



ekaanta:

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**

