



From the Editors' Desk – Second Edition ✨

The response to our very first Tapovan Times has been nothing short of heartwarming. We've seen copies being flipped through at chai stalls, carried into cafés, even quietly read by two friends who forgot to talk to each other because the paper had their attention — which, honestly, made us smile. Thank you for the love, the laughter, and the encouragement.

And here we are with Edition Two. The rains are easing, the skies clearing, and slowly Tapovan is stretching into a new season. You'll find more classes, more music, more stories, and a little more mischief in these pages.

What excites us most right now are the weekend festivities we're beginning to experiment with. This week we collaborate with Fire Raja & Fire Rani, whose energy of dance, music, and celebration is infectious. Alongside them, a flea-style market will host artists, creators, and seekers bringing their offerings. Think of it as Tapovan in festival mode — alive, playful, and a little unpredictable.

We also hope Tapovan Times continues as a weekly edition. It's quite a bit of work to prepare — more than we expected, to be honest — but we're learning, laughing, and having fun making it. Hopefully, with time, we'll get quicker, better, and maybe even typo-free (well... almost).

A small apology: we haven't been able to cover everyone and everything. Tapovan is brimming with stories, and we'll do our best to keep widening the circle in each edition.

So turn the pages, join the festivities, and keep sending us your ideas, your events, your feedback. This paper is as much yours as it is ours.

With gratitude (and ink-stained fingers),
Team Tapovan Times



Yogi Says

There
never is, or
was, or will
be anything
except the
present.



HEADLINES FROM TAPOVAN

Construction Season Outshines Tourist Season



Jackhammers and cement mixers spotted meditating louder than the yogis. Locals now practicing pranayama to the sound of drills.

Philosophy Class Fatigue Hits Week 2

Philosophy Class Fatigue Hits Week 2 Yoga students admit they'd rather be in cafés with friends than memorizing sutras they barely understand.



Retreat Centers Confess: 'Even We're Confused'



With so many new spaces opening overnight, one center admits: "We're thinking of attending someone else's retreat just to figure out what we're doing."

Rafting Starts Tomorrow... or the Day After... or Maybe Next Week



Adventure seekers refresh their browsers hourly. River guides say: "Don't worry, even the Ganga needs a break."

Spas See Sudden Boom in Demand

After endless asanas, sore backs and stiff hips are rushing people straight from mats to massage tables.



Tapovan Café Menus Add More Pages Than Scriptures



Oat milk, almond milk, saffron chai, hemp latte — rumor has it the next café will serve enlightenment shots with foam art.

Four Caves worth a Curious Visit



Four Caves to Wander Into Near Rishikesh

1. Vashishta Gufa (Vashishta Cave)

An ancient meditation cave by the banks of Gangaji, said to be where sage Vashishta meditated. The silence here is so thick it feels like a blanket over your mind. Sit inside and time dissolves — you could be in the 21st century or 2,000 years ago, who knows? Perfect for those seeking stillness beyond the yoga hall.

2. Tat Baba Cave (near Swarg Ashram)

Not as famous, but deeply loved by locals. This small cave has hosted years of solitary meditation by a saint lovingly called Tat Baba. The energy is gentle, grounding, like a secret whispered only if you truly listen. A good spot if you want to tuck away from the Rishikesh buzz and feel what practice really means.

3. Neelkanth Mahadev Temple Caves

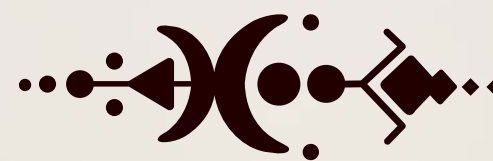
The road to Neelkanth has a few tucked-away caves where wandering sadhus and seekers pause. These aren't tourist attractions but living, breathing spaces of devotion. The temple itself is grand, but if you slip aside into these caves, you touch something raw — smoky incense, chants in the distance, and the mountain holding you steady.

4. Patna Waterfall Caves (Rajaji National Park side)

Reachable via a short hike, the limestone caves behind Patna Waterfall carry a rustic, earthy mystery. Local lore says hidden idols of Vishnu are somewhere around here, but even without myth, the sound of falling water echoing against stone walls feels like nature's own mantra. For the adventurous seeker who wants both a hike and a hush.

Why go?

Because caves are the original yoga studios. They strip away décor, music, props — it's just you, your breath, the earth, and the silence. In Tapovan life, where cafés, classes, and noise compete for attention, stepping into a cave is like stepping into the raw heart of practice.



