



DID YOU KNOW?

At **Devprayag**, the sacred rivers Bhagirathi (from Gaumukh glacier) and Alaknanda (from Badrinath) meet to form the mighty Ganga. Mythology says: Here, Lord Rama and King Bhagirath prayed to bring Ganga down to Earth to purify their ancestors' souls. The meeting point has been revered for centuries as a place where human prayer meets divine flow. Science explains: Glacial waters (Bhagirathi) and mineral-rich streams (Alaknanda) merge here, creating a unique blend of energy, minerals, and flow that makes the river biologically and geologically powerful.

Why go?

Just a 2-hour drive from Tapovan, Devprayag isn't just sightseeing — it's the exact spot where two rivers, two stories, and two sciences merge into one sacred stream: the Ganga.

YOGI SAYS



"Just look at life with more playful eyes. Don't be serious. Seriousness becomes like a blindness..."

—Osho

CACAO CEREMONY & ECSTATIC DANCE

OUTDOOR GATHERING

Sunday, October 5

6:00 – 9:30 PM (Gates open at 5:00 PM)

By RAINBOW BROTHER ROYFULLPOWER & RAINBOW FAMILY



An evening of heart-opening cacao, ecstatic dance, music and community under the open sky.

ENERGY EXCHANGE: ₹500

THE REGULARS RETURN



THE REGULARS RETURN

Chataks, Don Chataks—and the old Tapovan tribe are back—dancers, movers, seekers filling the shalas once again.



DANCE FLOORS WARMING UP

Bachata nights, ecstatic twirls, and a new wave of movement sessions—the rhythm is sneaking back into town.



WEATHER TEASES

Cool mornings, rainy afternoons, and shawls in the evening. Tapovan is wearing its classic monsoon-to-autumn mood.



SINGLE CHATTER IN TOWN

Is this season going to be buzzing busy, or just so-so? Depends who you ask—and which café corner you're eavesdropping in.

SINGLE CHATTER IN TOWN

Is this season going to be buzzing busy, or just so-so? Depends who you ask—and which café corner you're eavesdropping



KRISHNA DAS COMING

The bhakti legend is on his way. The big question: how do we actually get tickets before the kirtan crowd snaps them up?



BEACHES ARE BACK

Sand stretches reappear on Ganga ji's banks. Forget Goa—this season, Rishikesh has its own barefoot sunsets

COMIC OF THE WEEK



Tapovan Weather Report

	MORNINGS Cooler, light hoodies coming out. Chai tastes twice as good.
	AFTERNOONS Sudden showers still sneaking in—keep that umbrella with your yoga mat.
	EVENINGS A nip in the air. Perfect for soups, shawls, and slow walks back from cafés.



The season is stirring in Tapovan

Our café and spa are at the center of it all—two spaces where people feel at home, nourished, and renewed.

We're looking for:



Café Manager

someone who can hold the café as more than a kitchen: a place of warmth, welcome, and community.

Spa Manager + Therapist

a healer who brings calm, skill, and presence, making the Spa in the Sky a sanctuary of true rest.

This is not just about running services; it's about carrying the heartbeat of Aavya. If you wish to work in a place that is alive with creativity, healing, and community, we'd love to hear from you.

www.aavya-rise.com | IG: @aavya_rise

WE'RE CALLING FOR FACILITATORS AND DREAMERS TO JOIN US THIS SEASON:

Dance teachers—any form, any style, as long as it moves hearts.

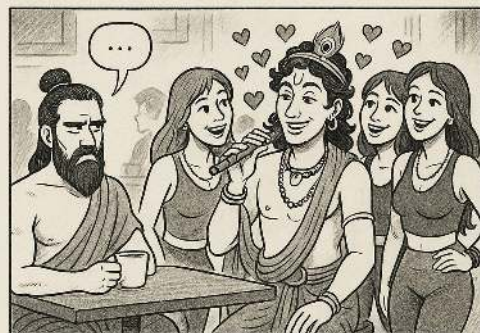
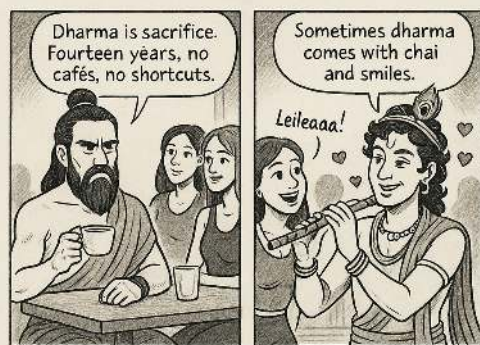
Musicians & Music Teachers to guide, perform, and collaborate.

