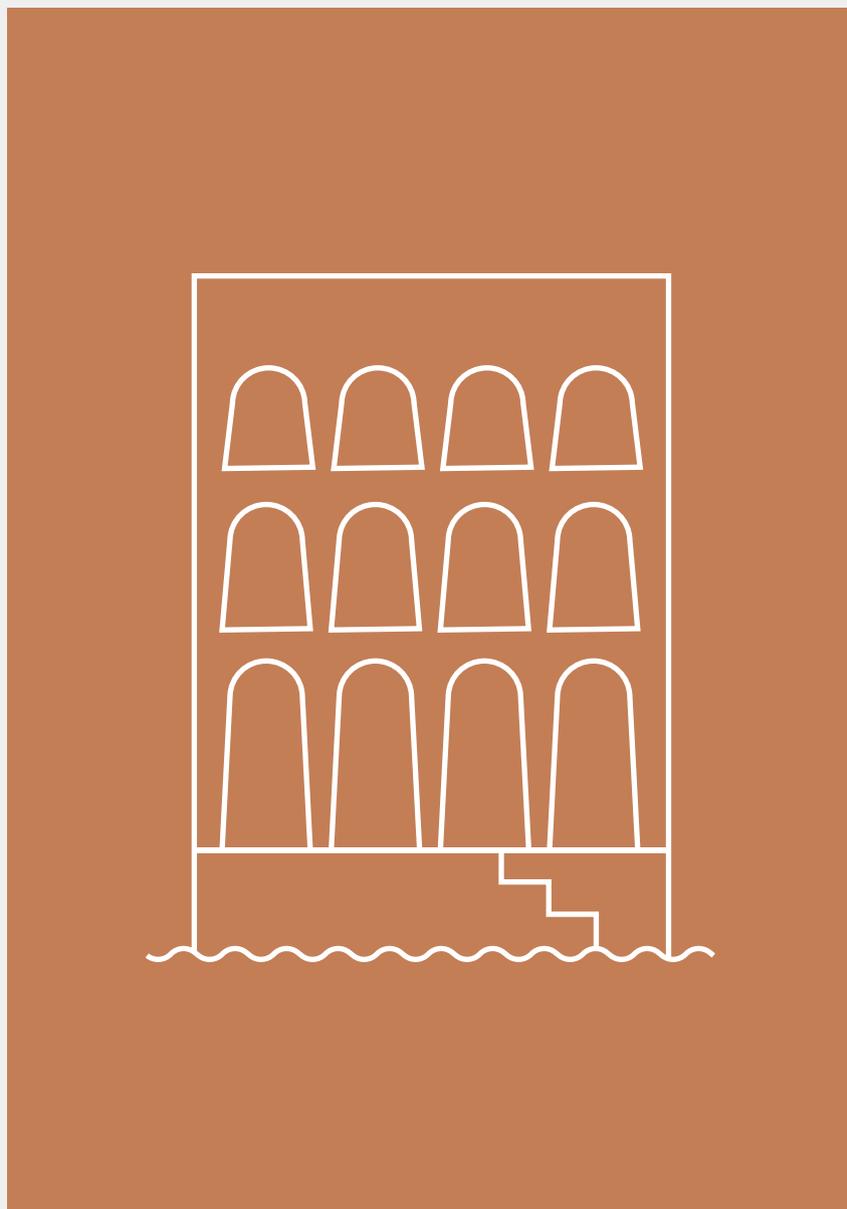




ekaanta:

MINDVERSITY ON THE GANGES



“

This is life's profound truth

In music, it's the pause
that makes the rhythms

In language, it's the pause
that allows you the moment
to reflect and connect

In sports, it's in the pause that
athletes find their energy

In your busy life, it's the pause
that restores you

Pause is a way of nature,
it's part of the natural flow of life

”



INTRODUCTION TO

EKAANTA:

MINDVERSITY AT THE GANGES

The world around us is evolving rapidly. Today we are inundated with a million thoughts, a hundred problems and a thousand choices. But in doing all this -

- **Are we using our full potential?**
- **Are we exploring the capabilities that lie within us?**
- **Are we allowing ourselves to harness our own greatness?**

Can we pause for a moment and believe that we are boundless, capable of achieving extraordinary things and achieving every one of our dreams.

Learn at Ekaanta how to unlock your true potential to enable you to lead a fulfilling life. Tap into your inner self and discover what really matters to you. It is your journey to nurture yourself towards happiness.

