



TAPOVAN WEATHER REPORT



YOGI SAYS



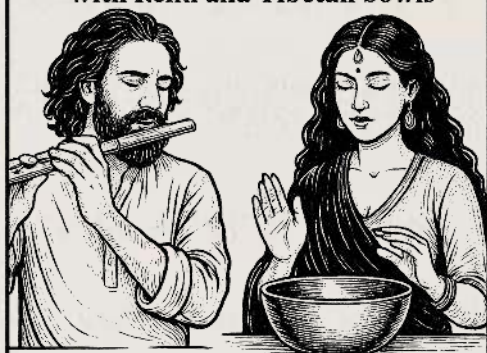
“The mind is the king of the senses, but the breath is the king of the mind.”

— B.K.S. Iyengar

What's on at Aavya

ANAHAT SOUND HEALING SESSIONS

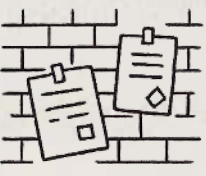
with Prabhat on flute, Ramana with Reiki and Tibetan bowls



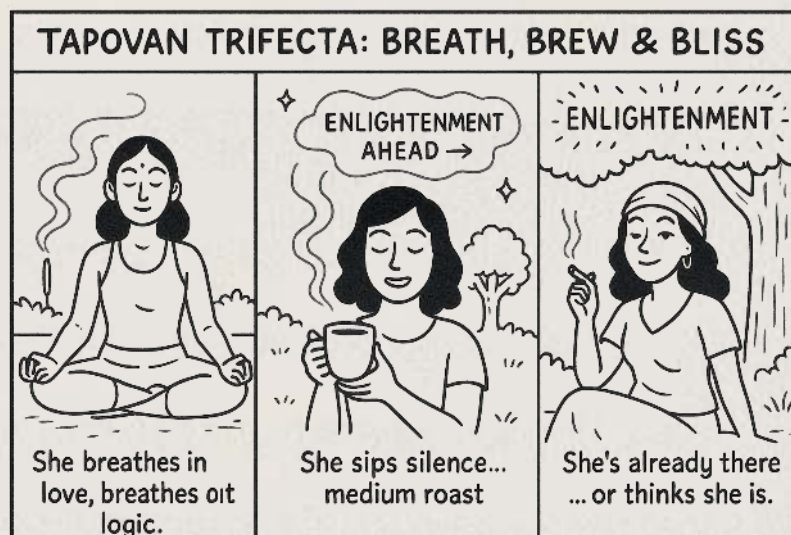
Tuesdays, Thursdays & Fridays at 7 PM
Sundays at 5 PM

This Diwali, Tapovan Swaps Firecrackers for Frequency Shifts



 Swami Atmanand begins his philosophy sessions	 Dave Singh & The Arctic Ensemble	 The Ganga is greener than ever
 TTC Season Ending blues	 Ecstatic dances everywhere	 Cafés in full swing
 Poster wars escalate	 Beautiful Strong appear	 Diwali is coming

COMIC OF THE WEEK



DID YOU KNOW?



AN EARTHEN DOME IS RISING.

AAVYA POTTERY & ART STUDIO



Artists, dreamers, wanderers — your hands are needed.

Aavya invites sculptors, potters, painters, and poets to join an open, living creation: an inverted earthen dome built with clay, breath, and mountain light.

No deadlines. No ownership. Just art in its rawest form — collaborative, wild, and alive.

Bring your tools, your rhythm, or simply your presence. Because here, every fingerprint matters.

ॐ To join or witness, walk up to the Aavya Pottery Studio — where the earth is already breathing.

aaavya_rise · www.aavya-rise.com

ARTISTS, DREAMERS, COME ON OVER

AND BUILD WITH US A 10-FOOT DOME.

BRING YOUR TOOLS, YOUR RHYTHM



Saraswati vs Kali — “The Art of Being Messy”

They met at a café that smelled faintly of clay and burnt cinnamon, the kind of place where every third person is an artist, and every second person claims to be healing through it.

Saraswati arrived early — she always did.
White saree crisp, veena perfectly tuned, calm as a Sanskrit verse.

