



ekaanta:

MINDVERSITY ON THE GANGES

This is life's profound truth.

In music, it's the pauses
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.

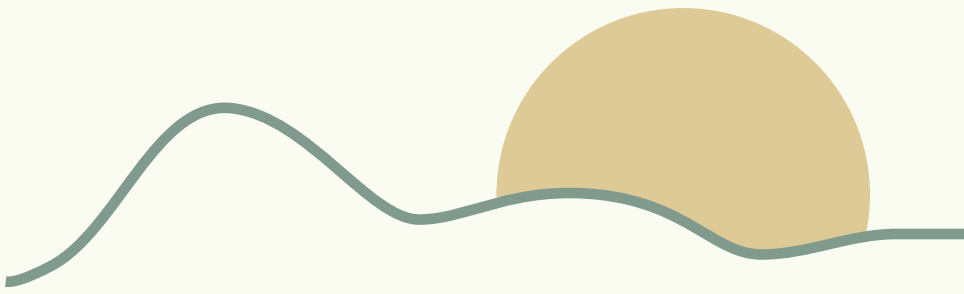
Pause is a way of nature,
it's part of the natural flow of life.

Let's Pause :: Let's Succeed



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. Your learnings at Ekaanta enable you to lead a fulfilling life by tapping into your inner self and discovering what really matters to you. It is your journey to nurture yourself towards happiness.



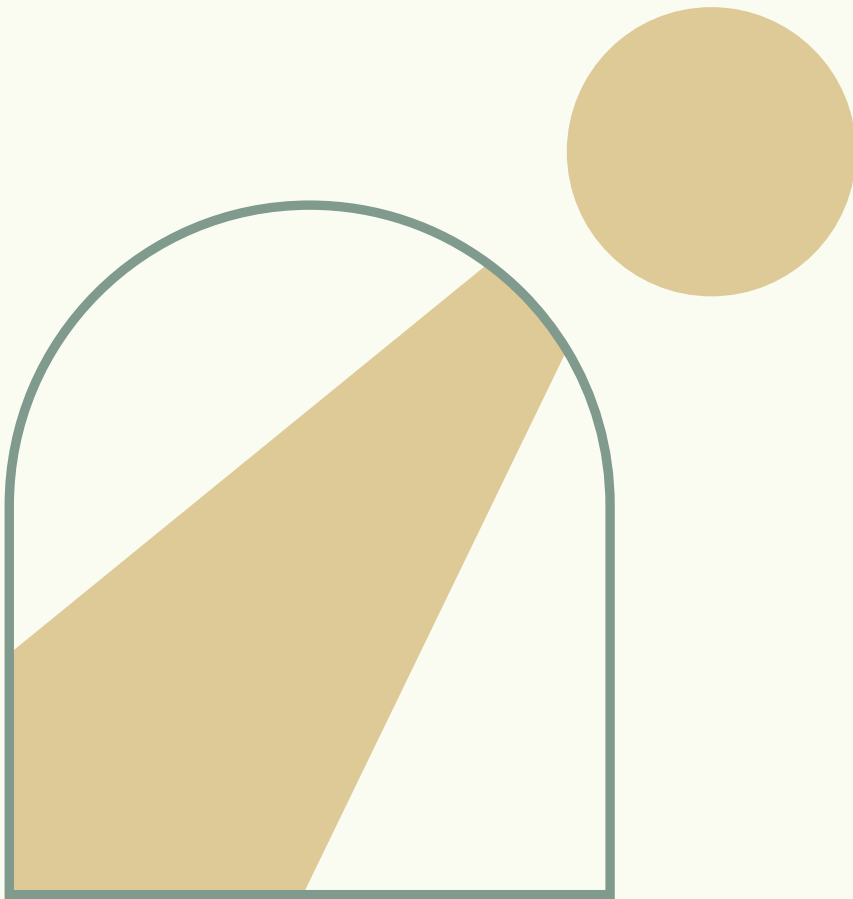
Ekaanta, the world's first Mindversity on the Ganges gives you a one of a kind experiential learning to enhance your knowledge about the mind and how to handle life's situations with equanimity . It's a one-of-its-kind learning destination, at the banks of the timeless Ganges in Haridwar. Where ancient wisdom meets modern science, where calmness learns to thrive within chaos.



'Ekaanta: Mindiversity on the
Ganges' is a journey towards self-discovery



A JOURNEY TO SELF DISCOVERY



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, 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.

