



Tapovan Times

By Aavya Wellness Retreat



6th Sep 2025

TAPOVAN, RISHIKESH

VOL. 1 ISSUE 1

What to expect at Ganga Aarti... confused which one to go to?

Every evening around 6:30 PM, the Ganga glows with lamp light and chants during the Aarti. Each ghat offers its own flavor:

Sai Ghat (Lakshman Jhula side): Small, intimate, and nearby — perfect for a personal experience.

Parmarth Niketan (Ram Jhula side): The most famous Aarti, grand and spiritual, with hundreds of lamps and chants.

Shatrughan Ghat (near Ram Jhula): Quieter and more soulful, for those seeking intimacy without crowds.

Triveni Ghat (Rishikesh city side): The largest, festive Aarti, with dramatic fire rituals and huge gatherings.

★ Tip: Arrive a little early to get a good seat. Each ghat offers a unique atmosphere — from intimate devotion to grand celebration.



Yogi Says

“You are under no obligation to be the same person you were five minutes ago.”
— Alan Watts



HEADLINES from TAPOVAN

TAPOVAN STILL WAITING FOR THE SEASON

Yoga schools are full and skies are clearing signs that an amazing season is just around the corner.

ARE THE MONSOONS ENDING... OR JUST PAUSING?

Golden skies one day, thunder the next. Locals have agreed: better to just love the rains anyway.

BULLS CLASH ON BALAKNATH ROAD

Two bulls locked horns last week, halting traffic and delighting bystanders with a free show.



NEW CAFÉS POP UP, SEASON STILL SNOOZES

A few brave cafes have opened early, serving lattes mostly to each other while waiting for the rush.

GANGAJI RUNS HIGH, TAPOVAN RUNS SMOOTH

Yes, the river is above normal but life here flows on: yoga mats, chai cups, and cows included.

DOGS HOST MIDNIGHT BARKING

FESTIVAL
Theme: "Who Owns This Street?" Duration: three hours, Sponsors: sleepless yogis.

WHERE EAST MEETS WEST



WARRIOR II
(VIRABHADRASANA II (YOGA))



KUNG FU HORSE STANCE
(MARTIAL ARTS)

Both poses cultivate grounding, stability, and endurance in the legs. Yoga finds expansion and calm in Warrior II, while Martial Arts uses Horse Stance to build explosive readiness.



Rishikesh teaches you mindfulness: you chant 'Om' to stay centered while 12 yoga flyers are slipped under your mat, each promising instant enlightenment.

Why Did We Start Tapovan Times?

It all began with a simple question: how do we share everything that's happening here without drowning people in posters?

At Aavya, we have so much to offer. On any given week, there are eight to ten different classes — from yoga and meditation to movement and chanting.

Add to that pottery and hand-sculpting, art sessions, cooking classes, our spa therapies, our recording studio, the café, our boutique rooms, retreats, and the upcoming workshops that keep unfolding with the seasons. That's not "too much" — that's Tapovan life, and we're grateful for it.

But how do we tell people about it all? One poster here, another timetable there, a WhatsApp message somewhere else. Someone has to do the task no one enjoys: distributing flyers, putting up posters, sometimes even fighting for space on a wall already crowded with announcements. We never liked that.

It didn't feel like us.

So the idea came: instead of a hundred small posters, why not one simple page that brings everything together? Something clear, simple, easy to follow. But as we sat with it, the idea grew. What if it wasn't just a timetable? What if it also carried stories of Tapovan? Jokes, reflections, interviews, café updates, wisdom quotes, even the weather? That's when the thought sparked: this isn't a flyer.

This is a newspaper.

And so Tapovan Times was born.

Yes, it's partly advertorial — we won't pretend otherwise. But our hope is that it never feels like advertising. That it entertains you, makes you think, keeps you smiling, and gives you a little window into the community we love.

Because Tapovan is not just a place of classes and schedules. It's cows and dogs, kirtans and cafés, Gangaji and gossip, spirituality and laughter. And a newspaper felt like the right way to hold all of that together.

So here it is — our humble start. We've tried to make it as fun and as true to Tapovan as possible. Share it with friends, tell us what you think, and if you have ideas to make it better, we're listening.

After all, Tapovan deserves its own Times.



