



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



# 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



# ITINERARY

### DAY3

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



# ITINERARY

#### DAY 5

6:30 pm - Wake up

7:30am - Trek to Chandi Devi

9:00 am - Nourishing Breakfast

10:00 am - Beatles Ashram & Transcedental 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

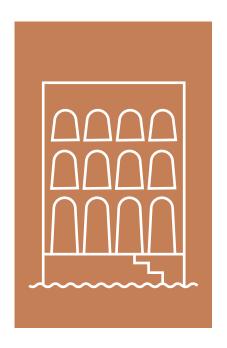
7:00am - SunRise Yoga by the Ghaat

9:00 am - Nourishing Breakfast

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

1:00 pm - Snacks & Checkout





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