A man in a white kurta and sunglasses is leaning against a large tree trunk in a lush green forest. The tree has a distinctive mottled bark. The background is filled with dense foliage and other trees. The text "EXPERIENCE EKAANTA:" is overlaid on the left side of the image.

EXPERIENCE EKAANTA:

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 Master. 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, on the other side is the sometimes raging, sometimes calm, river Ganga which gushes and kisses the steps leading to the learning facility.

Explore endless possibilities at Ekaanta with our **2 night 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:



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 understand how mindfulness, compassion and empathy can help us to navigate the everyday journey of life seamlessly.

The Master

- **Our Masters 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, on the other side is the sometimes raging, sometimes calm, river Ganga which gushes and kisses the steps leading to the learning facility.



KEY FEATURES

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.



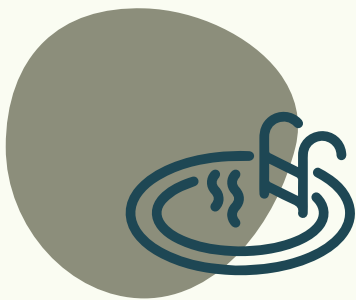
REFLECTIVE LIVING SPACES

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



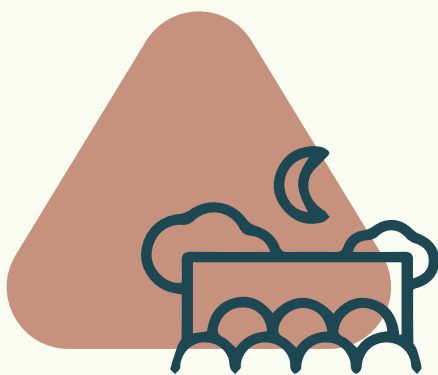
THE INFINITY MEDITATION HALL

The tranquility and serenity of the Infinity Meditation Hall overlooking the Ganga river and glorious Shivalik Range, fills you with awe and a longing for the journey of transformation ahead of you.



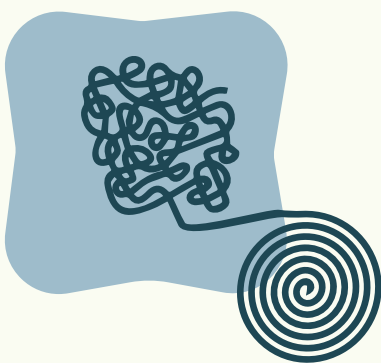
THE INFINITY JACUZZI

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.



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.



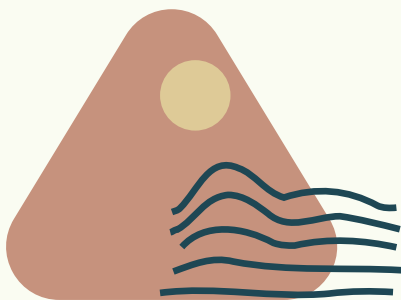
MEDITATION IN HARIDWAR'S MARKETPLACE

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.



SHINRIN-YOKU

Dense Jungles 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.



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.

The background of the entire page is a close-up photograph of teal-colored plant leaves, possibly from a bromeliad, with visible water droplets. The leaves are layered and create a sense of depth. On the left side, there are two small, white, rounded square icons stacked vertically.

MEET OUR MASTERS OF MINDFULNESS

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



ANKUR RUPANI

Ankur Rupani - Master of Mindfulness at Ekaanta brings a rich experience as a practitioner for over 20 years. He has worked as a mind coach with diverse groups, introducing them to practices that bring lifelong tranquillity, calm, presence and focus. His learning journey includes a B.Tech in Mechanical Engineering from IIT-Varanasi and an M.S. in Engineering from UMCP (US).

Alongside engineering studies, his interest in spirituality germinated and grew over the years, leading to a Masters in Spirituality from University of Naropa, USA where his own training was based on the confluence of eastern and western wisdom on mindfulness. He has learned from various teachers, both from the East and the West.

His guided meditations, centering exercises and knowledge discussions have helped individuals to find alignment, strengthen relationships, improve focus, enhance performance, and discover deeper joy, peace, happiness and fulfilment.

