

Yoga Retreat Schedule

PANCHA MAHABOOTA - 5 Day Retreat

Day 1 AKASH (Colour of the day; Shades of Grey)

Timing	Topics	Description
12:00 PM - 12:30 PM	Registration & Welcome	Registration & welcome ceremony
12:30 PM - 01:30 PM	Sattvik Lunch	Freshly cooked wholesome sattvik meal with local ingredients
01:30 PM - 02:00 PM	Orientation about the camp	Briefing out the camp and topics to be covered + introduction/ice breaker with an activity
02:00 PM - 03:00 PM	Kriya	Karna Randra dhouti and its benefits
03:00 PM - 04:00 PM	Sounds of Nature	Enjoy your first day with the welcoming sound of birds chirping and connecting with the element of the day
04:00 PM - 05:00 PM	Herbal Tea + Snacks	A detox kada to refresh you with light snacks
05:00 PM - 05:30 PM	Sound Meditation	Meditation connecting with sound and the singing bowl
05:30 PM - 06:00 PM	Nispandbhav	TYI technique to calm mind and bring body awareness
06:00 PM - 06:15 PM	Warm ups	Shaj bhav asana + Stretches
06:15 PM - 07:00 PM	Asana and Pranyama	Introduction of basic asanas and pranayama connecting with the tanmatra of sound
07:00 PM - 08:00 PM	Sattvik Dinner	Freshly cooked wholesome sattvik dinner
09:00 PM	Lights Off	Shub Raatri

Timing	Topics	Description
07:30 AM - 08:00 AM	Briefing of the day + Morning Stretches + Pranayama	A quick brief about the day + Practice of Asanas + Pranayamas
08:00 AM - 09:00 AM	Breakfast	A simple yet tasty breakfast served in traditional way
09:00 AM - 10:00 AM	Importance of Pranayama	Practicing pranayama and increasing the overall lung capacity
10:00 AM - 11:00 AM	Mauna Practice	Learning from the silence and celebrate the tanmatra for touch by listening to inner self
11:00 AM - 12:30 PM	Asana (stretching) + Pranayama	Establishing the connect with your mat and self through asanas
12:30 PM - 01:30 PM	Sattvik Lunch	Sattvik lunch to ensure higher levels of dietary fibre, folate & antioxidants
01:30 PM - 02:00 PM	Yogic relaxation	Asanas that aid in digestion and experiencing power naps
02:00 PM - 04:00 PM	Exploring the nature	Enjoy the nature and take a walk by the riverside; sit and get absorbed in the lush green environment
04:00 PM - 05:00 PM	Herbal Tea + Snacks	Snacks/ substitute your tea and coffee with the TYI herbal tea along with light snacks
05:00 PM - 05:30 PM	AnityaBhav	TYI technique to understand the nature of Anityatat
05:30 PM - 06:30 PM	Meditation	Experience the touch of the surrounding through a mindful session of meditation
06:00 PM - 06:15 PM	Warm ups	Shaj bhav asana + Stretches
06:30 PM - 07:00 PM	Satsang	Learning by exchanging experiences
07:00 PM - 08:00 PM	Sattvik Dinner	Making evening sattvik meals the important meal of your lifestyle to promote good sleep and metabolism
09:00 PM	Lights Off	Shub Raatri

