

# The Mind Body Balance

## About the Program

*A mind body balance retreat is a type of retreat that focuses on bringing balance and harmony to the mind and body through a variety of practices and activities. This retreat can vary in length, location, and specific offerings, but typically involve a combination of meditation, yoga, mindful movement, healthy eating, and other holistic practices.*

*Our goal is to bring harmony to the mind and body through curated Ekaanta Experiences which have been thoughtfully designed. This retreat is curated to help participants reduce stress, increase self-awareness, improve physical health, and cultivate a deeper sense of inner peace and well-being.*

Welcome to our Mind-Body Balance program, where we aim to help individuals achieve a state of optimal physical, mental, and emotional well-being. This program is designed to help you develop a deeper understanding of the connection between your mind and body and learn techniques to improve your overall health and wellness.

Through a combination of scientific mindfulness practices, ayurvedic healing wisdom, physical exercise, and nutrition education, we provide a comprehensive approach to promoting balance of both the mind and the body.

Our program is tailored to meet the individual needs and goals of each participant, with a focus on cultivating sustainable habits that lead to lasting change.

## Inclusions :

| EXPERIENCES            | 5 NIGHTS | 7 NIGHTS | 14 NIGHTS | 21 NIGHTS |
|------------------------|----------|----------|-----------|-----------|
| Mindful Sessions       | 8        | 8        | 14        | 21        |
| Yoga Sessions          | 5        | 7        | 14        | 21        |
| Nature Walks           | 5        | 7        | 12        | 19        |
| All Nutrition Sessions | 5        | 7        | 11        | 18        |

## PRICE:

Single Occupancy : 20,000+ taxes per person per night

Double Occupancy : 28,000+ taxes for two people per night



# ekaanta:

MINDVERSITY ON THE GANGES

## ITINERARY

---

### DAY 1

**12:00 pm - Arrive at Retreat Venue**

**12:30 pm - Introduction to the Property**

**1:00 pm - Nourishing Lunch**

**2:00 pm - Meditation - Yog Nidra (Spa time)**

**4:00 pm - Welcome to Ekaanta - Dr. Chetri**

**5:00 pm - Nutrition Session #1**

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

**6:00 pm- Walk to Har Ki Pauri**

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

### DAY 2

**6:30am - Wake up**

**7:00 am - Shinrin-Yoku and Yog in the Jungle**

*(Rajinder Ji, Master of Yog at Ekaanta)*

*(Ajay Sharma, highly acclaimed Storyteller & Ornithologist)*

**9:00 am - Nourishing Breakfast (Spa Time)**

**10:30 am - 1:30 pm - Ayurveda Session #1**

**2:00 pm - Nourishing Lunch at Ekaanta**

**4:00 pm - Mindful Tea Drinking**

**5:00 pm - Nutrition #2**

**4:00 pm - Finding and Retaining Happiness - Dr Chettri**

**7:00 pm - 7:30 pm - Gratitude Ceremony followed by Ganga Aarti**

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

**9:00 pm - Movie under the stars**



ekaanta:

MINDVERSIY ON THE GANGES

## ITINERARY

---

### DAY 3

6:30 pm - Wake up

7:30am - SunRise Yoga by the Ghaat

9:00 am - Nourishing Breakfast

10:30 - Ayurveda Session #2

1:00 pm - Nourishing Lunch

2:00 pm - Meditation- Yog Nidra (*Spa time*)

3:30 pm - FREE ( massage) / Dance Movement

5:00 pm - Spa / Cultural Walk of Haridwar

6:30 pm - Mindful Cooking Session

8:00 pm - Food for the Soul - Dinner

9:00 - Movie under the stars

### DAY 4

6:30 pm - Wake up

7:30am - Trek to Mansa Devi

9:00 am - Nourishing Breakfast

10:30 - Ayurveda Session #3

1:00 pm - Nourishing Lunch

2:00 pm - Meditation- Yog Nidra (*Spa time*)

3:00 pm - Dance Movement Session #2

5:00 pm - Nutrition Session #3

6:30 pm - Yoga Local Yoga

8:00 pm - Bonfire + Dinner





ekaanta:

MINDVERSITY ON THE GANGES

## ITINERARY

---

### DAY 5

6:30 pm - Wake up

7:30am - Trek to Chandi Devi

9:00 am - Nourishing Breakfast

10:00 am - Beatles Ashram & Transcendental Meditation

1:00 pm - Nourishing Lunch

2:00 pm - Meditation- Yog Nidra (*Spa time*)

4:00 pm - Rest (*Spa*)

5:00 pm - Nutrition session #4

6:30 pm - Breathwork Session

8:00 pm - Food for the Soul - Dinner

### DAY 6

6:30 pm - Wake up

7:00am - SunRise Yoga by the Ghaat

9:00 am - Nourishing Breakfast

11:00 am - The Happiness journey ahead of you - Dr Chettri

1:00 pm - Snacks & Checkout





# ekaanta:

MINDVERSITY ON THE GANGES



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](mailto:happytohelp@ekaanta.in)

Learn more at [www.ekaanta.in](http://www.ekaanta.in)