Ekaanta, the world's first Mindversity on the Ganges is a one of a kind experiential learning destination to enhance your knowledge about the mind to handle life's situations with equanimity .

A place where ancient wisdom meets modern science, where calmness learns to thrive within chaos.





EXPERIENCE

EKAANTA:

MINDVERSITY AT THE GANGES

**EVERY EKAANTA PROGRAM IS AN EXCLUSIVE
COHORT OF 15 INDIVIDUALS SEEKING
TRANSFORMATION.**

Small groups allow you to interact meaningfully with each other and with our Masters. Ekaanta is about you and giving you the exclusive space and time to work on your journey.

Placed right in the hustle-bustle of Haridwar, one of the oldest cities in the world, 'Ekaanta' helps you manifest your calm in the midst of chaos.

We are nestled in the foothills of the Himalayas, a unique location lending itself to a deeply sensorial and uplifting experience of Mindfulness. Enveloped by the dense verdure of Uttarakhand forests on one side and the river Ganga on the other side - sometimes raging, sometimes calm, it gushes and kisses the steps leading to the learning facility.

Explore endless possibilities at Ekaanta with our **2 NIGHTS - 3 DAYS TRANSFORMATIVE**, curated learning programs conducted by globally renowned Masters of Mindfulness.

Each program is curated to integrate indoor & outdoor learning that provides a holistic experience.



WHY

EKAANTA:

MINDVERSITY AT THE GANGES

THE CURRICULUM

DESIGNED AS A BLEND OF ANCIENT WISDOM AND MODERN SCIENCE.

Our programs pay homage to the system of ancient learning in India and help you to understand how mindfulness, compassion and empathy can help us to navigate the everyday journey of life seamlessly.

THE MASTER

OUR MASTER OF MINDFULNESS are the key to our unique program. A master is an expert mindfulness practitioner with over a decade of practical experience and study. Our Masters are an authority on the practice of Mindfulness and guide you throughout your journey of self discovery at Ekaanta.

THE LOCATION

We are nestled in the foothills of the Himalayas on the banks of the Ganges, a **unique location** lending itself to a deeply sensorial and uplifting experience of Mindfulness. Enveloped by the dense verdure of Uttarakhand forests on one side and the river Ganga on the other side—sometimes raging, sometimes calm, it gushes and kisses the steps leading to the learning facility.



KEY FEATURES

EKAANTA:

MINDVERSITY AT THE GANGES

Ekaanta's exclusive spaces welcome you on your journey of exploration. Our cohort size of 15 means you find the space to immerse yourself in every experience.



REFLECTIVE LIVING SPACE

Ekaanta rooms and pods offer breathless and uninterrupted views of the holy Ganges, spiritual tranquillity, peace and an aura of home away from home.



THE SERENITY HALL

The Serenity Hall overlooking the Ganga river and glorious Shivalik Range, centres you on the present moment and on yourself; filling you with awe and a longing for the journey of transformation ahead.



THE INFINITY JACUZZI

Your every experience at Ekaanta centres you on calmness and presence. Our infinity Jacuzzi allows you to take in nature, the myriad sounds around you, your mindfulness reflections and assimilate them into your journey of deep transformation.



SHINRIN-YOKU

Dense forests on the outskirts of Haridwar are a fantastic way to welcome the new day. In the lap of nature, among the sounds of the birds and marching herds of elephants is where we start to hear our inner voice and the direction it is asking us to take.



MEDITATION IN HARIDWAR'S MARKETPLACE

Experience the art of mindfulness in the noise of Haridwar's Marketplace. Here we prepare you to face the world rather than escape from it. Learning to be alert, in awareness and peaceful within, surrounded by the bustling city.



TRANSFORMATION BY THE GANGES

Dip your toes in the Ganges as you reflect upon your learnings. The sounds of the river provide a powerful backdrop against which you discover a new you. Ekaanta is your personal space with nature; an opportunity to connect with your true self in a pristine and unique environment.



MOVIE UNDER THE STARS

Your day at Ekaanta will end with an engagement that allows you to assimilate your experiences, engage with other participants and the Master in a unique open air film viewing session. The film itself is selected to reinforce the learnings during the program.



MEET OUR MASTERS

Ekaanta's Masters of Mindfulness are available to you throughout the program. Small, exclusive cohorts of 15 allows them to work with each one of you and craft unique experiences for you.