Feeling inspired? Wish to record a podcast, some music, or even your yoga videos? ✨

Aavya's **RECORDING STUDIO** is open for you — create songs, podcasts, or full videographies in a space built for expression.

☎ To know more, call or WhatsApp us at
+91 9821172784





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Classes & Events at Aavya

Weekly Schedule at Aavya

Monday

7:00 – 8:00 am → Pranayama / Meditation + Vinyasa (Krystal)
8:30 – 10:00 am → Movement Class (Amit)
5:00 – 6:00 pm → Mantra Chanting (Chandna)
7:00 – 8:00 pm → Anahata Sound Healing (Ramana)

Tuesday

7:00 – 8:00 am → Pranayama / Meditation + Vinyasa (Krystal)
8:30 – 10:00 am → Movement Class (Amit)
5:00 – 6:00 pm → Yin Yoga (Krystal)
7:00 – 8:00 pm → Yoga Nidra (Ashish)

Wednesday

7:00 – 8:00 am → Pranayama / Meditation + Vinyasa (Krystal)
8:30 – 10:00 am → Movement Class (Amit)
5:00 – 6:00 pm → Couples Yoga (Chandna)
7:00 – 8:00 pm → Anahata Sound Healing (Ramana)

Thursday

7:00 – 8:00 am → Pranayama / Meditation + Vinyasa (Krystal)
8:30 – 10:00 am → Movement Class (Amit)
3:00 – 4:40 pm → Tantra for Men (Kevyan)
5:00 – 6:00 pm → Yin Yoga (Krystal)
7:00 – 8:00 pm → Yoga Nidra (Ashish)

Friday

7:00 – 8:00 am → Pranayama / Meditation + Vinyasa (Krystal)
8:30 – 10:00 am → Movement Class (Amit)
5:00 – 6:00 pm → Yin Yoga (Krystal)
5:00 – 6:00 pm → Guided Meditation (Chandna)

Saturday

7:00 – 8:00 am → Pranayama / Meditation + Vinyasa (Krystal)

Sunday

9:00 – 10:00 am → Pranayama / Meditation + Vinyasa (Krystal)
10:00 – 12:00 pm → Workshop with Amit (next Sunday)
3:00 – 5:00 pm → Cooking Class (Shivani)
6:00 – 9:00 pm → Open Jam Session
7:30 – 8:30 pm → Anahata Sound Healing (Ramana)



COOKING CLASSES AT AAVYA

with Shivani

How do the classes run?

They usually happen on most days but each session is confirmed only when we have a minimum of two participants. To keep it intimate, we limit the group to a maximum of seven.

What's the cost?

₹ 1,500 per person — including the class, the cooking, and the shared meal.

What can I learn?

- Traditional Indian — Paneer, dal, and your favorite classics.
- Ayurvedic — Satvic recipes like khichdi.
- South Indian Special — Dosa, idli, chutneys, and sambar.



What's the flow of the class?

From 3:00–5:00 PM (sometimes longer):

- Pluck fresh herbs and leaves from our garden
- Cook together, preparing 3–4 dishes
- End with a feast — because what's cooking without sharing?

✦ 'For me, cooking is meditation, And I love sharing that joy with anyone who comes to Aavya' — ✦

Email us to join, or message Shivani directly at +91 92585 47143.

This Week's Spotlight

This week, we're spotlighting two of our most loved sessions. Each week, we'll bring you a closer look at different classes — so you can get to know the teachers, the vibe, and maybe even find your new favorite practice.

✦ Movement with Amit

After a three-month stay in Bali, Amit is back! His Movement Sessions run Monday to Friday, 8:30–10:00 AM. A teacher with us since the very beginning, Amit's classes are a joyful exploration of the mind-body connection.

✦ Discover more about his style on Instagram: @love4movement

✦ Anahata Sound Healing Sessions

Also returning this week are our Anahata Sound Healing Sessions — every Monday, Wednesday & Friday, 6:30–8:00 PM.

Tibetan bowls, Vishal's flute, and Ramana's Reiki weave together into an unforgettable journey.

✦ Stay tuned — next week we'll feature more classes in detail. Until then, keep an eye on our Instagram @aavya_rise for updates and announcements.

