

## 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