DR. RAM NIDUMOLU

Dr. Nidumolu has a unique combination of expertise in B-school professorship, Fortune 500 strategy consulting, C-level executive experience across Silicon Valley and Bangalore based entrepreneurship and business research.

He has been an advisor to global corporations on capturing new opportunities for business growth through new models of business leadership, digital transformation and sustainable innovation practices. He has led leaders to enhance their ability to perform under extreme pressure, achieve harmony between purpose, principles and performance & awaken deep reservoirs of wisdom and joy. His publications include HBR articles and 'Workplace Well-Being and Beingful Work' & 'Two Birds In A Tree - Timeless Indian Wisdom For Business Leaders'.



DR. CHRISTOPHER WILLARDV

Dr. Christopher Willard (PsyD) is a clinical psychologist, author and educational consultant specializing in Mindfulness. Currently, he teaches at the Harvard Medical School, serves on the Board of Directors at the Institute for Meditation and Psychotherapy and is also the President of the Mindfulness in Education Network.

Dr. Willard has presented at TEDx conferences and his thoughts have appeared in the New York Times, The Washington Post and Mindful.Org. He is the Author of Child's Mind (2010) Growing Up Mindful (2016) Raising Resilience (2017) and eight other books.



DHARMACHARYA SHANTUM SETH

Shantum Seth is an ordained Dharmacharya (Dharma Teacher) in the Buddhist Mindfulness lineage of the Zen Master Thich Nhat Hanh. Since 1988, he has been imparting his learnings across the world and has been leading multi-faith, educational, cultural, spiritual and transformative journeys.

He has led executives at Phillips Exeter Academy, Rietberg Museum, YPO, Bain and Company, Yale-NUS, UNDP Executive Board & CII. Drew Barrymore and Sting have also been part of Mr. Seth's programs.



ANKUR RUPANI

Ankur Rupani - Master of Mindfulness at Ekaanta brings over 20 years of rich experience.

As a mind coach, he has led diverse groups to practices enhancing tranquillity, calm, presence and focus. His learning journey includes B.Tech (IIT-Varanasi), M.Sc Engg. UMCP (US) & Masters in Spirituality (University of Naropa). His guided meditations, centering exercises and teachings have helped participants to find alignment, strengthen relationships, improve focus, enhance performance, discover deeper joy, peace, happiness and fulfilment.



DR. REENA KOTECHA

Dr. Reena Kotecha is trained in the therapeutic use of Mindfulness Meditation at the British Mindfulness Institute and is a certified teacher of 'Search Inside Yourself' - a Mindfulness based Emotional Intelligence training programme developed at the Search Inside Yourself Leadership Institute, USA.

Over the years, she has delivered individual and organisational effectiveness solutions in high performance work settings.



DR. ANTONIO SANZ

Dr. Antonio Sanz started his Meditation and Mindfulness Journey in the 1980s. He's trained at Gurdieff's Fourth Way school. Even after 35 years of his practice in Mindfulness, he continues to seek new scientific knowledge about the mysterious subject of Inner Consciousness and Mindfulness. His pursuits have also led him on a journey to author the book '7 días con Xukla: Las claves del mindfulness'

Dr. Sanz has applied western approaches of scientific research to the more intuitive and subjective systems of the East and defined his unique approach and philosophy.

OUR FOCUS ON HOLISTIC HEALTH

YOGA



**HERE AT EKAANTA WE
BELIEVE -**

*“Yoga does not change the
way we see things it transforms
the person who sees.”*



Modern lifestyle confines and limits our movements. We sit in a similar position all day at the dining table, in cars, at offices, at the movies, watching T.V - all this hampers the free flow of Pranshakti (the life force) in our body. When this energy becomes blocked, it results in stiffness, muscular tension, lack of proper blood flow and minor functional defects.

At Ekaanta, we teach our participants asanas that facilitate the free flow of energy in the body and the mind. These exercises when done mindfully promote total well-being. We work on the theory of micro yoga which is made up of gentle flowing movements that are simple and easy to practice and are very effective. It's a full-body experience focusing on joints and blood circulation.

In all our sessions we focus on Yoga postures for the health of the spine, as it is one of the most crucial and yet the most neglected part of our body.

OUR CULINARY EXPERIENCE



At Ekaanta we focus on Slow Cuisine. All dishes are prepared keeping in mind that the ingredients are seasonal and local, the food is made in collaboration with nutritionists so that the combinations of the produce, spices and cooking methods are in sync with your body and mind.