POTTERY & ART CLASSES AT AAVYA

At Aavya, pottery and art become pathways to stillness and play. Every day at 11:30 AM, 2:00 PM, and 4:30 PM, our studio opens for immersive sessions in *wheel throwing*, *hand sculpting*, *painting*, and *sketching*. Beginners are guided through the basics, while experienced artists are welcome to use the studio for their own creations. Each class is a chance to slow down, connect with clay, color, and form, and let creativity unfold like meditation. Whether you come for a single session or make it a regular ritual, the studio is alive daily with art, laughter, and quiet discovery.



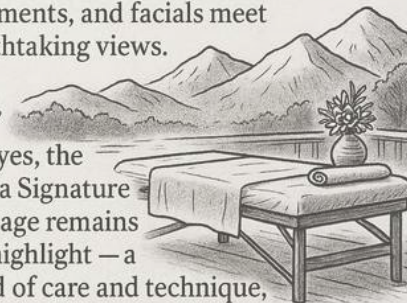
SPA IN THE SKY AT AAVYA

After days of yoga and activity in Tapovan, it's time to slow down. Welcome to Aavya's Spa in the Sky, where soothing massages, body treatments, and facials meet breathtaking views.



And yes, the Aavya Signature Massage remains our highlight — a blend of care and technique, loved by all who try it.

Come, let yourself be pampered.



Created at Aavya



Ramana on the 7-Day Sound Healing Teacher Training Sep 29 – Oct 5 2025

Tapovan Times: Ramana, this training is being led by you, Kiara, and Ashish together. How do the three of you complement each other?

Ramana: Kiara anchors the course with Tibetan bowls and breathwork, Ashish brings Yoga Nidra and the practical skills of space-holding, and I focus on collaboration and the art of creating immersive experiences. Together, we cover not just sound, but the full practice of being a sound healer today.

Tapovan Times: Many sound healing courses just focus on singing bowls and their science. How is this one different?

Ramana: Those courses are valuable, but they often stop at technique. Here, we go further — we train people in how to hold space, how to collaborate with other artists, and how to create experiences that really reach people. It's about learning the craft and also the responsibility of being a healer.

Tapovan Times: This sounds very practical. What kind of skills will participants actually walk away with?

Ramana: They'll learn how to weave bowls, breath, and silence into a journey — but also how to set up a safe space, how to connect with participants, and how to design offerings that feel authentic. It's not just sound; it's about presence and professionalism.

Tapovan Times: And in today's world, where sound healing is becoming popular, what gives this training a competitive edge?

Ramana: The edge comes from depth. Anyone can learn to strike a bowl. But to hold a circle where people feel safe, to integrate, Yoga Nidra, to collaborate with musicians and facilitators — that's what makes you stand out. We want participants to leave not only as skilled sound healers, but as leaders who can create their own spaces with confidence.

★ The 7-Day Sound Healing Teacher Training at Aavya is a rare three-teacher collaboration — led by Kiara, Ramana, and Ashish — combining bowls, breathwork, Yoga Nidra, space-holding, and collaboration to prepare the next generation of sound healers.



WELLNESS &
HERBAL WISDOM
Herb of the Week:
Tulsi (Holy Basil)
Balances stress
Supports
immunity
Soothes digestion

“Ma Ganga teaches: keep flowing, keep cleansing, keep singing.”

Deep Dive into the world of Yoga

📌 Knowledge Series of the Week
What Yoga is the Best?

It's a question whispered in cafés, debated in yoga halls, even argued over thalis: Which yoga is best?

Hatha — The Root of Balance

Hatha Yoga, described in the Hatha Yoga Pradipika (15th century), was created as a bridge — preparing the body for stillness. Ha means sun, tha means moon. It is about balancing energies, awakening prana, and creating harmony between strength and surrender. Spiritually, Hatha is like the soil in which all other forms take root.

Ashtanga — The Discipline of Fire

Popularized by K. Pattabhi Jois, Ashtanga is a strict sequence of poses tied to breath and gaze. It builds heat, strength, and discipline. But beyond the sweat, it reflects tapas — the yogic fire that burns impurities. The practice is not only physical; it is devotion through repetition, a reminder that true freedom can emerge through discipline.