Timing	Topics	Description
07:30 AM - 08:00 AM	Briefing of the day + Pranayama	A quick brief about the day + Practice of Surya bhedan and Ujjayi pranayama
08:00 AM - 09:00 AM	Breakfast	Enjoy your breakfast and proceed to Karma yoga session
09:00 AM - 10:00 AM	Journal update + karma yoga	How to maintain a journal to recognise patterns
10:00 AM - 11:00 AM	Talk on Yoga for wellness	Healthy eating habits and tridosha
11:00 AM - 12:30 PM	Asanas	Asanas for abdominal region to activate the jathar agni
12:30 PM - 01:30 PM	Sattvik Lunch	Easy on stomach food to connect with the fire element
01:30 PM - 02:00 PM	Yogic relaxation	Asanas that aid in digestion and experiencing power naps
02:00 PM - 04:00 PM	Tour of the spice garden	Understanding spices that generate heat in our body and their medicinal uses
04:00 PM - 05:00 PM	Herbal Tea + Snacks	Light snacks and herbal tea. Today we also learn to make the tea
05:00 PM - 06:00 PM	Candle/Diya Tratak Meditation	To sharpen eyesight and aids in relieving from headaches
06:00 PM - 06:30 PM	Satsang on the days learning	Learning by exchanging the days learning
07:00 PM - 08:00 PM	Sattvik Dinner	A good filling sattvik meal to prepare your mind and body for the next day's activities
08:00 PM - 09:00 PM	Camp Fire	Celebrating the element of Agni
09:00 PM	Lights Off	Shub Raatri

Timing	Topics	Description
07:30 AM - 08:00 AM	Briefing of the day + Jal-neti Kriya	Jal- neti a powerful and simple to practice kriya which helps remove mucus & pollutants from the nasal passage & sinuses
08:00 AM - 09:00 AM	Breakfast	After your healthy breakfast proceed to the gardens
09:00 AM - 10:00 AM	Karma yoga /gardening	Karma Yoga through gardening
10:00 AM - 11:00 AM	Talk on Hatha Yoga	Intro to Hatha Yoga
11:00 AM - 12:30 PM	Asanas	Balancing Asanas to understand the fluid nature of our thoughts
12:30 PM - 01:30 PM	Sattvik Lunch	Let's have our lunch today by practicing the traditional way of circling water around the plate & understand the importance of the same
01:30 PM - 02:00 PM	Yogic relaxation	Asanas that aid in digestion and experiencing power naps
02:00 PM - 04:00 PM	Riverside reading	Students can read by the riverside; books shall be issued from the library
04:00 PM - 05:00 PM	Herbal Tea + Snacks	Enjoy the goodness of the refreshing herbal tea and light snacks
05:00 PM - 06:00 PM	Meditation	Practicing meditation by riverside
06:00 PM - 06:30 PM	Satsang on the days learning	Learning by exchanging the days learning
07:00 PM - 08:00 PM	Sattvik Dinner	Enjoy your dinner with specially cooked soup of the day
09:00 PM	Lights Off	Shub Raatri

Timing	Topics	Description
07:30 AM - 08:00 AM	Briefing of the day + Pranayama	A quick brief about the day + Practice of Pranayama
08:00 AM - 09:00 AM	Breakfast	Let the aroma of delicious food fill you up as we celebrate the element of Prithvi
09:00 AM - 10:00 AM	Karma Yoga	Planting Saplings on the campus
10:00 AM - 11:00 AM	Rendezvous with Maa Hansa ji Yogendra	Zoom meeting with Hansa ji and one on one interaction
11:00 AM - 12:30 PM	Asanas	Asanas for core strength
12:30 PM - 01:30 PM	Sattvik Lunch	Enjoy your meal on the banana leaf plate
01:30 PM - 02:00 PM	Yogic relaxation	Asanas that aid in digestion and experiencing power naps
02:00 PM - 03:00 PM	Experience sharing	Sharing their thoughts on Karma yoga and other activities done in the past 4 days
03:00 PM - 04:00 PM	How to be Happy 24/7	Activity session to understand that all one can be happy by channelising thoughts
04:00 PM - 05:00 PM	Herbal Tea + Snacks	Snacks and refreshments
05:00 PM - 06:00 PM	Meditation	Insight through mindful meditation
06:00 PM - 06:30 PM	Satsang on the camps learning	Learning by exchanging the days learning
07:00 PM - 08:00 PM	Sattvik Dinner	We enjoy the dinner together and take the healthy habits along with us
08:00 PM - 09:00 PM	Feedback & photoshoot	Get dressed in your best and take few pictures as we rediscover the new us and embark on the journey of better living
09:00 PM	Lights Off	Shub Raatri