

ITINERARY

Joy | Peace | Renewal

Christmas & New Year Wellness Experience at Ekaanta, Haridwar
A festive escape of silence, sacredness and soulful luxury by the Ganga.

Why This Retreat

While the world rushes into the holiday chaos, Ekaanta invites you to embrace a gentler rhythm - mornings by the Ganga, mindful yoga, Ayurvedic healing, soulful music, winter-sattvic meals, and cultural rituals of Haridwar. This is where the year ends in clarity, and the new one begins in stillness

Day 1

- Check-in and welcome
- Festive Ayurvedic lunch
- Ganga Aarti
- Gentle yoga and meditation
- Winter dinner

Day 1

- Sunrise yoga and Nature Walk
- Breakfast
- Ayurvedic therapy
- Cultural excursion
- Bonfire and music
- Dinner





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Day 3

- Meditation
- Breakfast
- Departure

Inclusions

- Daily yoga and meditation
- Ayurvedic therapy (1 therapy for 2N/3D and 2 therapies for 3N/4D)
- All meals: seasonal sattvic winter menus
- Evening Ganga rituals and diya lighting
- Bonfire evenings
- Cultural tours (Haridwar ghats, temples, heritage routes)
- Nature walks
- Journaling rituals
- Private ghat access
- Festive welcome hamper

Optional Add-ons

- Personalized nutrition consultation
- Deep healing massages
- Private guided ceremony on the ghat
- Guided hike to Rajaji National Park or Neelkanth
- Heritage photography session

