



DID YOU KNOW?

KUNJAPURI TEMPLE

- It's one of the 52 Shakti Peeths (where Sati's body parts are said to have fallen.)
- The sunrise here? Unreal. The 300+ steps to reach it? Also unreal. Free workout with your darshan.

VASHISHT CAVES

- Said to be where Sage Vashisht meditated after losing his sons. The cave still carries that deep silence.
- Unknown perk: the cave stays naturally cool even in May, so it's also Tapovan's original air-conditioner.
- Just be warned—in that silence, your stomach growls sound like thunder.



YOGI SAYS

Freedom and love go together. Love is not a reaction. If I love you because you love me, that is mere trade, a thing to be bought in the market; it is not love.

— J. KRISHNAMURTI



WHEN WILL LAKSHMAN JHULA WALK AGAIN?



Speculation swirls,
selfies wait in suspense.



**Rafts, Selfies
& Sadhus:
The River's Back
in Business**



**Graduates of
Downward Dog:
Now Enrolling
in Sound Bowls**



**Café Chairs Out,
Sunshine In:
Season Restarts
with Masala Chai**



**The Beaches
Return, So Do
the Backpackers**

COMIC OF THE WEEK



The eternal ásaṇa: Waiting for Lakshman Jhula.



TAPOVAN WEATHER FORECAST



Hey, the sunnier days are here! The heavy rains are mostly behind us... though the sky still keeps its secrets. Some forecasts whisper that a stray shower or two may return — and honestly, we'll welcome it. After all, nothing smells sweeter than Tapovan earth after the rain.

Mornings & Evenings: A cool, gentle breeze, perfect for yoga on the terrace or a walk to the chai stall.

Afternoons: Still a bit warm — which is exactly when the Ganga calls. The river is calmer now, safer, and sparkling in the light. Dip in, float, or just sit on the steps and watch her move.

It's an amazing time to be in the city. Sunshine, breeze, and the lingering perfume of monsoon. Rishikesh feels alive again.



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



Tapovan Times

26th Sep 2025

By Aavya Wellness Retreat
TAPOVAN, RISHIKESH

VOL. 1 ISSUE 4

classifieds

Shiva vs. Parvati



Shiva & Parvati: The Eternal Couple's Domestic Dialogues

They say Shiva is silence, Parvati is energy. Together they are the pulse of existence. But if you lean in close enough, they sound suspiciously like every married couple in Tapovan — part cosmic truth, part chai-shop comedy.

Parvati: "Shiva, why are you staring into nothing again?"

Shiva: "It's not nothing. It's everything."

Parvati: "Well, everything still forgot to buy milk."

Shiva: "The world dissolves into silence."

Parvati: "Not before you dissolve that pile of laundry."

Parvati: "You keep saying you're the destroyer... but the only thing you've destroyed is the fridge stock."

Shiva: "I destroy ignorance."

Parvati: "Then start by learning how the gas stove works."

Shiva: "I am detached from desire."

Parvati: "Except when it comes to pakoras."

Parvati: "You know, sometimes you're impossible to live with."

Shiva: "That's why I sit in meditation."

Parvati: "Meditate all you want — just don't forget the guests are coming for kirtan at six."



MOVEMENT WITH AMIT BACK FROM BALI



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A UNIQUE BODY-MIND CONNECTION
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THE LAZY 4-HOUR POTTERY EXPERIENCE
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- HANG OUT. • BREAK FOR TEA & A MEAL.

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STAY AT AAVYA

EXPERIENCE LIVING LIKE NO OTHER

"Not just walls and beds – windows, forests, and breath."



Arch-window rooms opening into forest silence
Yoga, art, and movement woven into your day.
Pottery, sound baths, spa rituals – or simply the quiet
Come for a stay. Leave with a life.

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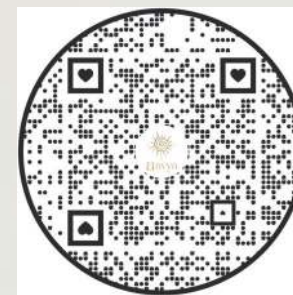
HOST YOUR EVENT AT AAVYA!

- Gatherings Celebrations
- Great food that feels like home
- Magical vibes in Tapovan's hills
- Bring your people, we'll bring the rhythm

Book your date, make it unforgettable.

