

A Typical Week at the Ananda - In The Himalayas

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|----------|--------------------------------|---------------------------------|--------------------------------------|------------------------------|--------------------------------------|-------------------------------------|--|
| 6:30 am | Sunrise Meditation | Sunrise Meditation | Sunrise Meditation | Sunrise Meditation | Sunrise Meditation | Sunrise Meditation | Sunrise Meditation |
| 7:00 am | Yoga | Breathing Class | Jogging Session | Breathing Class | Yoga | Jogging Session | Breathing Class |
| 8:00 am | Nutrition Breakfast | Nutritious Breakfast | Nutritious Breakfast | Nutritious Breakfast | Nutritious Breakfast | Nutritious Breakfast | Nutritious Breakfast |
| 9:00 am | Medical Consultation | Own Time | Own Time | Own Time | Own Time | Own Time | Own Time |
| 10:00 am | Consultation with Nutritionist | Power Walk | Aqua Aerobics | Tai-chi Class | Sauna Treatment | Power Walk | Aqua Aerobics |
| Noon | Spa Lunch | Spa Lunch | Spa Lunch | Spa Lunch | Spa Lunch | Spa Lunch | Spa Lunch |
| 1:00 pm | Quiet Walk | Quiet Walk | Quiet Walk | Quiet Walk | Quiet Walk | Quiet Walk | Quiet Walk |
| 2:00 pm | Fitness Consultation | Sirodhara (Ayurvedic treatment) | Spa Cuisine Cooking Class | Abhyanga (Ayurvedic massage) | Steam Bath | Seaweed Body Wrap | Spa Cuisine Cooking Class |
| 3:00 pm | Seaweed Bath | Body Blitz | Papaya Body Polish | Seaweed Body Wrap | Herbal Scrub | Shiatsu Massage | Anticellulite Mud Masque |
| 4:00 pm | Thai Massage | Swedish Massage | Reflexology Massage | Anticellulite Mud Masque | Aromatherapy Massage | Choornaswedam (Ayurvedic treatment) | Ananda Royal Facial |
| 5:00 pm | Aerobic Cardio | Stretch & Tone | Aerobic Step | Stretch & Tone | Aerobic Cardio | Stretch & Tone | Aerobic Step |
| 6:00 pm | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time |
| 7:00 pm | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 8:00 pm | Stretching & Breathing | Guided Meditation | Stretching & Breathing | Guided Meditation | Stretching & Breathing | Guided Meditation | Quiet Time |
| 9:00 pm | Evening Lecture | Quiet Time | Evening Cultural Program or Own Time | Quiet Time | Evening Cultural Program or Own Time | Work Shop Activities | Introduction to Traditional Indian Dance |

Note: - Shaded boxes represents personal services