Vinyasa — The Flow of Life

Vinyasa arose from Ashtanga, but with freedom. Each inhale and exhale becomes a brushstroke, linking posture to posture. It reflects spanda — the universal pulse, the rhythm of creation and dissolution. Practicing Vinyasa is like entering the dance of life itself: unpredictable, flowing, and alive.

Iyengar — The Precision of Awareness

B.K.S. Iyengar gave us a yoga of detail — alignment, props, exactness. On the surface it looks physical, but spiritually it is dharana — concentration that becomes meditation. In Iyengar, awareness sharpens until every breath is devotion, every adjustment a prayer.

The Deeper Question

So which is best? Patanjali never spoke of “styles.” He defined yoga simply: chitta vritti nirodha — stilling the fluctuations of the mind. Hatha's balance, Ashtanga's fire, Vinyasa's flow, and Iyengar's precision are just different doors to the same inner room.

The truth is: the best yoga is the one you return to. The one that helps you see yourself clearly. The one that carries you, breath by breath, closer to silence.

★ Yoga is the journey of the self, through the self, to the Self.

Humor Box

I sat by the
Ganga to
meditate...
five minutes
later I was
planning
which café to
go to for
pancakes.
Even the river
sighed at me.



Wisdom Corner

“Yoga is the journey of the self,
through the self, to the self.” —
Bhagavad Gita

Why Rishikesh and the Gangaji Hold the Magic They Do

I didn't need to understand the magic of Rishikesh. I just needed to feel it. I'd been in Rishikesh for about a year. The mornings had started to slow me down, the forest trails had begun to feel like old friends, and the Gangaji — well, she had a way of showing up whether or not you believed in her powers.

One morning near the banks, I found myself in conversation with two Swamis — gentle, twinkly-eyed men who seemed to smile at you even when they weren't. One of them asked me, almost playfully,

“Ashish, why do you think the Gangaji feels the way she does?”

Now, I'll be honest—I was still very much a logic-driven man. Not a full-blown atheist anymore, but definitely still carrying remnants of skepticism in my backpack. I'd heard the Gangaji had magical powers. I just wasn't sure if I could...absorb that fully.

But I listened.

The Swami continued,

“You must walk up near Kiyarki village, just beyond the waterfalls. There, you'll see how the Gangaji curves through the mountains like a serpent. From above, she draws the shape of the sacred OM.”

I laughed gently. “That sounds poetic,” I said.

He grinned. “That is Rishikesh.”

They went on to explain that the shape of the river, the flow, the collision of water and rock, produces what science calls negative ions—those wonderful little things that lift your mood and clear your head. You'll find them near waterfalls, in pine forests, or by the sea. And here, by the Gangaji.

And then came the deeper layer:

Thousands of sages have meditated in these mountains. Their energy, if you believe in such things, still echoes in the land.

As one of the Swamis put it, “If people can carry anxiety from one room to another, why can't love and prayer carry, too?”

I nodded. That, even the skeptic in me couldn't deny.

They talked of Chinese and Ayurvedic medicine, how many of the most potent herbs used in both traditions grow in these very Himalayan folds. When tiny rivulets carrying these herbs merge to become the Gangaji, they carry not just water, but trace minerals, memory, and maybe...medicine.

“And you know,” one of them added, “Gangaji water doesn't spoil.”

There's no city here, they reminded me.

Rishikesh is still a town.

And Tapovan, where we now live and work and dream, is still a whisper tucked into the hills.

That moment stayed with me.

And while I didn't go home and throw out my logic, something shifted. I didn't need to understand the magic of Rishikesh. I just needed to feel it.

Maybe that's the point.

And maybe, just maybe, Aavya—the little place we built here in Tapovan—is touched by a sliver of that same energy. I hope it carries even a flicker of that prayerful silence, of those rock-brushed ions, and of the memory of all who've walked and danced and wept along the Gangaji before us.