9821172784

Scan me to know more



TO FOLLOW US AND KNOW THE CURRENT SCHEDULE
AS WE OFTEN DO LAST-MINUTE DANCES AND MORE
FOLLOW US ON @aavya_rise

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?

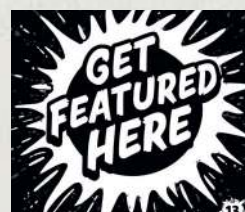
- Traditional Indian — Paneer, dal, and your favorite classics.
- Ayurvedic — Satvic recipes like khichdi.
- South Indian Special — Dosa, idli, chutneys, and sambar.

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.



Be Featured in the Next Tapovan Times

Got an event to promote or you are hosting your birthday somewhere, write to us and get featured in the Tapovan Times
Email your submissions to home@aavya-rise.com

Introducing the Princess Spa Treatment

A 2-Hour Heavenly Indulgence

Step away from the world and surrender your senses. Our Princess Spa Treatment is a royal journey of care and bliss:

- Begin with a rose petal foot soak ritual, inviting calm from the ground up.
 - Melt into a gentle or deep massage — long, intuitive strokes that speak directly to body and soul.
 - Glow with a homemade facial, crafted with natural, heavenly scents.
 - Reawaken under a rainfall shower, washing away the last traces of stress.
 - Conclude with a delicate meal and dessert, served to complete the circle of nourishment.
- Limited: One-time offering next week only at Aavya.
Book your royal escape before the slots vanish.
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AT AAVYA POTTERY & ARTS STUDIO

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AIMI FROM JAPAN
TRY HER AMAZING
JAPANESE CALLIGRAPHY
CLASSES
AND JAPANESE TEA CEREMONIES

A TOUCH OF ZEN, STRAIGHT FROM JAPAN TO TAPOVAN, DON'T MISS THIS RARE OFFERING! 11:00 AM TO FOLLOW ME ON INSTA (@AM_LOVMI) TO KNOW MORE



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“The Yoga of Music — A Journey by Ashish Khandelwal”

The Body is the Voice

Why your posture, breath, and even your feet decide how you sound.

Most people think the voice lives in the throat. It doesn't. The voice is the whole body. Stand crooked, and your sound wobbles. Slouch, and your notes collapse. But when the spine rises, the chest opens, the belly breathes — the voice becomes an instrument in tune with itself.

Every inhale is the seed of a note. Every exhale is a song. Singing is simply pranayama with melody. The longer the breath, the steadier the tone. The more grounded the feet, the deeper the resonance. Even the curve of your shoulders whispers into your sound.

This is why I say: to work on your voice, work on your body. To sing better, walk better. To find tone, find balance. When posture and breath align, the voice doesn't just sound stronger — it feels truer.

Your voice isn't separate from you. It is you, shaped by how you stand in the world.

Confessions of an Irritating Singer From chasing attention to finding Sarasvati's song.

I'll admit it. I was once the most irritating singer in Rishikesh. You could hear me in cafés, belting over guitars, drowning out conversations. I sang loud, louder, loudest — because I thought attention was the same as music.

And I wanted attention. The singers always had it. The ladies noticed them, and I wanted that too. So I sang, dreaming of being “good enough,” even announcing once that I'd be ready for a concert in six months.

Then my teacher — a paradoxical woman I admired — left me. And I was left wondering: was it because I wasn't good? Could I never be? That doubt stung harder than any off-note. Yet somehow, my voice didn't abandon me. Slowly, it softened. I sang more for myself, less for strangers. With friends, with the night sky, with no one listening. Classical notes crept in, ragas began shaping my breath.

I may never be a “great singer.” Maybe someday, maybe never. But music has given me something greater: the courage to laugh at myself, the humility to keep singing, and the strange joy of knowing that even a broken note can carry love. And perhaps that's the real yoga of music: it begins with ego, it breaks your heart, and then it teaches you how to sing anyway.

Why Aavya is a Home for Music & Dance

DREAMS OF MUSIC AND DANCE

Studios that echo with kirtans, bands, ragas, and every kind of rhythm.