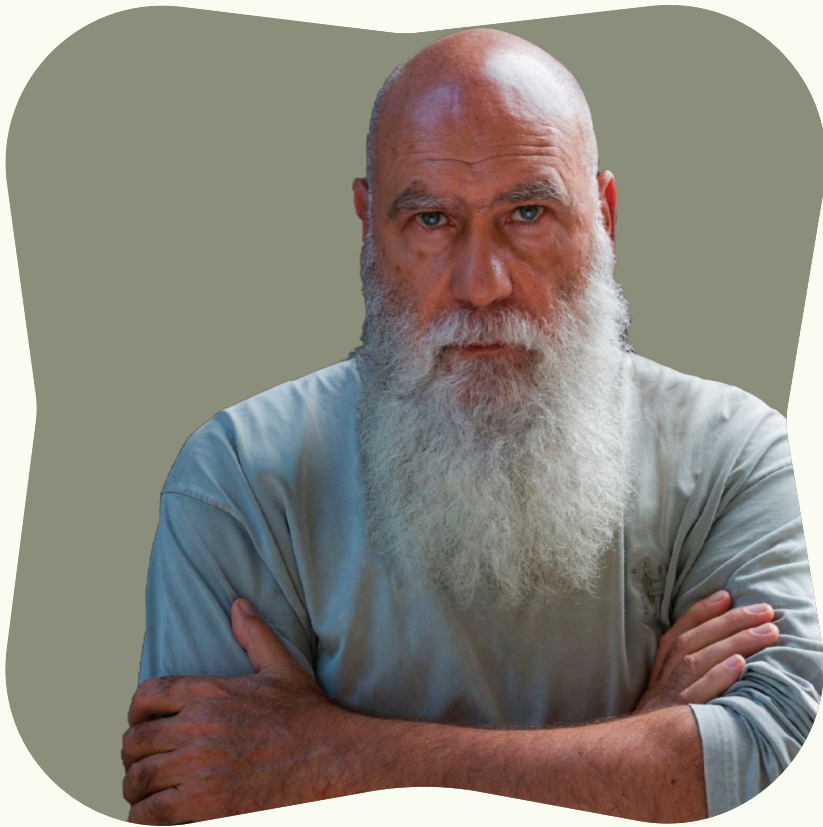


DR. REENA KOTECHA

She is a medical doctor with a research background in neuroscience and mental health who has worked for many years on the frontline as an Accident and Emergency Doctor in Cambridge/London UK.

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 many years, she has delivered individual and organisational effectiveness solutions in high performance work settings. She has worked with companies such as: Tech: Google, Cisco, Salesforce, eBay, Yahoo, Social Tech Trust Healthcare: NHS, Hadi Hospital Kuwait, Mubarak Al-Kabeer Hospital Kuwait, CalOptima Orange County, California, Baltimore Washington Medical Centre University of Maryland USA



ANTONIO SANZ

In the 1980s Antonio Sanz started his Meditation and Mindfulness Journey – training at Gurdieff's Fourth Way school. A ten-year immersion in philosophy and practice led him to make a complete change in his approach to life.

Today, 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 a book on this subject. "7 días con Xukla: Las claves del mindfulness"

Dr. Sanz has read, practised and followed philosophical and spiritual voices from the East and the West, both ancient and contemporary in their wisdom. He has applied western approaches of scientific research to the more intuitive and subjective systems of the East and defined his own approach and philosophy which he has also built into his own life.



DR. RAM NIDUMOLU

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

He has advised senior executives at global corporations on how to unlock new opportunities for business growth through new models of business leadership, digital transformation and sustainable innovation practices. He engages leaders on performing under extreme pressure; achieving harmony between purpose, principles and performance; working within oneself to awaken deeper levels of wisdom and joy.

A reputed thought leader with authorship of own publications and articles in Harvard Business Review and other publications.

- "Workplace Well-Being and Beingful Work",
Sage Publications , 71-95
- Two Birds In A Tree-
Timeless Indian Wisdom For Business Leaders



DR. CHRISTOPHER WILLARD

Dr. Christopher Willard (PsyD) is a clinical psychologist, author and educational consultant specializing in Mindfulness.

He currently teaches at Harvard Medical School and serves on the board of directors at the Institute for Meditation and Psychotherapy. He is also the president of the Mindfulness in Education Network. As a leading practitioner of meditation for over 20 years, he has led hundreds of workshops around the world, with invitations to more than two dozen countries.

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

In his leisure time, he enjoys travelling, hiking, cooking, reading and writing, and being a father.



DHARMACHARYA SHANTUM SETH

Shantum Seth is an ordained Dharmacharya (Dharma Teacher) in the Buddhist Mindfulness lineage of the Zen Master Thich Nhat Hanh and teaches in India and across the world. He has been leading multi-faith, educational, cultural, spiritual and transformative journeys across diverse regions of India and Asia since 1988.

He is actively involved in educational, social and ecological programmes including work on cultivating mindfulness in society, with educators, and the corporate sector amongst others.