Why Every Facilitator Needs a Mic & a Channel

Being a traveling facilitator means your students change, your retreats shift, and your circle is always moving. But your voice, your teachings, your presence — they deserve a place that stays. That's where a YouTube channel or podcast comes in.

It's not just "content." It's your digital ashram — a place where seekers can return to you again and again, whether they met you last week in Rishikesh or five years ago in Bali.

And the best part? It doesn't have to be complicated. We at Aavya are already helping teachers record, edit, and publish — making it simple for you to share your offerings with the world.

Talk to us to know how we can make it easy for you to build your online presence and let your teachings travel farther than your suitcase.

WHERE EAST DOESN'T MEET WEST





≈ KNOWLEDGE SERIES ≈

OSHO vs. J. KRISHNAMURTI



Knowledge Series (with a Wink) 😊

Osho vs. J. Krishnamurti: A Debate in Tapovan That Never Happened

Osho: “Dance, sing, love, meditate — let life be a celebration. Why be so serious? Even enlightenment should have a sense of humor.”

Krishnamurti: “Humor is fine, but celebration without clarity is escape. The mind loves distraction — even in the name of meditation.”

Osho: “But seriousness is the real disease! You keep telling people to ‘see directly’ — and what do they do? They sit like stones. I tell them to dance first, loosen up, then maybe they’ll see something.”

Krishnamurti: “Loosening up is still a method, and methods create dependence. Truth does not need props, nor music, nor laughter. It needs choiceless awareness.”

Osho: “Choiceless awareness? Wonderful! But half of Rishikesh is already sitting in cafés, doing nothing, staring at each other’s cuties. Should I tell them they’re enlightened?”

Krishnamurti: (long pause, piercing stare) “They are staring without understanding. That is still bondage.”

Osho: “Exactly my point! Without joy, without juice, it’s dry. A desert of awareness. I want them to be gardens, overflowing.”

Audience: (half the room is swaying to imaginary drums, the other half nervously straightening their spines).

Where They Meet (and Don’t)

- Both hated blind tradition and false authority.
- Both wanted freedom now — not tomorrow.
- Both asked you to stop copying gurus and see for yourself.

But Osho added spice, laughter, love, and scandal; Krishnamurti kept polishing the diamond of silence until nothing was left but seeing.

So which to choose?

- Osho might say: “Choose everything, dance your way through it!”
- Krishnamurti would reply: “The moment you choose, you’re lost. Just observe.”

And maybe Tapovan itself gives the answer: in the morning you go to Krishnamurti with your chai, in the evening you dance with Osho under the stars. Both are here, if you know where to look.

✨ Spoof or not, this is the eternal Tapovan dilemma: Do you sit silently, or do you dance? Maybe the trick is to know when to do which.

Disclaimer: Don’t Read This

Friend 1: Don’t read this page. Seriously.

Friend 2: Why not?

Friend 1: Because it’s Aavya shamelessly advertising itself.

Friend 2: Oh, perfect. I love a good shameless ad. Tell me more.

Friend 1: Okay fine. So, apparently, Aavya is this place where weekends vanish. They’ve got pottery, a spa, yoga, cooking classes, and rooms that somehow trick people into staying longer than planned.

Friend 2: Classic Tapovan trap. Tell me about the pottery.

Friend 1: You start with clay, thinking you’ll make a bowl. Next thing you know, you’re staring at your lopsided masterpiece like it belongs in a museum. And it’s not just clay — there’s painting, sketching, doodling... basically, they’ve turned “getting messy” into a spiritual practice.

Friend 2: Sounds like dirt therapy. I’m in.

Friend 2: And the spa?

Friend 1: Imagine oils so organic you’ll feel guilty for owning shampoo from a bottle. You lie down to “relax” and somehow you go to a blissful world.

Friend 2: So it’s pampering with a side of healing?

Friend 1: Exactly.

Friend 2: Cooking classes?

Friend 1: Oh, the ultimate women’s day out. Chopping, stirring, gossiping, and then feasting like queens. Sometimes Ayurvedic, sometimes dosa madness. Add a spa treatment or pottery session and you’ve basically unlocked the cheat code for a perfect day.

Friend 2: Wait, do men join too?

Friend 1: If they’re smart.

Friend 2: What about the yoga scene?

Friend 1: Wooden floors, mountain air, yoga, ecstatic dancing, conscious moving, and Amit’s movement classes. Some sessions are deeply meditative, some are straight-up high energy.

Friend 2: A few activities and classes to choose from...confusing !!

Friend 2: Food?

Friend 1: Guests keep saying it tastes like home. There’s a dish of the day, regular favorites, and — spoiler — a new menu launching soon.