Aavya was never meant to be only rooms on a hill. From the beginning, it was meant to be alive with rhythm — both music and dance. And today, that dream is slowly taking shape. We have two yoga studios — one indoor, one forest-side — and they don't only hold asanas. They echo with kirtans, sometimes a live band, sometimes dancers who bring their own music to the space.

And the dances? They come in every flavor. Latin socials that heat up the room, Bollywood that makes everyone jump in, flowing contemporary, meditative movement, even ecstatic dance under the stars. At Aavya, all dances go with music, because dance and music are one body in motion.

We also built a recording studio — a small room with big dreams. A few singers have already recorded there, and we hope more and more artists will add their voices. Recently, a gifted sound engineer joined us, giving the space both heart and precision.

And then, there's me. I always thought one day I would record my own voice here. I haven't had the courage yet. Maybe it will start with small things — a voiceover, a podcast, a reel.

Maybe someday, finally, with music.

It's a journey. It's fun. And it's evolving. Just like Aavya itself.

And if you are a musician or a dancer — or someone carrying dreams of voice, song, or movement — do talk to us. We'll make it easy, we'll make it affordable, and who knows, maybe we'll even collaborate. Because at Aavya, music and dance aren't just activities. They're home.

Codes of Enlightenment

Code #3:

“Nada is Brahman — in sound the universe was born, and in sound we return to silence.”

— Traditional Yogic Saying

Code #4:

“When you sing with a true heart, Saraswati herself sits on your tongue.”

— Indian Proverb

Wisdom Corner

“Your right is to work only, but never to its fruits. Let not the fruit of action be your motive, nor let your attachment be to inaction”.

— Bhagavad Gita

Nada, Nara & Sarasvati

Why the world itself is sound, and why music can never grow old.

The sages called it Nada Brahma — the world is sound. Not noise, but vibration. Rhythm. Om. The primal pulse of existence.

From Om comes nada — the subtle vibration. From nada comes nara — the flow of life. This is Nada Yoga: listening to the universe not with your ears, but with your being.

Our classical ragas were born in times when people's rhythms were sharper, their senses more tuned. That's why ragas were not just music but timings: morning ragas to awaken, evening ragas to soften, night ragas to carry the soul into silence. Each one aligned with nature's own cycles.

And behind it all is Sarasvati — the goddess of music, wisdom, and art. With her veena, she reminds us that music isn't performance but offering. Not ego, but surrender. To sing is to flow with her current, to let sound move through you rather than from you.

This is why music never gets boring. How could it? It is life itself in rhythm — always new, always changing, always flowing.

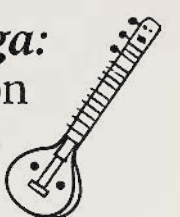
And when you touch it, even briefly, you realize: music is not just yoga's companion. Music is yoga.

Musical Books

THE POWER OF RAGAS

Finding the Raga:
An Improvisation
on Indian Music

by Amit Chaudhuri



The Raga-Ness of Ragas:
Ragas Beyond the
Grammar

by Deepak S. Raja





Tapovan Times

By Aavya Wellness Retreat
TAPOVAN, RISHIKESH

26th Sep 2025

VOL. 1 ISSUE 4



Dear Didi, I really don't want to leave Rishikesh, but I don't have any money. What do I do?

Ah, the classic Tapovan heartbreak — too much love for this place, too little love from your bank account. Don't panic. You're not the first. Half the town arrived on one-way tickets and the other half never figured out how to buy the return. Survival here is easier than it looks, because Rishikesh has its own economy: connection, community, and chai.

But Didi, how do I actually survive if my wallet is empty?

Simple. Share a bed with a friend or grab a spot in a dorm — it's cheaper than your laundry bill back home. Ashrams are even friendlier, and gurudwaras will feed you till your belly sings. Books? Free, if you know where to borrow. Kirtans? Free, and usually come with chai. Yoga halls and movement spaces are full of seekers — half the time you can just walk in, join the music, the dance, or the meditation, and nobody will ask for a rupee. Volunteer where you can — sweep a shala, pour tea, assist a teacher. Suddenly you're not "broke," you're "karma yogi." And if all else fails, friends here will share their last cigarette or thali with you. That's how the town works.

Still... it feels uncertain. What if I end up broke and lost?

