



➤ *Dhyana* Meditation

Ananda's Dhyana Meditation Programme is based on the classical Raja Yoga tradition, *focusing on managing the mind* to develop mental discipline, concentration, and inner harmony.

This programme guides participants from sensory withdrawal to deeper states of mental absorption, leading to expanded consciousness. Dhyana, or meditation, is a process where the mind evolves, gaining clarity and wisdom.

Who is this programme for: This programme is ideal for individuals seeking to manage stress, improve mental clarity, and achieve inner peace. Whether you're new to meditation or an experienced practitioner looking to deepen your practice, the Dhyana Programme offers a structured path to help you reconnect with your inner self and explore the transformative power of meditation.

The Dhyana Meditation Programme follows the stages of Raja Yoga, starting with **Pratyahara**, where participants learn to withdraw their senses from the external world. This practice addresses stress at its root, reducing the sensory overload that constantly bombards the mind.

Once you master this withdrawal, the next stage is **Dharana**, which focuses on concentrating the mind on a single object. This stage eliminates distractions and prepares the mind for deeper meditation.

The final stage is **Dhyana**, where the mind becomes fully absorbed in the object of meditation. In this state, you experience inner peace, expanded consciousness, and freedom from mental tensions. This structured approach helps you navigate the journey from sensory overload to profound inner tranquility and spiritual awareness.

Dhyana Meditation	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions Nights:	7	14	21	7	14	21
THERAPIES						
Ayurveda, International, Oriental	6	14	23	10	23	35
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	8	15	22	11	21	31
CONSULTATIONS						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

*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. Comprehensive and Intensive wellness programmes include consultations 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.