Ayurveda & Massage Guides—to share ancient practices and train others.

Meditation & Pranayama Facilitators—anchoring breath and silence.

Astrologers & Conscious Arts for seekers of insight.

Artists, Painters & Ceramic Makers—the Aavya Arts & Pottery Studio welcomes those who want to share clay.



Tapovan always prefers the flute over the frown.

Ram vs. Krishna

At a corner table in a Tapovan café, Ram sat straight-backed, sipping lemon tea. Across from him, Krishna lounged easily, flute resting by his side, grinning as TTC students whispered and stared.

Ram:

"When my father asked, I gave up the throne without question. Fourteen years in the forest — no café breaks, no shortcuts. Dharma is sacrifice."

Krishna (smiling):

"Sacrifice has its place, brother, but sometimes dharma comes with chai and laughter. When Indra raged, I didn't exile myself — I lifted Govardhan and turned panic into a party. Duty can be heavy, or it can dance."

Ram (frowning):

"One wife. One vow. One path. Discipline is strength."

Krishna (laughs, eyes glancing at the TTC girls giggling nearby):

"And yet, my circle of gopis still stands as the greatest love story. Many loves, but one devotion. Straight lines are fine, Ram — but sometimes the heart prefers circles."

Ram:

"Justice still requires rules. Ravana was destroyed because I followed them."

Krishna (leans closer, voice playful):

"And the Kauravas were destroyed because I bent them. Arjuna hesitated, and I whispered the Gita — yes, war needed discipline, but victory needed strategy. Dharma is not always about rules. Sometimes it's about timing."

Ram (sighs):

"They call me Maryada Purushottam — the man of perfect restraint."

Krishna (picks up his flute, smiling wider):

"And they call me Leela Purushottam — the man of divine play. You taught the world to walk straight. I taught them to dance. Between us, dharma is complete."

At that, a note from Krishna's flute floated through the café. TTC students leaned in, smiling, swaying like modern gopis. Ram sat dignified but a little grim, while Krishna laughed softly, knowing the last word was his — not spoken, but played.



classifieds

✦ **STAY AT AAVYA** ✦
Boutique Wellness Retreat in the Hills of Tapovan

Curated Retreats
• Yoga • Spa • Spa
• Pottery • Café 🎵

Wake up to mountain yoga shalas

Breathe into peaceful yoga shalas
Shape clay & spirit in our art studio

Nights of music, dance & starlight

Aavya is not just a stay... it's a journey to the surreal.

📍 Tapovan, Rishikesh

AT THE AAVYA POTTERY STUDIO — THIS WEEK

- On the wheel
- Hand-sculpting
- Painting
- Japanese Calligraphy



Spend your day with clay, color & creativity.

✦ Special offers & programs available.

📞 Call us today! 6398419747

SHAKTI DANCE GATHERING

— WOMEN ONLY —

This Saturday, 5:30–9:00 PM at Aavya, Tapovan.

Begin with Cacao, flow into ecstatic music by Fire Rani.

A magical evening not to be missed.



MOVEMENT WITH AMIT BACK FROM BALI



STRENGTH AWARENESS • FLOW
A UNIQUE BODY-MIND CONNECTION

MON-FRI | 8:30 AM-10:00 AM
AAVYA WELLNESS, TAPOVAN

Yoga Anatomy & Physiology

— with Dr. Rucha Shinde
(MBBS, MD, Certified Yoga Teacher, Holistic Care Specialist)

Ever wondered what's happening inside when you stretch outside?

Skeletal, Muscular, Respiratory— Nervous— all systems decoded

📅 Starts 6th Oct | 14 days | 1 hr daily

📖 Includes print-outs (yes, homework for yoga nerds!)

For practitioners, teachers & anyone curious about the science of yoga

CONTACT +91 86689 41865

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

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

Connect with US

BE FEATURED IN THE NEXT TAPOVAN TIMES

Share art/posters doodles/ads

Email: home@aavya-rise.com



YOU CAN DOWNLOAD EARLIER EDITIONS ON OUR WEBSITE:
www.aavya-rise.com





See differently.

3rd Oct 2025

EYE TIMES

KNOWLEDGE SERIES

MUST READ



The Eyes That Lead the Soul

When Arjun first came to Rishikesh, he thought yoga was all about the body — the bend of the back, the strength of the arms, the stretch of the hamstrings. But his teacher, a quiet old man by the Ganga, corrected him with a single sentence:

“Your practice begins with the eyes.”

Arjun laughed. Surely the body mattered more. But the teacher only smiled and asked him to stand in Tree Pose.

“Fix your gaze on that stone by the river,” he said. “Not too hard, not too soft. Just let your eyes rest there.”