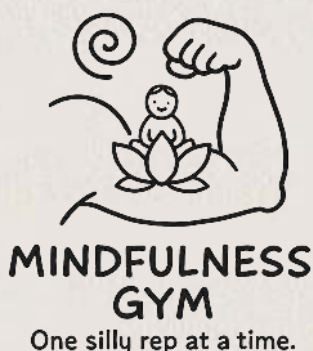
Darling, being broke in Rishikesh is easier than being rich in most cities. You have the Ganga to sit by, free sunsets every evening, laughter that costs nothing, and an endless supply of satsangs, circles, and serendipity.

Here, survival isn't about cash. It's about the art of showing up — to kirtan, to community meals, to the riverside where dancers and yogis gather. It's about saying yes to connection instead of saying no to your bank balance.

With love, laughter
Didi

Didi's Rishikesh Survival Cheatsheet

- Dorms & Ashrams → Beds are cheap, prayers are free.
- Langar & Prasad → The gurudwara feeds you like family.
- Books & Kirtans → Borrow, join, sing — zero cost, infinite value.
- Volunteer Karma Yoga → Sweep, serve, assist; payment comes as community.
- The Ganga → Your therapist, teacher, and picnic spot — all free.



Mindfulness Gym: Trick of the Day

Trick #1: The Eye Game

Next time you meet someone, just look into their eyes w with pure awe — no judgment, no agenda. Pretend you're meeting the universe disguised as a human. Try this twenty times and watch how faces open like windows.

Trick #2: The Ground Beneath Your Feet

Walk slowly. Feel each muscle in your foot curve and press, notice the ground holding you up. Even Tapovan's muddy lanes feel holy if you're actually walking in them, not just on them.

Trick #3: Belly Check-In

Pause, breathe, and feel the blood warm your belly. No fancy pranayama required — just a reminder you're deliciously alive.

Spirituality Can be Funnny

“Meditation is like charging your phone.
Except you realize the battery you're charging
is infinite,
and you were the charger all along.
Still, don't skip chai — even sages need
caffeine.”

Fill in the blanks

Vashisht Caves are so quiet you can hear your own
_____ louder than your thoughts.
(Hint: usually after a thali)

Every backpacker promises to meditate daily, but
somehow their alarm clock is set for _____ a.m.
(Hint: exactly when chai stalls open)

THIS WEEK'S PUZZLE

ASANA SHUFFLE

Unscramble the letters to find the Sanskrit pose names. (Extra credit: jot a ✓ if it's primarily seated, standing, or backbend.)

- 1 RAJAVASNA
- 2 SATAADNA
- 3 SIRTAKONAAN
- 4 VAKRISHASNA
- 5 ALABASAN
- 6 RASUATNAS



Cafe crawl by Ashish- Part 3

Tapri (by the Puliya)

Right beside the little bridge (puliya), Tapri is where mornings begin with chai, poha, and the sound of the stream. Locals linger, conversations flow, and the vibe is as steady as the water rushing below. No flash, no fuss — just pure Tapovan rhythm.

Little Hearts Bakery

A tiny spot with a big heart. Known for both their momos and their cakes, the girls who run it serve each plate with smiles as sweet as the desserts themselves. Their warmth is half the flavor — the other half is in the chutney and the sponge cake. Both worth writing home about.

Kala Café

A true hole-in-the-wall, but don't be fooled — it's usually packed tighter than the bigger cafés. Morning coffee here is a communal ritual, people huddled together in the tiny space, swapping stories and smiles. It's proof that vibe matters more than square footage.

Gopi Café

Efficient, friendly, and full of good energy. Famous for their energy balls (which actually live up to the name), hearty food, and no-nonsense service. The vibe is light and kind — the sort of café you walk into once and somehow feel like a regular already.

Boho Brew

A cute small cafe with home style food. Guests come for a tea and land up sitting for hours watching the town pass by. The tea and Poha here is especially amazing.

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
Everyday Tuesdays to Saturdays 6:30–8:00 PM.

12monks -Weekend
Music and
Ecstatic dance Nights

Aavya Wellness

Saturday Ecstatic Dance with Fire Raja Rani
Move, sweat, and celebrate life together!

Kings Cafe
Musical Jams 7 30 pm onwards -almost every day

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



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