

#### 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**

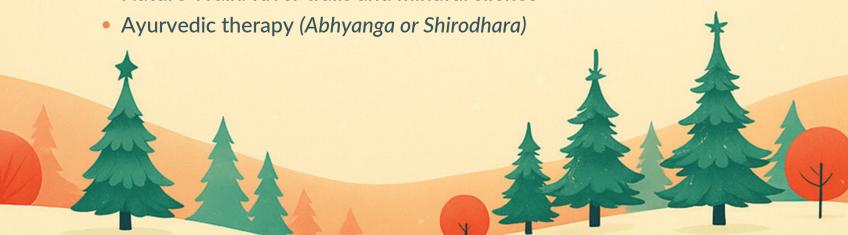
While the world rushes into the holiday chaos, Ekaanta invites you to embrace a gentler rhythm - mornings by the Ganga, mindful yoga, Ayurvedic healing, soulful music, winter-sattvic meals, and cultural rituals of Haridwar. This is where the year ends in clarity, and the new one begins in stillness

# 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





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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