Each meal is an experience in appreciating familiar textures and flavors that have been given a new context. In the Ekaanta space, the endeavour of the nutrition team is also to center you and allow you to pause as you experience our culinary journey.



**CHEF VANSHIKA
BHATIA**

Chef Vanshika is trained in Culinary Arts from Le Cordon Bleu, London. She has worked in some of the world's best restaurants: Noma (Copenhagen), Gaggan (Thailand) and Junoon (Dubai). She believes that the cuisines of the world must amalgamate - her creations delve into distinct, clear flavors and textures of the freshest produce of the season.

Chef Vanshika has been recognised among '40 Chefs under 40' in India. In 2022, she was listed in the '30 Best Chefs in India' by Vir Sanghvi's Culinary Culture Co.

EKAANTA FOR BUSINESS:

At Ekaanta, we work with leaders of global organisations to build game-changing transformational programs for their leadership teams.

We offer 2 nights - 3 days transformational learning programs, conducted by globally renowned Masters of Mindfulness. Your Ekaanta experience will help strengthen your senior leadership teams with :

- Solid foundations to lead in the face of uncertainty.
- Fresh insights and breakthrough moments to create empathetic collaborative spaces around themselves.
- Accessing creativity, discovering and unlocking new capabilities.
- Creating calmness at work and in their personal lives.
- Enhancing empathetic relationships, both personal and professional.



WELCOME TO EKAANTA TO ENHANCE YOUR HIGH PERFORMANCE LEADERSHIP TEAMS.

Our program is designed to empower a diverse audience of high performing individuals with a burning passion to tap into themselves and discover new strengths: business and social sector leaders, sportspersons, creative artists and entrepreneurs.

Our participants are constantly seeking better versions for themselves as they strive to make meaningful impact to the communities they belong to.

Ekaanta is for the game changer, handling multiple stakeholders, diverse teams, the family - the challenges of life at the top leaving you in need of rejuvenation and transformation. Ekaanta is for those that seek a better way of living. Those who want to learn how to set the pace of life rather than follow it.

RESIDENTIAL PROGRAMS :



OUR PROGRAMS AT A GLANCE:

All the programs at Ekaanta involve



REFLECTIVE
EXERCISE



CONTEMPLATIVE PRACTICES
BY THE BANKS OF THE
RIVER GANGA



ENLIGHTENING SESSIONS
BASES ON PHILOSOPHY &
NEUROSCIENCE



ENLIGHTENING SESSIONS
BASES ON PHILOSOPHY &
NEUROSCIENCE

PROGRAMME 1

ME 2.0

Learn about modern awareness rooted in ancient wisdom and re-discover your true self.



In this 3 day immersion at Ekaanta by the Ganges, experience a transformational journey of reflection, reconnection and balance. Activate your awareness through the wisdom of mindfulness grounded in modern scientific research. Empower yourself to re-write your own life narratives through a deeper understanding of your mind and emotions.

What you will take away from Ekaanta are everyday practices and knowledge that will help you:

- Understand about mindfulness and awareness from ancient mythological saints to current philosophers and masters
- Achieve greater emotional resilience & balance. Handle challenges with a sense of greater ease and calm
- Increase productivity and wellbeing through mindful leadership practices
- Create a balanced daily routine to lead a full and integrated life .

To know more, register at www.ekaanta.in

BIG HEARTS | STRONG HEADS

In this 3 day immersion at Ekaanta by the Ganges, learn how self-compassion enables you to become a more empathetic leader at home and work. The program based on experiential learning and science-based insights will allow you to confront and overcome reactive neurological patterns. You will open yourself to the power of empathy making you a more inclusive and effective leader.

“Talk to yourself as you would to someone you love” - Brene Brown

What you will take away from Ekaanta are everyday practices and knowledge that will help you:

- Understand both the yin and yang aspects of self compassion.
- Be kind and empathetic in the midst of stressful situations.
- Motivate yourself and your team with kindness rather than criticism.
- Handle difficult emotions with greater ease.
- Learn exercises that you can go back to with simplicity.
- Create and lead a culture based on compassion and understanding.



