

Daily Schedule

Women's 3.5



From	To	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	5:30 AM		Gong-Alarm	Gong-Alarm	Gong-Alarm
5:30 AM	6:00 AM		Deepening Awareness	Flow	Energy Balance
6:00 AM	6:30 AM		Yoga	Yoga	Yoga
6:30 AM	7:00 AM		Activity/Personal Time	Activity/Personal Time	Activity/Personal Time
7:00 AM	7:30 AM				
7:30 AM	8:00 AM		Breakfast	Breakfast	Breakfast
8:00 AM	8:30 AM				
8:30 AM	9:00 AM		Theory and Practical Tips	Theory and Self-Examination	I AM
9:00 AM	9:30 AM		Personal Time	Personal Time	
9:30 AM	10:00 AM				Personal Time
10:00 AM	10:30 AM		Focus Awareness	Pierece & Penetrate	Synthesis & Prescriptions
10:30 AM	11:00 AM				
11:00 AM	11:30 AM		Mid-Morning Snack	Mid-Morning Snack	Mid-Morning Snack
11:30 AM	12:00 PM		Theory and Practical Tips	Theory and Practical Tips	Return Digital Devices/Valuables
12:00 PM	12:30 PM		Personal Time	Personal Time	
12:30 PM	1:00 PM				Conclusions and Resolutions
1:00 PM	1:30 PM		Lunch-Rest	Lunch-Rest	
1:30 PM	2:00 PM				Lunch-Rest
2:00 PM	2:30 PM		Dialogue on Health and Wellbeing	Cuisine & Recipes	
2:30 PM	3:00 PM	Orientation/Settling-In	Scanning	Self Coach Template	Depart/Continue Stay
3:00 PM	3:30 PM				
3:30 PM	4:00 PM		High Tea - Rest	High Tea - Rest	
4:00 PM	4:30 PM				
4:30 PM	5:00 PM	Crossing the Threshold			
5:00 PM	5:30 PM		Focussed Scan	Sunset on the Beach	
5:30 PM	6:00 PM				
6:00 PM	6:30 PM		Rest	Rest	
6:30 PM	7:00 PM	Setting Intentions			
7:00 PM	7:30 PM	Dinner	Dinner	Dinner	
7:30 PM	8:00 PM	Introductions and Getting Started			
8:00 PM	8:30 PM	Satsang	Satsang	Practical Insights	
8:30 PM	9:00 PM	Building Awareness		Shed & Balancing Energy	
9:00 PM	9:30 PM		Deep Scan		
9:30 PM	10:00 PM	Retire-Lights Out			
10:00 PM	10:30 PM		Retire-Lights Out	Retire-Lights Out	
			Special	Sessions / Consults	Food / Rest

NOTES

Ayurvedic Treatments: Based on age, body constitution, strength, metabolism, physical conditions, climatic conditions etc. Will be planned individually during s

Yoga: Will be planned individually during s. Attempt will be made to support the meditation s.

Cuisine: A 6-course meal plan through the day has been carefully planned and curated. The spread spans recipes from Continental, Kerala, Karnataka and Rajasthan. This course includes carefully crafted herbal concoctions in between s to boost vitality and improve mood. Menus are alkaline leaning and low on refined sugar and gluten. Portion control is encouraged as part of the philosophy during Retreats to support meditation and sleep cycles.