And suddenly, Arjun found his balance.

The Science Behind the Story

The old man was right. Neuroscience tells us the eyes are deeply wired into the nervous system. When the eyes wander, the mind scatters. When the eyes steady, balance flows through the whole body. A soft gaze, scientists say, lowers stress, calms the heart, and guides the brain into stillness.

The Spirit Behind the Science

But the yogis go further. They say the eyes carry prana, subtle life-force energy. A restless gaze leaks energy into the world; a steady gaze gathers it back into the self.

This is why *tratak* — gazing at a candle flame — has been practiced for centuries. The flame burns not only in front of you, but inside you, igniting an inner light that appears when the outer world dissolves.

Ashish's Reflection: The Gaze of Love

Over the years, I've noticed something simple yet profound: when you look at someone with compassion in your eyes, something shifts. It isn't just psychology — it feels like energy itself softens.

That same steadiness, that same gathering of prana that happens with *drishti* or *tratak*, also happens when the eyes carry love. To see with love is also a yogic practice. It steadies the heart as much as the mind. Perhaps that is why so many teachings — scientific and spiritual — converge on this truth: the way you look changes what you see, and also what you radiate.

The Deeper Realization

Arjun later wrote in his journal: “I thought yoga was about the body. But now I see it begins with seeing. The way I look — outward or inward, restless or steady, harsh or loving — shapes not only my practice, but my entire life.”

Perhaps that is the secret the yogis always knew:

The eyes are not just windows to the soul. They are the doorways through which love, balance, and spirit return home.



The Roving Eye & The Still Eye



Roving Eye:

“I scan the horizon. Cafés, people, colors, movement. I keep you entertained. Without me, how would you find the next chai stall or the perfect asana selfie?”

Still Eye:

“And yet, you are always hungry. You chase images but never taste the seeing. I gaze inward. In anatomy, they call it *drishti*. In yoga, it is focus. In Zen, it is resting awareness.”

Roving Eye:

“Focus? Boring. I like shiny things! I'm the reason the world invented Instagram.”

Still Eye:

“True. But I am the reason the world invented meditation. I anchor the wandering mind, slow the heartbeat, relax the optic nerve. Science says when I soften, the whole nervous system calms.”

Roving Eye:

“So what do we do then? Keep scrolling, or keep still?”

Still Eye:

“We dance together. You wander, I return. You search outward, I remind you to look within. Without me, you are restless. Without you, I am blind to the world's beauty.”

Lesson: Yoga is not about shutting one eye, but teaching the roving eye to be still to sit in the moment....and pause and calm down



CODES OF ENLIGHTENMENT



The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

— Marcel Proust

Only in the eyes of love can you find infinity.

— Osho

Practical Ways to See Differently

by Ashish Khandelwal



I've lived much of my life with a wandering eye. Not just glancing around cafés in Tapovan, not just noticing faces on the street — but in the deeper sense: moving quickly from one thing to another. From art to music, from one idea to the next, from one dream to another. Never resting. Always searching.

And I've realized something simple but hard to accept: when the eyes keep moving, the mind keeps moving. There's no grounding, no stillness, no depth. Yoga, strangely, turned my attention to the eyes. It showed me that they aren't just instruments of vision — they are gates of energy, anchors of the mind. They shape how we feel, how we move, how we connect.

Balance and Drishti

The first lesson was balance. In tree pose, warrior three, any posture where the ground shakes under you — it isn't the leg that betrays you. It's the eyes. When I fix my gaze on one single point, the body organizes itself around that anchor. One gaze, one center. And suddenly the chaos steadies.

Softness and Rest

Then I discovered how much tension hides in the eyes. They harden without me realizing. They push, they grip. But when I let them soften — even imagine they are smiling — the whole system shifts. Soft eyes, soft body. I find myself breathing easier. It is subtle, but it changes everything.

Looking Inward

Meditation, too, is not just closing the eyes. It is directing them inward. At the heart. At the space between the eyebrows. That simple inward gaze draws me away from the noise outside. It's not about blocking thoughts. It's about seeing from a different angle.

Tratak and the Flame

And then there is *tratak*. Staring at a candle flame until tears come. Staying with the discomfort. Then closing the eyes and watching the inner flame glow. It feels raw, cleansing. In those moments, I see how much the eyes carry weight that isn't mine — and how letting the flame burn through it gives me back a piece of clarity.

The Eyes of Compassion

But beyond the mat is where the real test lies. The wandering eye still lives in me. It wants to dart, to consume, to compare. Yet I've noticed that when I consciously choose to look at someone with compassion, something transforms. The eyes themselves begin to radiate softness. The gaze becomes love. And in that moment, the whole space shifts. Not just for me — for the other too.

