



ekaanta:

MINDVERSITY ON THE GANGES



EKAANTA'S — 7-DAY — RETREAT



Embrace Wellness, Transform Lives

Unveil a New You in 7 Day

Embark on an unparalleled journey of holistic well-being at Ekaanta, nestled amidst nature's tranquility. Dive into a blend of weight loss, gut health, lifestyle transformation, and immune fortification, all designed to rejuvenate your body, mind, and soul.



What's In Store?

7 Days onsite		14 Days Offsite	
	21 sessions of Yoga: A fusion of theory and practice to harness strength, flexibility, and inner peace.		12 Yog Sessions
	Nutrition Sessions: Tailored to fuel your body while shedding those extra pounds.		2 Nutrition Sessions
	Nature Walks: Soak in nature's healing embrace.		5 Mindfulness Exercises
	Spa Days: Relaxation and rejuvenation taken to the next level.		
	Mindfulness & Stress Reduction: Dive into tranquility with unique experiences like "Movie Under the Stars" and Ganga Aarti		

Qualify to Transform

Welcoming Individuals With:

Obesity, Stress,
Nutritional Imbalances
Metabolism Disorders
Lose weight & gain weight
And more...

Note: Due to the program's intensive nature, certain health conditions are ineligible. Check for details.



The Blueprint

Onsite Bliss (7 days): Experience the best of Ekaanta's serene ambiance with yoga, nutrition, spa sessions, nature walks, and more.

At-Home Dedication (14 days): Continuation of your transformation journey. Includes personalized plans, daily Zoom sessions, and a plethora of resources to guide you.

Post-Challenge Reunion (3 months later): Reconnect with your Ekaanta family, share experiences, celebrate progress, and continue your wellness journey.

Ekaanta 7-Day Wellness Retreat: Quick Peek

Day 1: Arrival and Orientation

12:00 PM - 2:00 PM : Check-in and Welcome

2:30 PM - 3:30 PM : Initial Yoga and Nutrition Consultations

4:00 PM - 5:00 PM : Orientation and Introduction to the Property

5:30 PM - 6:30 PM : Nature Walk: Exploring the Serene Surroundings

7:00 PM - 8:00 PM : Opening Group Session: Setting Intentions for the Retreat

8:30 PM - 9:30 PM : Dinner

Day 2: Yoga and Mindfulness

6:30 AM - 7:30 AM: Morning Yoga Session - Theme: *"Connecting with Your Breath"*

9:00 AM - 10:00 AM: Informative Yoga Session: *"Introduction and Philosophy to Yoga"*

10:30 AM - 12:00 PM: Practical Yoga Session - Pranayama Techniques

12:30 PM - 1:30 PM: Nutrition Session: *"Balanced Nutrition for Holistic Wellness"*

4:30 PM - 6:00 PM: Evening Mindfulness and Yoga Session: *"Sound Healing for Relaxation"*

8:00 PM - 9:00 PM: Dinner

Day 3: Nature and Stress Reduction

6:30 AM - 8:30 AM : Guided Nature Walk : *Shinrin Yoku*

12:30 PM - 1:30 PM : Practical Yoga Session - *"Yoga Nidra for Deep Relaxation"*

4:30 PM - 6:00 PM : Evening Mindful Cooking Session

8:00 PM - 9:00 PM : Dinner

9:30 PM - 10:30 PM : Movie Under the Stars

Day 4: Yoga and Immersion in Nature

6:30 AM - 8:30 AM : Guided Nature Walk: Shinrin Yoku

11:00 AM - 12:00 PM : Practical Yoga Session - Heart-Opening Asanas

12:00 PM - 1:00 PM : Mindfulness Fun Activity

8:00 PM - 9:00 PM : Dinner

9:30 PM - 10:30 PM : Group Sharing and Reflection

Day 5: Yoga and Nourishing the Body

6:30 AM - 7:30 AM : Morning Yoga Session - *"Finding Strength in Yoga"*

12:30 PM - 2:00 PM : Soulful Safari

4:30 PM - 6:00 PM : Practical Yoga Session - *"Yoga for Stress Relief"*

8:00 PM - 9:00 PM : Dinner

Day 6: Yoga and Advancement of Course

6:30 AM - 8:30 AM : Informative Yoga Session: *"Surya Namaskar and its Benefits"*

2:30 PM - 4:00 PM : Free Time and Spa Session

4:30 PM - 6:00 PM : Evening Yoga Session - *"Partner Yoga for Trust and Connection"*

8:00 PM - 9:00 PM : Dinner

9:30 PM - 10:30 PM : Group Session: *"Gratitude Focus Group Session"*

Day 7: Yoga and Cultural Exploration

6:30 AM - 8:30 AM : Guided Nature Walk: Shinrin Yoku

4:30 PM - 6:00 PM : Informative Yoga Session: *"Understanding the Chakra System"*

6:30 PM - 7:30 PM : Ganga Aarti in Har Ki Pauri

8:00 PM - 9:00 PM : Dinner

Day 8: Departure

7:00 AM - 8:00 AM: Morning Yoga Session - *"Integrating the Retreat Experience"*

9:30 AM - 11:30 AM: Closing Group Session: Reflection and Farewell

12:30 PM: Check-out and Departure with a Heart Full of Wellness



Outcomes Await



Yoga: Improve posture, flexibility, and mental focus.



Weight Loss: Achieve sustainable weight loss and embrace mindful eating habits.



Immunity Boost: Strengthen your defense mechanisms against illnesses.



Gut Health: Dive deep into nutrition for a happy gut.

Testimonials



"Three words: Life. Changing. Experience. The dedication of the Ekaanta team, the blend of activities, and the post-retreat support have transformed not just my body, but my entire outlook on wellness. See you again next year, Ekaanta!"

- Priya R., Entrepreneur



"As a father of three and an avid traveler, I've attended my fair share of retreats. But Ekaanta's 21-Day Retreat is in a league of its own. The lessons I've learned, the friends I've made, and the habits I've formed are irreplaceable. Thank you for this journey, Ekaanta!"

-Venkatesh Rangachari



"A salute to Ekaanta for this masterfully crafted retreat. The balance between relaxation and education, between solitude and community, made my 21 days an enlightening experience. I've not just lost weight but gained a fresh perspective on life."

- Pranav , Student



"I arrived at Ekaanta skeptical but left a believer. The combination of yoga, nutrition, and immersive nature walks was more than just rejuvenating – it felt like a reset button for my life. The impact of these 21 days can't be put into words. Highly recommend!"

- James T., Architect



Join the Retreat

Location: Ekaanta, Haridwar, India

Connect with Manvi Lohia at
+91 9936294022 or manvi.lohia@ekaanta.in

Limited Spots! Reserve Yours Today!