

The Shoonyam Retreat	
Day 1, 9th October	
Arrival	Welcome Drinks/ Rituals
12:30 pm - 3 pm	Lunch (whoever has checked in)
	Rest
5:30 pm - 6:30 pm	Reflexology/ Head Neck Massage/ Hotel Tour
7:00 PM	Regroup at a location
7:45 PM	Pranic Dinner
9:00 PM	Some Light Session/ Yoga Nidra
10:00 PM	Retire to rooms
Day 2, 10th October	
6:30 AM	Dr. Mehta's session
8:00 AM	Breakfast
9 AM - 10:30 AM	Freshen Up/ Self Time
10:30 AM - 12:30 PM	Dr. Mehta's session
12:30 PM - 1:30 PM	Satvik Lunch
1:30 PM - 3 PM	Rest
3 PM - 4 PM	Dr. Mehta's session
4 PM - 5:30 PM	Dr. Mehta's session
5:30 PM - 7:30 PM	Self Time/ Reflections/ Rest
7:30 PM - 8:30 PM	Dinner
9 PM - 10 PM	Dr. Mehta's session
Day 3, 11th October	
7 am - 8 am	Early Breakfast
8 AM - 11 AM	Immerse into Bodhgaya
11:30 AM	Back at hotel
12 PM - 1:30 PM	Dr. Mehta's session
1:30 PM - 2:30 PM	Purvanchal Rasoi
2:30 PM - 3:30 PM	Rest/ Me Time
3:30 PM - 4:30 PM	Dr. Mehta's session
4:30 PM - 5:30 PM	Dr. Mehta's session
5:30 pm - 7 PM	Refreshments/ Me Time
7PM - 7:45 PM	Engage with the Monk
7:45 PM - 8:45 PM	Rajasic Dinner
9PM - 10 PM	Dr. Mehta's session
10:00 PM	Dr. Mehta's session
10:45 PM	Day ends
Day 4, 12th October	
6:30 AM	Dr. Mehta's Session
7:30 AM	Conclusion
8:00 AM	Breakfast and check out