We have many more blogs on our website www.aavya-rise.com/blog/

Three Books We Love at Aavya

At Aavya, books are companions on the journey—guides that open doors, stir questions, and deepen our practice. Here are three that hold a special place in our shelves and hearts:

1. **Kundalini Tantra** by Swami Satyananda Saraswati A clear, practical, and powerful exploration of Kundalini—blending ancient yogic wisdom with practices you can actually use.
2. **Power vs. Force** by David R. Hawkins A book that shifts how we see human consciousness, reminding us that true strength come from alignment, not control.
3. **Meditation: The First and Last Freedom** by Osho A playful yet profound invitation into meditation, full of techniques that make inner silence accessible to everyone.

★ These are books we return to, again and again—for clarity, inspiration, and that little nudge to keep going deeper.



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Contests of the Week

Write a Blog, And Win Sound Healing

Write a blog about Rishikesh or Tapovan - a hidden corner, a river memory, or a class that shifted your day. Keep it between 1000-120 words. add 2-3 photos, if you connect with. Keep a simple

Send entries to Tapovan Times' and a FREE SOUND HEILING

Deadline: Sunday, 6 PM

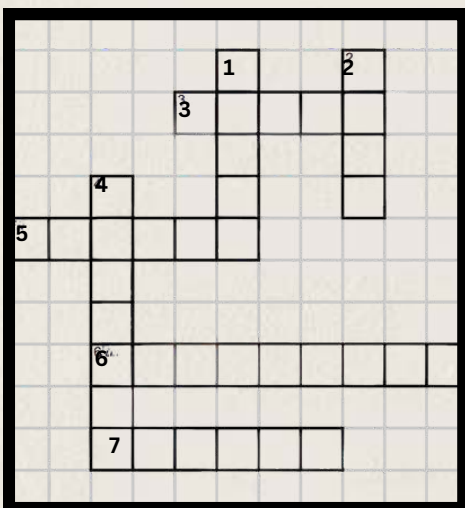
Share Your Favorite Meditation Story and Win a Lunch Thali

Everyone has that one practice they return to - a roof at sunrise, the river's edge, or a quiet corner, that always brings you back to yourself.

The winning entry will be published in Tapovan Times and the writer gets a free Lunch Thali. Send entries will published as MEDITATION ENTRY Deadline: Sunday, 6 PM

Pls submit your entries to home@aavya-rise.com

Rishikesh Crosswords



Across

3. A Lamp Lit
Night ritual
5. One word for Chai Sellers
6. Whats everyone searching for in Rishikesh
7. The cheapest way to move around in Rishikesh

Down

1. A sacred river that flows through Rishikesh
2. One word for Shop Lady
4. A place where dance singing yoga meets Mother nature

UPCOMING MUSICAL EVENTS

Tapovan & Rishikesh - Music/Kirtan Calendar

Thu evenings (weekly) - Kirtan & Bhajans, Devi Music Ashram (Upper Tapovan)
Regular Indian classical/kirtan evenings; recent schedules show Thursdays ~6:30-8:00 PM. Check the ashram/IG on the week of for the exact night.

Rishikesh Nomads

Sep 27 - Oct 2, 2025 (Navratri) - Special Navratri Retreat @ Parmarth Niketan
While primarily a spiritual retreat, evenings feature Devi kirtans/havan/garba - good devotional music vibe during Navratri.

Parmarth Yoga School

Community pop-ups (ongoing) - Upper Tapovan/Swarg Ashram belt
Small kirtans crop up at cafés/shalas; local listings frequently note pop-ups in Tapovan (e.g., Devi Music Ashram, commune spaces). Keep an eye on boards/IG the week of.

Rishikesh Nomads

Also announced (just beyond your 6-week window)

Oct 25 & 26, 2025 - Krishna Das - Benefit Kirtan for Ganga Prem Hospice
2:00-4:30 PM both days, Ashirwad Vatika (Haridwar Rd, Rishikesh). Official listing + ticket page live.

Dear Didi - Agony Aunt of Tapovan

Answering Seekers with chai, sass, and a sprinkle of OM

Q: Dear Didi, I keep getting jealous.. and then people tell me "a spiritual person should not feel jealousy."

What the hell do I do?



A: A: Beta, if saints never felt jealousy, why would half the scriptures exist?

The trick isn't to kill jealousy it's to notice it, laugh at it, and maybe compost it into art, poetry, or better chai.

Next time you're jealous, just whisper:

"Even Shiva got jealous of Krishna's flute once."

You're in good company.."