Friend 2: So... they feed you, heal you, and make you paint pots. What about rooms?

Friend 1: Suites and terraces if you’re fancy. And Jungle Sleep Pods if you’re not — beautiful dome rooms where people “just crash for two nights” and somehow end up living for two weeks.

Friend 2: And when it all gets too much?

Friend 1: You vanish into the forest behind or just stare at the mountains in front until your brain resets. Free therapy.

On a Serious Note

Friend 2: Okay, jokes aside — is it actually worth it?

Friend 1: Honestly, yeah. People keep telling them things like: “I feel creative again,” or “I haven’t rested like this in years.” That’s the kind of feedback that makes all their chaos and hard work worth it.

Friend 2: And the complaints?

Friend 1: A few, & few suggestions as the guests became friends, they laugh, they adjust, they keep trying. They’re figuring it out, one thing at a time.

Friend 2: Sounds like I should come.

Friend 1: Don’t say I didn’t warn you when you accidentally extend your stay.

Pottery & Art Studio — 11:30 AM, 2:00 PM, 4:30 PM

Daily hand sculpting, wheel throwing, painting, and sketching — clay and art as meditation.

Daily Cooking Class (with Shivani)

Pick herbs from the garden, cook 3–4 dishes, and share the feast.

Visit our Instagram “aavya_rise” or

<https://aavyarishikesh.com/> for our detailed schedule and bookings

Aavya Main +91 63984 19747 Or Shivani +91 92585 47143



VOL. 2 ISSUE 2





Tapovan Times

By Aavya Wellness Retreat
TAPOVAN, RISHIKESH

VOL. 2 ISSUE 2

12th Sep 2025

Dear Didi



Agony Aunt of Rishikesh

Q1: Dear Didi, I think I'm developing Attention Deficit Disorder. There are 25 different classes, workshops, and ecstatic dances happening every day in Tapovan. From sunrise yoga to midnight kirtans, I don't know where to go. What should I really attend?

A: Beta, welcome to Tapovan — the only place where FOMO is a spiritual practice. Here's the secret: it doesn't matter which class you attend. Choose one, show up fully, and the rest will find you anyway. In Rishikesh, the classes have a way of chasing you — a mantra chanting poster will fall in your lap, or a drum circle will start outside your café chai. So relax, don't attend everything. Even the Ganga only flows in one direction at a time.

Q2: Dear Didi, there's this yoga class... and I keep staring at three very distracting cuties in front of me. Shouldn't I be focusing on my asanas instead?

A: Arre wah, cuties are also part of creation! But remember: yoga is not a dating app in disguise. If your drishti is slipping toward cuties instead of your own breath, you're doing "Tinder-asana," not Tadasana. Focus on your mat. And if your mind still wanders, smile, forgive yourself, and remember: the only cutie that matters is the one breathing on your mat.

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

UPCOMING MUSICAL EVENTS

🎵 Tapovan & Rishikesh — Music/Kirtan Calendar

Sanghrachana Thursdays evenings (weekly)
— 7pm- 9pm Kirtan & Bhajans

Devi Music Ashram (Upper Tapovan)
Regular Indian classical/kirtan evenings; recent schedules show on
Tuesdays & Saturdays 6:30–8:00 PM.

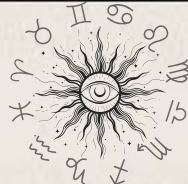
12monks
12th Sep Friday Open Mic
13 Sep Saturday Cosmic Disco
14th Sep Sunday Flow Jam

Aavya Wellness
Sunday Ecstatic Dance with Fire Raja Rani
Move, sweat, and celebrate life together!

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.

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.

If you are having a music night, for future editions kindly let us know by emailing home@aavya-rise.com



★ COSMIC WHISPERS -

Week of Sept 12-18, 2025

🌙 SEPT 12 (FRIDAY)

The Moon lingers in Pisces — dreamy, tender. Perfect for a slow start and an evening with soft music. Call an old friend, sip chai slowly.

☀️ SEPT 13 (SATURDAY)

Mars ignites. A powerful day for connection. If you've been hesitating to ask someone out, today is your cosmic green light. Evening ecstatic dance is strongly favored — move, sweat, release.

💧 SEPT 14 (SUNDAY)

The Moon moves into fiery Aries. Release is the theme. The Ganga calls — a morning dip washes away what you no longer need. Evening is for laughter with friends.

