

Day	Date	Day	Time		Location	Activity	Remarks	
			Arrival	Departure				
1		Friday		08:00P.M	Delhi Railway station	Travel		
2		Saturday	04:30 A.M	05:30A.M	Kathgodam Railway station	Boarding Time	Will Have to Keep Buffer	
2		Saturday	07:30 A.M	08:30A.M.	Khairna	Breakfast		
2		Saturday	10:00 A.M	12:00P.M	Almora	Kasardevi Darshan		
2		Saturday	12:00P.M	01:00P.M		Lunch		
2		Saturday	03:30 P.M		Bagheshwar	Night Stay		
2		Saturday	07:30P.M	8:30P.M		Dinner		
3		Sunday	06:00A.M	7:00A.M		Yoga		
3		Sunday		7:30A.M		Travel		
3		Sunday	09:30A.M	10:30 A.M	Loharkhet	Breakfast		
3		Sunday	02:30P.M		Dhakuri	Trek	VD	
3		Sunday	02:30 P.M	3:30 P.M		Lunch		
3		Sunday	05:00P.M	7:00P.M		Meditation (Theory and Practice)		
3		Sunday	07:30P.M	8:30P.M		Dinner		
4		Monday	06:00A.M	7:00A.M	Dhakuri	Yoga		
4		Monday	07:00A.M	8:00A.M		Breakfast		
4		Monday	08:00A.M	9:00A.M		Rest		
4		Monday	09:00A.M	12:00P.M		Meditation (Theory and Practice)		
4		Monday	12:00P.M	01:00P.M		Lunch		
4		Monday	01:00P.M	02:00P.M		Break		
4		Monday	02:00P.M	06:00P.M		Village Walk	VD	
4		Monday	06:00P.M	07:30P.M		Cultural Evening	VD	
4		Monday	07:30P.M	08:30P.M		Dinner		
5		Tuesday	06:00A.M	8:00A.M	Chilta Top (Sunrise)	Trek	Will leave at 4:00A.M	
5		Tuesday	09:00A.M	10:00A.M	Dhakuri	Breakfast		
5		Tuesday	11:00A.M	12:00P.M		Theory Session		
5		Tuesday	12:00P.M	01:00P.M		Lunch		
		Tuesday	02:00P.M	02:30P.M		Yog Nidra		
5		Tuesday	02:30P.M	05:30P.M		Meditation (Theory and Practice)		
5		Tuesday	05:30P.M	06:30P.M		Nature Walk		
5		Tuesday	06:30P.M	07:30P.M		Spritual Evening		
5		Tuesday	07:30P.M	08:30P.M		Dinner		
5		Tuesday	08:00P.M	09:00P.M		Stargazing session	VD	
6		Wednesday	06:00A.M	07:00A.M	Dhakuri	Yoga		
6		Wednesday	07:00A.M	09:00A.M		Bird Watch	VD	
6		Wednesday	09:00A.M	10:00A.M		Breakfast		
6		Wednesday	10:00A.M	11:00A.M		Break		
6		Wednesday	11:00A.M	12:00P.M		Theory Session		
6		Wednesday	12:00P.M	01:00P.M		Lunch		
		Wednesday	02:00P.M	02:30P.M		Yog Nidra		
6		Wednesday	02:30P.M	05:30P.M		Meditation (Theory and Practice)		
6		Wednesday	05:30P.M	07:30P.M		Games	VD	
6		Wednesday	07:30P.M	08:30P.M		Dinner		
6		Wednesday	08:00P.M	09:00P.M		Stargazing session (Backup)		
7		Thursday	06:00A.M	09:00A.M	Dhakuri	Meditation (Theory and Practice)		Khati
7		Thursday	09:00A.M	10:00A.M		Breakfast		
7		Thursday	10:00A.M	12:00P.M		Adventure Activities	VD	
7		Thursday	12:00P.M	01:00P.M		Lunch		Pangu Tre
7		Thursday	02:00P.M	02:30P.M		Yog Nidra		
7		Thursday	02:30P.M	05:00P.M		Yoga Therapy Theory and Practical		
7		Thursday	06:00P.M	08:30P.M		Celebration and bone fire	VD	
7		Thursday	07:30P.M	08:30P.M		Dinner		
8		Friday	06:00A.M	07:00A.M	Dhakuri	Yoga		
8		Friday	07:00A.M	08:00A.M		Breakfast		
8		Friday		08:00 A.M		Trek	VD	
8		Friday	09:00A.M	09:30A.M	Dhurr	Transition		
8		Friday	12:30P.M	01:30P.M	Kausani	Lunch		
8		Friday	04:00P.M	07:30P.M	Ranikhet	Activity/Explore	VD	
8		Friday	07:30P.M	08:30P.M		Dinner		
9		Saturday	06:00A.M	08:00A.M		Yoga		
9		Saturday	08:00A.M	09:30A.M		Breakfast		
9		Saturday	11:00A.M	12:00P.M	Kanchi Dham	Darshan		
9		Saturday	12:00P.M	01:00P.M		Lunch		
9		Saturday	03:00P.M	03:45P.M	Haldwani	Train to Delhi		

	Poha			
	Parathe			
	Aloo puri			
	Sandwich			
	Upma			
	Bread Butter			
	Halwa chana			