Q: Dear Didi, everyone keeps saying "Go deeper inside." But honestly, I keep running outside - into cafés, hikes, rivers - and I find joy there.

Am I doomed?

A: My child, whoever said joy is only inside clearly never had watermelon juice on a hot Tapovan afternoon. Going inward is beautiful. Going outward is beautiful. Do both. Just don't go so far out that you forget your way back to Aavya.

Didi's Tip of the Week:

If the world feels too much; close your eyes. If your mind feels too much, open the door and go for chai. Balance, darling - that's yoga.

Cows vs Dogs... and Tapovan

Cows, Dogs... and Tapovan What is Tapovan without its cows and its dogs? Every street has its furry citizens, every corner its quiet (or not-so-quiet) guardians. The dogs, of course, mark their territories - and then spend half the night reminding each other who's boss in an endless barking competition. If you can't sleep, you simply smile and think: that's Tapovan's midnight orchestra. And the cows. Ah, the cows.

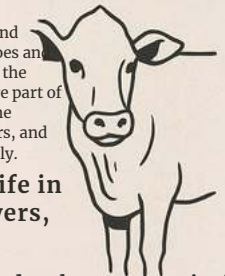


From majestic bulls to the baby calves that look too cute to belong on a street, they wander freely, with personalities as big as the Ganga itself. They block your path, nudge you for food, decorate the lanes in their own natural way (yes, poop included) - and yet, you can't imagine the town without them.

Monkeys sometimes join the chaos - especially around Aavya - and yes, in monsoon, there are the mosquitoes and insects, buzzing along like backup singers. But here's the truth: the cows and the dogs are not outsiders. They're part of Tapovan, as much as the yoga schools, the cafés, or the Ganga Aarti. They're fed by friends, loved by neighbors, and greeted by everyone on morning walks. They are family.

So love it or laugh at it, this is life in Tapovan: a mix of people, prayers, cafés, Gangaji, and yes

— cows and dogs that remind us every day that community is not just human.



Ecstatic Dance - By FireRajaRani this Saturday

Step into the fire, awaken the king and queen within.

On 6th Sep | 5:30 - 9:00 PM at Aavya, join us for FireRajaRani - an evening of ecstatic dance that celebrates balance, passion, and surrender.

Guided by rhythm and community energy, the dance moves beyond steps - it's meditation in motion, a playful dive into freedom, connection, and expression. Whether you come alone or with friends, you'll leave lighter, fuller, and more alive.

✨ Come as you are, leave as your truest self.

Be Featured in the Next Tapovan Times

Got an artwork, a poster, a doodle, or even a fun ad you'd love to share?

We're inviting the Tapovan community to showcase their creativity in next week's edition of Tapovan Times.

Send us your pieces - big or small, playful or profound - and let's fill these pages with the spirit of Tapovan.

Email your submissions to home@aavya-rise.com

STAY AT AAVYA: MORE THAN A ROOM

You may already know Aavya for its daily classes, pottery studio, spa, and cafe. But at the heart of it all, Aavya is also a living space - a place to stay, breathe, and belong.

Our private rooms are hand-crafted with wood, built with care and love, some opening out to mountain sunrises and serene forest views. For those seeking community, the Jungle Sleep Pod is a beautiful shared dorm, designed for comfort and creativity.

To stay at Aavya is to step into its vibe - sometimes alive with music, sometimes deeply calm and quiet. Here, you can do as much as you want, or as little as you need. With packages that combine spa sessions, pottery classes, nourishing meals, and workshops, your stay becomes a complete experience. And yes, evenings often bring music, kirtan, or dance. adding that touch of magic.
✳ It's a space to chill, restore and feel at home in Tapovan
☞ For details, just come say hi to us or contact us at +91 98 21172784 to discuss stay options.



A SMALL NOTE FROM US

We're not professional newspaper writers or editors - so yes, you may find a few typos, formatting quirks, or little mistakes in these pages. But what you're holding is the result of a few days of joyful effort, put together with love and laughter.

We promise to keep getting better with time, but we also hope you'll forgive the rough edges - because we certainly had a lot of fun making this for you.

*Thank you for reading, smiling, and being part of Tapovan life with us.



Editor Ashish
Executive Editor
Chandna Dave