🔥 SEPT 15-16 (MONDAY-TUESDAY)

Energy rises. Take bold steps — in love, in work, in play. Sept 16 is especially fertile for beginnings. The stars insist: get your hands in clay, shape something new — pottery brings grounding.

🌟 SEPT 17 (WEDNESDAY)

The Sun in Virgo beams steady light. A day to get organized — and then reward yourself. The stars whisper: a spa treatment today will feel like medicine for both body and soul.

☀️ SEPT 18 (THURSDAY)

The week closes with balance. Best day to step into the sun, take your yoga outdoors, and let stillness sink in. Carry forward clarity, lightness, and joy.



Guest Reader Coulumn

(you won a free sound healing, so call us !!)

Sunrise in Rishikesh

Let's talk about waking up at 5 a.m.

In yoga philosophy, we learn about Brahma Muhurta—the divine period between 3:30 and 5 a.m. that's considered the most auspicious time to wake up. Honestly, that's at least two hours earlier than I would normally rise!

But here's the thing: whether or not you give it a name, it really makes a difference. The peace and quiet, the sense of aloneness, the deeper connection with the self—those are the true awakenings of that hour.

It's magical to watch the colors of the sky shift, while your breathing seems to move with them. From Tapovan, you can see the sun rising behind the mighty peaks of the Garhwal Himalayas - give it a try!

Some say the best things in life are free. Well, if this isn't the best, it's surely a strong candidate!

Written by
Marta Reis

(Winner of Contest of the week)

Your daily dose of level up

Rome wasnt built in one day & neither was I,
Its trying to level up daily little by little,

Baby steps after baby steps,
Life is all about picking yourself up your daily
& keep learning more about how you can level up today?

While remembering continously that
"You cant get it wrong & you will never get it all done" daily,
Rising up, your real Healing starts when you accept
wherever you currently are &

make peace with your past & present,
Draw your healthy boundaries,
And when you keep on being Your true & Authentic self No Matter what.
Level up countinously as this life is all we have..

-Chandna Dave



Cafe Crawl with Ashish – Part 1

One thing you learn fast in Tapovan: you can measure time not by the clock, but by the café you're sitting in. So, I thought I'd start a little series on the places I find myself at most often — my unofficial second (and third, and fourth) homes.

🎵 King's Cafe

My second home for years. The kind of place where you drop in for a chai and three hours later you're still there. Music floats around all day — playlists in the afternoon, and by late evening, impromptu jams between friends and strangers. Add good burgers and hearty food, and you've got yourself the Tapovan living room... with better acoustics. There is no set agenda, and its almost like you calm down in this cafe.

🌸 Raha Cafe

Run by the beautiful and amazing Preet and Ravi — friends of mine for years. I still go almost every day for a coffee and more. The décor is warm, the hugs are free, and the vibe is always alive. Raha is where the crowd is today, buzzing with conversations, music, and that easy feeling of being right at home. It's not just a café, it's a whole universe — a mix of community, décor, food, and laughter that keeps pulling you back. You might walk in for a quick cup, but chances are, you'll end up staying long enough to feel like part of the family.

☀️ Ira's Kitchen

My morning ritual spot. For years, Ira's has been my French press-and-breakfast haven. The mornings here are sunlit and calm, the food fresh and wholesome, and the energy simple and grounding. It feels less like a café and more like starting your day at a friend's home.

🌿 Secret Garden Cafe

A place where you can easily spend the entire day — sipping coffee in the garden, watching people monkey around doing yoga, and soaking in the sun. Coffee, food, and vibes are always on point here, and time seems to stretch in the best way.

🌍 Bodhi Cafe

Another favorite, especially among locals. Bodhi has its own school and a lively community vibe. It's the kind of spot where you go for a meal, run into half of Tapovan, and leave with three new friends.

☕ Rock Cafe

One of Tapovan's little secrets. They open early, serve truly great coffee, and sit right by a stream of water. Go in the morning and it's unbelievably peaceful — sipping coffee with the sound of running water in the background. Small, simple, and quietly perfect.

🍞 Ra Bakery

And of course, Ra Bakery — practically next door to Aavya. Probably the best breads in town, always fresh, and dangerously close enough that I keep going back. Sometimes it feels like an extension of our own kitchen. The most chill vibes, also perfect for working from home.

These are the places I find myself in again and again. Aavya may be where I live and work, but half the joy of Tapovan is wandering into these cafés — each with their own flavors, quirks, and characters.

Apologies to the other cafés I haven't covered yet — don't worry, your turn is coming in the next editions. Tapovan is too full of gems to fit into one sitting.



Editor Ashish
Executive Editor
Chandna Dave