Ekaanta: Rejuvenation Retreat

About the Program

A wellness retreat that is focused on helping individuals rejuvenate their physical, emotional, and mental health. The Ekaanta: Rejuvenation Retreat (ERR) offers a range of activities and therapies designed to promote relaxation, reduce stress, and improve overall well-being and sleep quality.

Our goal is to rejuvenate the mind along with the body through curated Ekaanta: Experiences which have been thoughtfully designed. By taking a break from the stresses of daily life and focusing on self-care and personal growth, through knowledge oriented sessions.

Individuals depart from Ekaanta: feeling refreshed and re-energized, with a renewed sense of purpose and motivation.

IS THIS THE RIGHT PROGRAM FOR YOU?

- Do you want to re-orient towards a healthier and happier you?
- Do you feel you need a break that relaxes both the Mind & the body ?
- Do you feel you need a break that enegises you?
- Are you feeling burnt out?
- Do you want to learn from expert masters who have lived their practice?

BENEFITS:

1. Reduces Stress
2. Increases Focus
3. Boosts Energy Levels
4. Enhances Physical Health
5. Improves Sleep
6. Offers a Fresh Perspective

Inclusions :

EXPERIENCES	3 NIGHTS	5 NIGHTS	7 NIGHTS
Mindful Sessions	3	5	7
Yoga Sessions	3	5	7
Nature Walks	2	4	5
Nutrition Sessions	1	2	3

PRICE:

Single Occupancy: 17,000+ taxes per person per night

Double Occupancy: 25,000+ taxes for two people per night

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Sample Itinerary 2 Days 3 Nights

DAY 1

1:00 pm - Welcome Drinks & Refreshments

2:00 pm - Nourishing Lunch & Rest

3:00 pm - Yoga Session 1 *(Yog Nidra with Flautist)*

6:30 pm - Mindful Session 1 *(A Gratitude Ceremony for Sacrifices)*

8:00 pm - Food for the Soul - A Nourishing Dinner

DAY 2

7:00 am - Mindful Session 2 *(Shinrin-Yoku)*

8:00 am - Yoga Session 2 *(Micro Yoga in the Jungle)*

9:30 am - Nourishing Breakfast

11:30 am - Nutrition Session 1 *(Mindful Cooking Session)*

(Manvi Lohia, MPH, RD: Former Harvard Registered Dietitian, Masters in Public Health, and Advisory Board Member of American Mindfulness Association)

2:30 pm - Lunch - Delicacies of Garhwal

3:30 pm - Rest & Personal Time / Spa Time *(On additional charges)*

5:00 pm - Haridwar Cultural Walk

7:30 pm - Food for the Soul - A Nourishing Dinner

8:30 pm - Mindful Session 3 *(Movie Under the Stars with wood fired Pizzas)*

DAY 3

7:00 am - Mindful Session 4 *(Meditation on the Rocks)*
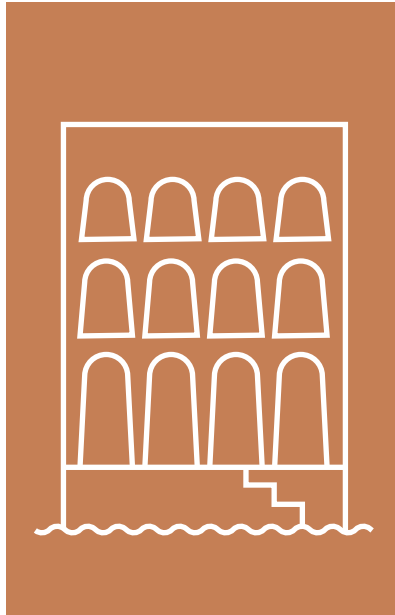
8:00 am - Yoga Session 3

9:30 am - Delicious Breakfast

Departure & Bid Adieu

ekaanta:

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

Phone : +91-7011-702-376
Email : happytohelp@ekaanta.in
Learn more at www.ekaanta.in