He has been a Senior Advisor to the World Bank. He worked in the corporate sector and later in social advocacy and development, fifteen years of which were with the United Nations Development Programme, managing programmes on Volunteer Promotion and Artisan Development across 16 countries, as also initiating the Endogenous Tourism programme in India.

He has led transformative journeys for many institutions including Phillips Exeter Academy, Rietberg Museum, the Young Presidents' Organisation, Bain and Company, Yale-NUS, the United Nations Development Programme executive board, and the Confederation of Indian Industries. He has also led private sessions for individuals such as Drew Barrymore and Sting.



OUR FOCUS ON
PHYSICAL WELLBEING



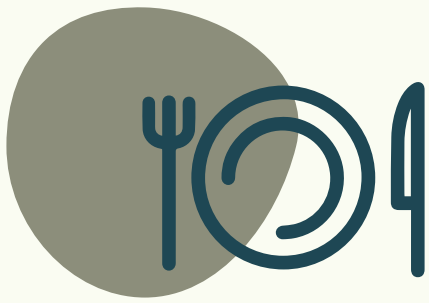
Here at Ekaanta we believe that

**“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 will teach our participants asanas that facilitate the free flow of energy in the body and the mind. These exercises when done mindfully promote total wellbeing. We work on the theory of micro yoga which is made up of gentle flowing movements that are simple and easy to practise, while remaining both deep and effective. Its 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 are focusing 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 the combinations of the produce, spices and cooking methods are in sync with your body and mind.

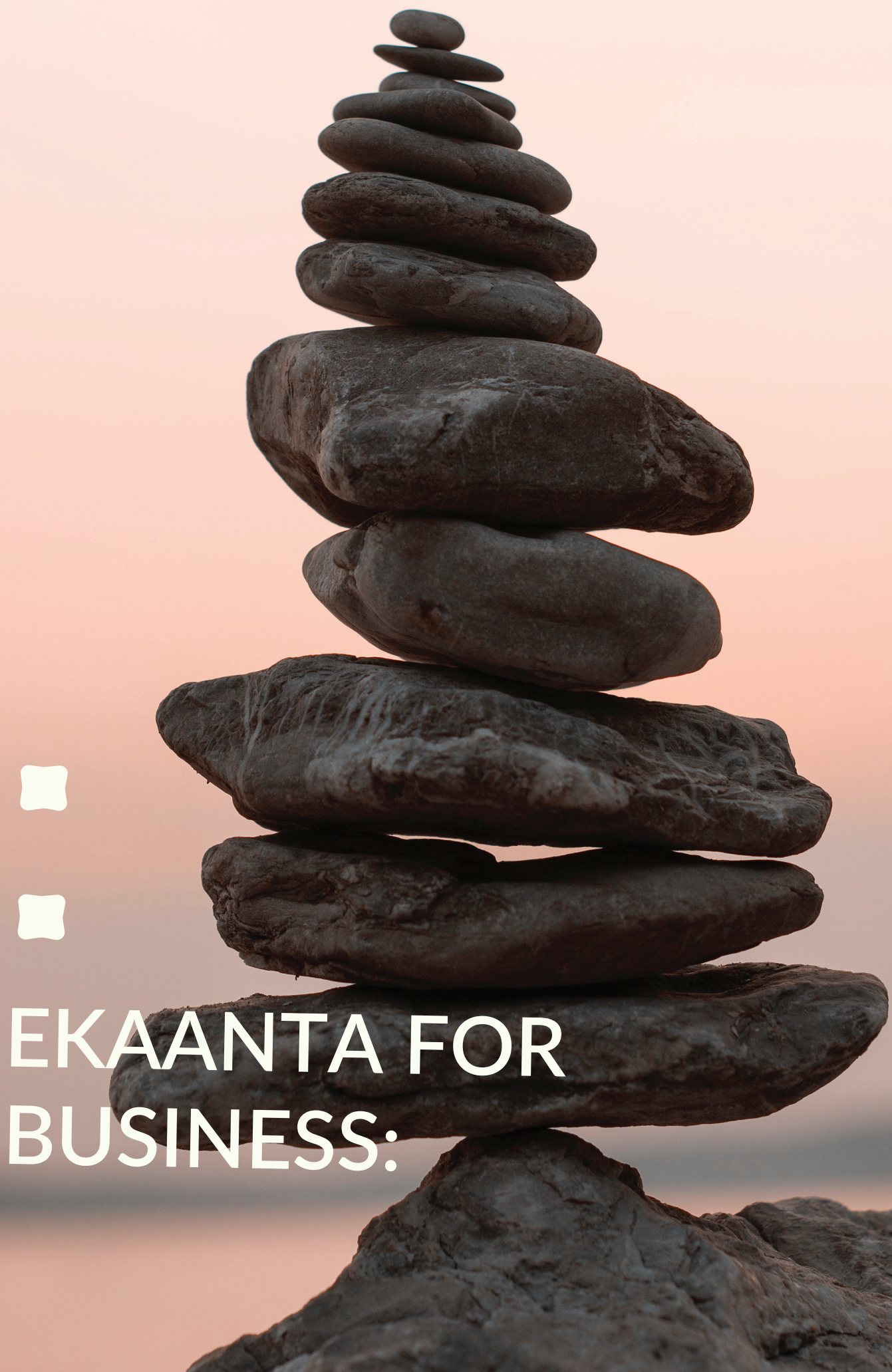
Each meal is an experience in appreciating familiar textures and flavors that have been given a new context. In the Ekaanta space, the endeavour of the nutrition team is also to center you, allow you to pause, as you experience our culinary journey.



