

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 : *Arrival Into Joy*

- Warm herbal welcome drink
- Check-in and settling ritual
- Seasonal sattvic festive lunch
- Ganga Aarti and diya-light ceremony at sunset
- Gentle restorative yoga
- Journaling session: *What I am grateful for this year*
- Warm winter dinner

Day 2 : *A Day of Peace*

- Sunrise meditation and breathwork by the Ganga
- Festive winter breakfast
- Nature Walk: River trails and mindful silence
- Ayurvedic therapy (*Abhyanga or Shirodhara*)





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- Millet-based nourishing lunch
- Cultural immersion: Har Ki Pauri, Heritage walk, Temple darshan (*optional*)
- Tea by the Ghat (*Ginger-Tulsi winter chai*)
- Letting Go of the Year fire ritual
- Soulful music evening with snacks
- Dinner

Day 3 : *Body and Soul Renewal*

- Gentle Yoga for winter immunity
- Hot herbal breakfast
- Guided meditation: *Calling in Peace and Renewal*
- Local village visit or riverside photography walk
- Lunch by the ghat
- Bonfire evening with storytelling
- Festive dinner (*Christmas or New Year thali*)

Day 4 : *Departure in Stillness*

- Morning meditation
- Goodbye breakfast
- Blessing ritual and checkout





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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