I am not a guru. I'm not offering rules. I'm an explorer, still learning to live this.

For me, this is the journey: turning the wandering eye into the eye of love.

It is not a lesson finished, it is a practice alive. Every day, every glance, every meeting is another chance to see differently.



Tapovan Times

By Aavya Wellness Retreat
TAPOVAN, RISHIKESH

3rd Oct 2025

VOL. 1 ISSUE 5

DEAR DIDI

Because sometimes your asana won't give you answers, but Didi will.



Dear Didi,
-Restless in Tapovan

Didi, my eyes keep wandering at the café. One drishti or many?

One drishti on the mat. Many drishtis off the mat. Both are yoga — one builds balance, the other builds stories.

Dear Didi My boyfriend wants a third in the relationship. Is that spiritual?

Spirituality is union with the divine, not a group booking.

Dear Didi Waterfall or Ganga ji — which is more pious?

Didi says: Both make you wet, only one makes you humble.

Dear Didi I came to Rishikesh for yoga but I'm doing everything else. What should I do?

Congratulations, you've mastered the first pose: denial-asana.

Dear Didi How do I stop the mind chatter and find peace?

Stop serving chai to every thought that shows up.

Dear Didi Is falling in love in Rishikesh part of my spiritual journey?

Yes, until your soulmate asks for half the rent.

With love & lemon ginger tea,
Didi



Wisdom served hot.



See differently.



Mindful step.



Matters of yoga.



I came for enlightenment... stayed for the momos.

Lost? Just follow the smell of chai.

Mindfulness Gym: Trick of the Day

TAPOVAN TIMES

MINDFULNESS GYM (EYES EDITION)

RELAX THE EYELIDS



Drop the drama. Let your eyelids sink like curtains at the end of a bad Netflix show. That's yoga too

LOOK WITH COMPASSION



Try staring at someone like they're your favorite chai. Boom—your gaze just turned into meditation.



At Aavya Café, the tea is hot, the views are cool, and the chairs are always -----.

(Hint: what you become after yoga class)

Pottery class: You start with clay, end with a bowl, and in between you mostly make -----.

(Hint: not enlightenment, but close)

UPCOMING MUSICAL EVENTS

Weekly & Regular

Sanghrachana — Thursdays, 7:00–9:00 PM
Kirtan & bhajans.

Devi Music Ashram (Upper Tapovan) — Tuesdays to Saturdays
at 6:30–8:00 PM
Indian classical / kirtan evenings (check on-site board for latest).

12Monks — Weekends
Live music & ecstatic dance nights.

Aavya Wellness — Saturdays
Ecstatic Dance with Fire “Raja Rani” — move, sweat, and celebrate life!

King's Café — Most days from 7:30 PM
Open musical jams.

Special Highlight

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 & tickets are live.

Oct 1st – 5th at 5–9 PM : Bhakti Yoga Rishikesh in collaboration with the MVT Ashram & Resort hosts the Rishikesh Kirtan Fest 2025
A heartfelt offering of sacred sounds, community, and devotion. Experience special kirtans by Sacinananda Swami, Madhava Das, and Gour Krishna Das, alongside many other uplifting kirtans led by gifted kirtaniyas.

Have a music night coming up?
Send your details for future editions:
home@aavya-rise.com

SHOPPING SPREE



Quirky Shops in Upper Tapovan

Sacred Ceremony

Sacred Ceremony in Rishikesh offers eco-friendly boho clothing, spiritual accessories, and handcrafted treasures, creating a serene, soulful space where tradition, creativity, and mindful living beautifully converge.

Ganga Books Emporium

Ganga Books Emporium stands still — a reminder of the joy of holding a book, of diving into timeless words, of finding silence within stories.

Holistic Himalayas

They offer herbal teas, natural honey, pure cow's butter, Ayurvedic herbs, and promotes authentic Ayurvedic learning and wellness.

Shraleel Mandala Art Studio

A young girl spends her days painting intricate mandalas, filling her small shop with colors, meditation, and a serene, soulful energy invoking creativity.

Motley

A vibrant shop offering unique lifestyle products, handmade crafts, and eclectic treasures, creating a colorful, inviting space that reflects creativity, curiosity, and local artistry.

WISDOM CORNER

Sun Tzu (*The Art of War*)
“He who knows when to fight and when not to fight shall be victorious.”

→ In yoga: He who knows when to hold the pose and when to release shall find balance.



Zen Saying

“You should sit in meditation for twenty minutes a day, unless you are too busy — then sit for an hour.”

→ In yoga: When life is busiest, the mat must become your longest refuge.



Editor Ashish
+91 9821172784