



Activity Sheet | 23rd June 2014 -29th June 2014

	Monday 23rd June 2014	Tuesday 24th June 2014	Wednesday 25th June 2014	Thursday 26th June 2014
06:00-09:00				Mountain Hike To Kunjapuri Temple (weather Permitting)
07:15-08:15	Hatha Yoga: Beginner	Hatha Yoga: Beginner	Hatha Yoga: Beginner	Hatha Yoga: Beginner
08:30-09:30	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level
09:00-09:30	Morning Stretches	Morning Stretches	Morning Stretches	Morning Stretches
10:00-11:00	Vedanta: Paradox of Life	Vedanta: Dynamics of Mind	Vedanta: The Fragrance of Forgiveness	Vedanta: All Play, No Work
15:00-16:00	Golf Class (Guided by our Pro)		Golf Class (Guided by our Pro)	Golf Class (Guided by our Pro)
16:00-16:45	Fab Abs	Lower Body Blitz	Core Stability	Fab Abs
16:00-17:00				Ananda Rejuvenation Cuisine
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation	Spa Orientation
17:00-17:45	Meditation: Yoga Nidra	Hatha Yogic Breath Work (Pranayama)	Meditation: Ajapa Japa	Meditation: Yoga Nidra
18:00-19:00	Vedanta: Spirituality Simplified	Vedanta: Who Am I (Video lecture by Swami Parthasarathy)	Vedanta: Emotions Vs Thinking	Vedanta: Guidelines to parenting
	Friday 27th June 2014	Saturday 28th June 2014	Sunday 29th June 2014	Week's Special
06:00-09:00			Mountain Hike To Kunjapuri Temple (weather permitting)	<p>Week's Special</p> <p>Antar Mouna or "Inner Silence" is a very systematic technique which deepens the insight into the processes of mind & develops skills to manage it.</p>
07:15-08:15	Hatha Yoga: Beginner	Hatha Yoga: Beginner	Hatha Yoga: Beginner	
08:30-09:30	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	Hatha Yoga: Intermediate level	
09:00-09:30	Morning Stretches	Morning Stretches	Morning Stretches	
10:00-11:00	Vedanta: Ego Management	Vedanta: Relationship Psychology	Vedanta: The Law of Karma	
15:00-16:00	Golf Class (Guided by our Pro)	Golf Class (Guided by our Pro)	Golf Class (Guided by our Pro)	
16:00-16:45	Lower Body Blitz	Core Stability	Fab Abs	
16:00-17:00			Ananda Rejuvenation Cuisine	
16:30-17:00	Spa Orientation	Spa Orientation	Spa Orientation	
17:00-17:45	Hatha Yogic Breath Work (Pranayama)	Meditation: Ajapa Japa	Hatha Yogic Breath Work (Pranayama)	
18:00-19:00	Vedanta: Art of Parenting	Vedanta: Governing Business & Relationships (Video lecture by Swami Parthasarathy)	Vedanta: Revisioning Life	

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MOUNTAIN HIKE TO KUNJAPURI (weather permitting)

Join our Trekker for a hike (half way by car and half way trek due to weather conditions) to visit sacred Temple of Lord Shiva and Sati. Returning by car in **time** for a late Breakfast

Please register at spa reception by 18:00pm on Wednesday or Saturday

HATHA YOGA

Improve your physical and spiritual well-being with **this** ancient system of Indian philosophy.

MEDITATION

Discover inner peace and well-being through Traditional Meditation and Pranayama techniques.

- All Hatha Yoga and Meditation sessions are delivered with a group dynamic in mind. For more personal guidance, please book a private session with our teachers.
- Please do not carry mobile phone in morning yoga & evening meditations classes
- As a courtesy to other guests, please arrive no later than 10 minutes before the scheduled start time of Yoga and Meditation classes.
- Kindly wear suitable attire for the Yoga classes such as kurta-pajama/track suit.

MORNING STRETCHES

Thai Stretches, passive and active stretching

FAB ABS

No more love handles! Trim and tone your tum with Ananda's flab busting workout.

LOWER BODY BLITZ

A combination of exercises to define your **pains**, lift your buttocks and slim your tummy.

CORE STABILITY

A challenging series of Swiss ball exercises to improve core strength and reduce back problems.

TRADITIONAL INDIAN DANCE PERFORMANCE

GOLF CLASS (Guided by our Pro)

ANANDA REJUVENATION CUISINE

Join our Chef to learn about food preparation the Ananda way.

SPA ORIENTATION

This introductory session is for our newly arrived guests to assist all in becoming familiar with Ananda's rejuvenating services and facilities

VEDANTA –A WAY OF LIFE

The Sanskrit word Vedanta means "Highest Knowledge". It presents eternal principles of life and living. Equips one with strength of intellect to meet challenges and live a life of action and peace. Above all, its philosophy leads one to **the** ultimate goal of Self-Realisation. Join **Eswaran** in daily interactive sessions on Vedanta. **Eswaran** is a senior disciple of Swami Parthasarathy. The book Vedanta Treatise - The Eternities, authored by Swami ji is available in your room as reading material.

SPA ENTRANCE

HAWA MAHAL (PALACE)

PALACE

SPA GYMNASIUM

SPA GYMNASIUM

SPA GYMNASIUM

AMPHITHEATRE

GOLF COURSE

SHOW KITCHEN

SPA RECEPTION

RESTAURANT PAVILION