CHEF VANSHIKA

Chef Vanshika pursued her formal training 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) and believes that the cuisines of the world, must continuously crossover; her creations delve into distinct and clear flavors and textures of the freshest produce of the season.

Chef Vanshika has been named in the list of '40 chefs under 40' in India and In 2022, she was listed in the 30 best chefs in India by Vir Sanghvi's Culinary Culture Co.



EKAANTA FOR
BUSINESS:

Welcome to Ekaanta for your high performance leadership teams.

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

We offer 2 night 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 lives
- Enhancing empathetic relationships, both personal and professional

Our Programs At a Glance:

All the programs at Ekaanta involve



Reflective Exercises



Meditative and
Contemplative practices by
the banks of the Ganga



Enlightening sessions
based on philosophy &
neuroscience



Meditative walks and
mindful movements



RESIDENTIAL
PROGRAMS:



PROGRAM 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 deep 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

The background of the entire image is a close-up photograph of succulent-like plants with thick, pointed leaves. The leaves are a deep teal or dark green color and are covered with numerous small, glistening water droplets, suggesting they have been recently watered or are in a humid environment. The lighting is soft, highlighting the texture of the leaves and the clarity of the water droplets.

PROGRAM 2



Big Hearts | Strong Heads

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

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.

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

PROGRAM 3

■ Unleashing ■ Empathy and ■ Awakenning 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

PROGRAM 4

The Seventh Thinking

■ Hat - Leading ■ with a Twist

“Creativity is intelligence having fun”
- Albert Einstein

Unleash your creativity in this refreshing and immersive journey at Ekaanta - Mindiversity 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 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
- Enable high employee engagement and retention
- Explore creative ways to look at and solve any and all situations that come up in the course of your day
- Nurture and Heal yourself and
- Transform emotions through creative expression.

To know more, register at www.ekaanta.in

PROGRAM 5

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



SAMPLE ITINERARY:



MINDVERSITY ON THE GANGES

SAMPLE ITINERARY

Day 1

2:00 Pm: Lunch At Ekaanta

4:00 Pm: Viewpoint

Different Perspectives on Awareness

By Ankur Rupani

5:00 Pm: The process of Mindfulness

6:00 Pm: Snacks on the Ghaat of Ganga Ji

6:30 Pm: A musical rendition on the Ganges

By Vasu Dev

7:30 Pm: Movie under the Stars

8:30 Pm: Food for the Soul - A Nourishing Dinner

Day 2

6:00 Am: Shinrin Yoku

Dr. Ajay Sharma (Acclaimed Ornithologist)

7:00 Am : Yoga In the Woods

By Dr. Bawa

8:00 Am : Breakfast in the Woods

10:00 Am : Neuroscience Of Mindfulness

11:00 Am : Foundations of Mindfulness



ekaanta:

MINDVERSITY ON THE GANGES

SAMPLE ITINERARY

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

7:30 Pm : Group Engagement at the Amphitheatre by the Ganges

8:30 Pm : Food for the Soul - 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

MASTERS OF THIS PROGRAM



DR. BAWA



ANKUR RUPANI



AJAY SHARMA



KABIR ANAND



A unique learning destination for the mind where you re-discover tranquillity and mental strength

Conclusion / contact info -

Call us now to experience the Ekaanta transformation. We curate programs basis your needs and the specific aspects of mindfulness you would like to explore.

Phone: 7011-702-376

Email :happytohelp@ekaanta.in

Learn more at www.ekaanta.in