To know more, register at www.ekaanta.in

PROGRAMME 3

UNLEASHING EMPATHY AND AWAKENING THE GREATNESS

“Empathy lies in our ability to be present without opinion” - Marshall Rosenberg

In this 3 day immersion at Ekaanta, embark on a unique learning journey, explore and learn about how to cultivate a culture of growth and understanding. Awaken yourself to the idea of empathetic leadership, create harmony with your surroundings and elevate your team to a higher level of performance.



What you will take away from Ekaanta are everyday practices and knowledge that will help you:

- **Inspire trust and value based leadership.**
- **Create a safe psychological space across the whole organisation, enabling innovation.**
- **Enable high employee engagement and retention.**
- **Develop a learning environment focused on curiosity, creativity and courage.**

To know more, register at www.ekaanta.in

THE SEVENTH THINKING HAT - LEADING WITH A TWIST

Unleash your creativity in this refreshing and immersive journey at Ekaanta - Mindversity on the Ganges through carefully curated experiences celebrating art, music, movement and meditation. You will unlock your creativity through a series of exercises on leadership modules, creative writing, memoirs, free form drawing, photography and mindfulness. Activate and elevate your creative expressions through reflective exercises in the midst of nature.

What you will take away from Ekaanta are everyday practices and knowledge that will help you:

- **Awaken your inner creativity.**
- **Access calm, tranquillity and presence through creative expression - be it a management presentation or an artwork.**
- **Explore creative ways to look at and solve any and all situations that come up during the course of your day.**
- **Nurture and Heal yourself and transform emotions through creative expression.**

*“Creativity is intelligence having fun”
- Albert Einstein*



To know more, register at www.ekaanta.in

PEACEFUL LEADERS OF TOMORROW: LEADING BY HEALING

“Healing takes courage and we all have courage, even if we have to dig a little deeper to find it.” - Tori Amos

The theme for this weekend immersion is self healing through knowledge about the mind and learning, how we ourselves create and uncreate suffering. Accompanied by energy healing practices such as ‘Chakra Healing’ and ‘Sound Healing’, participants will discover their power to self heal and live with a renewed sense of joy, happiness and enthusiasm.



What you will take away from Ekaanta are everyday practices and knowledge that will help you:

- Heal your emotional body through various processes.
- Heal relationships both personal and professional.
- Find your true authentic power.

To know more, register at www.ekaanta.in



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MINDVERSITY ON THE GANGES

ITINERARY

DAY 1

2:00 PM

LUNCH AT EKAANTA

6:30 PM

A MUSICAL RENDITION
ON THE GANGES

By Vasu Dev

4:00 PM

THE VIEWPOINT

Ankur Rupani

7:30 PM

MOVIE UNDER
THE STARS

5:00 PM

THE ELEMENTS OF
MINDFULNESS

8:30 PM

FOOD FOR THE SOUL -
A NOURISHING DINNER

6:00 PM

REFRESHMENTS BY
THE WATERSIDE



DAY 2

6:00 AM

SHINRIN YOKU

*Dr. Ajay Sharma
(Acclaimed Ornithologist)*

7:00 AM

MICRO YOGA IN THE JUNGLE

By Dr. Bawa

8:00 AM

BREAKFAST IN THE JUNGLE

10:00 AM

KEY THEMES FROM THE ANCIENT WISDOM OF INDIA

By Dr. Sharma

11:00 AM

NEUROSCIENCE OF MINDFULNESS

1:00 PM

FOOD FOR THE SOUL - A NOURISHING LUNCH

2:00 PM

TIMELESS WISDOM

3:00 PM

AWARENESS PRACTICE 1

4:00 PM

TEA

6:00 PM

GRATITUDE PRAYER ON THE GHATS OF THE GANGES

By Vasu Dev

7:30 PM

GROUP ENGAGEMENT AT THE AMPHITHEATRE BY THE GANGES

8:30 PM

FOOD FOR THE SOUL - A NOURISHING DINNER

DAY 3

7:00 AM

YOGA AT EKAANTA

By Dr. Bawa

8:00 AM

**NOURISHING
BREAKFAST**

10:00 AM

**AWARENESS
PRACTICE 2**

11:00 AM

**CLOSURE AND
CELEBRATIONS**

12:30 PM

**FOOD FOR THE SOUL
- NOURISHING LUNCH**





ekaanta:

MINDVERSITY ON THE GANGES



Reach out to experience the Ekaanta transformation. We curate programs basis your needs and the specific aspects of mindfulness that you would like to explore.

Phone : 7011-702-376
Email : happytohelp@ekaanta.in
Learn more at www.ekaanta.in

