ekaya EVENT ITINERARY

Ekaya

20–22 November 2026 · Asia/Kolkata

Taj Vivanta Pakyong, Basnett Goan, Namcheybong, Pakyong, Sikkim, 737106, India

DAY 1 · FRI 20 NOV

Ground & Move

7:00 AM – 8:00 AM	**Yoga**
8:30 AM – 10:00 AM	**Breakfast**
10:00 AM – 12:30 PM	**Qi Gong workshop with Niko**
12:30 PM – 2:00 PM	**Lunch / Rest**
2:00 PM – 3:30 PM	**Capoeira Workshop**
3:30 PM – 5:30 PM	**Animal Flow**
5:30 PM – 7:00 PM	**Flow Arts Workshop**
7:00 PM – 8:00 PM	**Dinner**
8:30 PM – 10:00 PM	**Folklore Performance by Darnal Group + Zen Drum Performance**

DAY 2 · SAT 21 NOV

Move & Flow

7:00 AM – 8:00 AM	**Yoga**
8:30 AM – 10:00 AM	**Breakfast**
10:00 AM – 12:30 PM	**Capoeira Workshop**
12:30 PM – 2:00 PM	**Lunch / Rest**
2:00 PM – 3:30 PM	**Animal Flow Workshop**
3:30 PM – 5:30 PM	**Aerial Movement Workshop with Dasha Fogel**
6:00 PM – 7:00 PM	**Rope Flow with Kimmi**
7:00 PM – 8:00 PM	**Dinner**
8:30 PM – 9:30 PM	**Aerial Performance with Dasha Fogel**

DAY 3 · SUN 22 NOV

Express

7:00 AM – 8:00 AM	**Yoga**
8:30 AM – 10:00 AM	**Breakfast**
10:30 AM – 1:00 PM	**Excursion outside the venue**
	Option of Pottery / Bonsai Making / Bird Watching
1:00 PM – 2:00 PM	**Pack Lunch at Location**
2:00 PM – 4:30 PM	**Resume chosen activity**
5:00 PM	**Return to Hotel**
5:00 PM – 7:00 PM	**Rest**
7:00 PM – 8:00 PM	**Dinner**
8:00 PM – 10:30 PM	**BFR Sound System + Fire Flow Performance**