

## WELCOME TO AYURVEDIC LIVING AT JIVAGRAM

25th to 27th March 2022

### PROGRAM SCHEDULE

DAY 1

25<sup>th</sup> Mar 2022

Welcome & Check In

05:00pm

Showround

06:00pm

Satvik Dinner at Dining Hall, 2<sup>nd</sup> Floor

07:00pm to 08:00pm

DAY 2

26<sup>th</sup> Mar 2022

Homa Therapy by Acharya Ravishankar at Amphitheater

07:00am to 07:30am

Yoga Session by Acharya Ravishankar at Yoga Hall

07:30am to 08:30am

Satvik Breakfast at Dining Hall 2<sup>nd</sup> Floor

09:00am to 10:00am

Ayurveda Session with Dr. Chauhan at Class Room 1<sup>st</sup> Floor

10:00am to 11:00am

Mudra Therapy by Acharya Ravishankar at 1 <sup>st</sup> Floor Mudra Hall	12:00pm to 01:00pm
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Satvik Lunch at Dining Hall 2 <sup>nd</sup> Floor	01:00pm to 02:00pm
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Time to Rest & get Experience of Panchakarma Therapy (Either Padabhyanga or Shiro Abhyanga)- Duration 10 minutes <b>PKM Therapy at 2:00 pm(Please report at reception)</b>	02:00pm to 03:00pm
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Head Massage Practical by Dr Chauhan 1st Floor Terrace	03:00pm to 04:00pm
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Evening Tea at 1 <sup>st</sup> Floor Library	04:00pm to 04:30pm
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Pottery Session at Art & craft Room	04:30pm to 05:00pm
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Jivananda session with Dr. Chauhan at Yoga hall	05:00pm to 06:00pm
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Satvik Dinner at Dining Hall 2 <sup>nd</sup> Floor	06:30pm
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## DAY 3 27<sup>th</sup> Mar 2022

Homa Therapy by Acharya Ravishankar at Amphitheater	07:00am to 07:30am
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Yoga Session by Acharya Ravishankar at Yoga Hall	07:30am to 08:30am
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Satvik Breakfast at Dining Hall 2 <sup>nd</sup> Floor	09:00am to 10:00am
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Home Remedy Session by Dr Chauhan at Ground Floor Kitchen Class Room	10:00am to 11:00am
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Ayurveda Class with Dr Chauhan at Ground Floor Conference Room	11:00am to 12:00pm
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Rural Kitchen at Rural Kitchen Room	12:00pm to 1:00pm
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Lunch	01:00pm to 2:00pm
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Time to Rest & get Experience of Panchakarma Therapy  
(Either Padabhyanga or Shiro Abhyanga)- Duration 10 minutes  
**Consultation at 2:30 pm (Please report at Reception)**

02:00pm to 03:00pm

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Reflexology Walk

03:00pm to 04:00pm

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Evening Tea

04:30pm to 05:00pm

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Checkout

05:00pm to 06:00pm

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### IMPORTANT INFORMATION

- For any Information or query, please connect with Reception team or call at 300 from Room phone.

**Enjoy your  
Ayurvedic Experience at Jivagram**