



➤ *Ananda Dhyana Meditation*

A process of *self-realization*, meditation is one of the key tools to help *harmonize* the mind and tap into the potential of higher consciousness. Ananda's Dhyana programme *guides* through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and *awareness* of the journey towards experience of Dhyana (continued meditative awareness).

Who is this programme for: For mind management, improving focus and concentration, somatic and psychosomatic healing and for deep spiritual immersion. Also for those experiencing emotional disturbances.

The various concepts of Dhyana (meditation) and its practice originated in the Vedic era and have been influenced over the ages by Buddhism, Hinduism and Jainism. The practice of meditation is one of the key tools that helps harmonize the mind and also tap into the full potential of the 'higher mind'. By overcoming negative tendencies, it helps harmonize the whole personality and gives an overall sense of calm.

Daily meditation discussions include practicing techniques of pratyahara (withdrawal of the senses from the mind), followed by dharana (mental awareness) which help to relax, concentrate and build internal awareness leading to dhyana (continued awareness). Topics related to the philosophy of yoga, the structures of the yogic system, the yogic and meditative lifestyle, the positive effects of mantras (sound vibrations) and self-study are discussed during these sessions. Daily personalized Pranayama sessions promote breathing techniques that lead to control of pranas (energy) and the mind. Personalized yoga sessions focus on asanas accompanied by an awareness of one's energy.

Soothing and healing therapies complement the mindful meditation and yoga sessions. Ananda's unique Dhyana meditation programme harmonizes the physical, mental & spiritual faculties, balances chakras leading to spiritual enlightenment, stimulates reflex points to restore energy flow in the body, improves cardiovascular and circulatory health, reduces stress, improves circulation, boosts the immune system, improves memory and normalizes sleep patterns & blood pressure.

Dhyana Meditation	Comprehensive		
<i>Inclusions</i>	7 nights	14 nights	21 nights
THERAPIES			
Ayurveda, International, Oriental, Cleansing	6	12	17
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	9	18	29
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Yoga, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	11

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Yoga and Meditation Guide

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