Kali, of course, arrived barefoot, late, and laughing — her bangles still clinking from some afterparty near the forest.

Saraswati:

You know, Kali, not every splash of paint is divine expression.
Some of it is just bad aim.

Kali:

(laughs) And not every mantra makes music, my dear.
Sometimes silence is the only art left.

Saraswati:

That's why we teach precision — rhythm, proportion, grammar.
Without form, creation collapses.

Kali:

Without madness, it never begins.
Your artists wait for permission. Mine wait for rain.

Saraswati:

The wheel must be centered, Kali.
Pottery is meditation — touch, shape, stillness.

Kali:

I prefer when the clay cracks.
That's when you see if it was ever alive.

Saraswati:

Art refines the human spirit.

Kali:

Art reveals it.
You polish the mask — I tear it off.

For a moment, they both smiled.

Kali:

Maybe that one's yours.

Saraswati:

Or maybe it's learning balance — finally.

They clinked their cups — coffee and calm —
and watched the light fall on the clay,
somewhere between creation and collapse.

classifieds



IYENGAR YOGA OUR OFFERINGS WORKSHOP

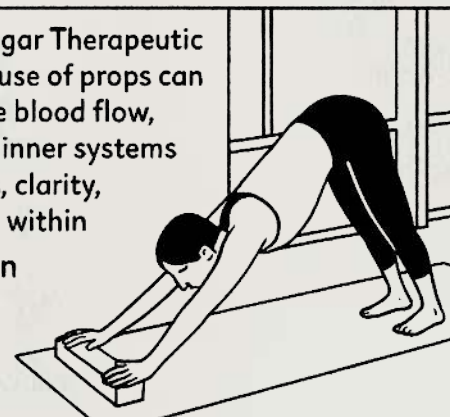
Discover how Iyengar Therapeutic practices and the use of props can ease pain, improve blood flow, and regulate your inner systems. Bringing lightness, clarity, and strength from within.

- Cervical Pain
- Knee Pain



Friday
and
Saturday

Friday and Saturday
10am to 12 pm



Personalized Classes

Private one-on-one sessions
available for customized healing
and care

MARMA CUPPING THERAPY THERAPY



AVAILABLE AT
AAVYA SPA



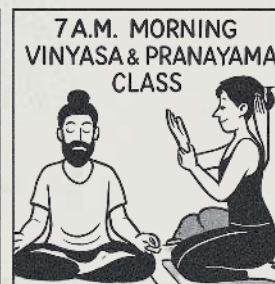
CALL 6398419747

to learn more

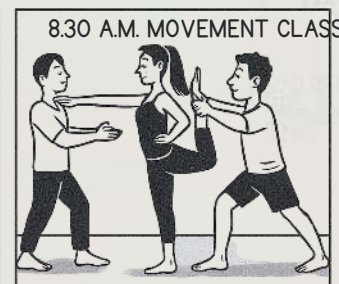
What your Day at Aavya looks like



Wake up to beautiful
SUNRISES



7 A.M. MORNING
VINYASA & PRANAYAMA
CLASS



8.30 A.M. MOVEMENT CLASS



Spend the AFTERNOONS
COOKING CLASSES, POTTERY
CLASSES, or HEALING SPA
THERAPIES



EVENING
MEDITATION &
SOUND HEALING SESSIONS



Enjoy the MEALS at
AAVYA our CAFE

ROOMS @ AAVYA STAY, DON'T ESCAPE



Mountain views. Forest air.
Blankets that understand
emotion. Pick your vibe —
Suites, Terrace Rooms, Jungle
Pods.
Meditate, create, or just stare
at sunsets professionally.

Aavya, Upper Tapovan.
DM @aavya_rise before the cows
take your room.

BE FEATURED IN THE NEXT TAPOVAN TIMES

Share
art/posters
doodles/ads
Email:
home@aavya-rise.com

THE ARCTIC TERN

70s ROCK REVIVAL NIGHT

LIVE AT
SECRET GARDEN CAFE RISHIKESH

DATE: 18th OCT SATURDAY
TIME: 7PM
TICKET: ₹500

THE AAVYA SOUND HEALING COURSE

27th Oct - 2nd Nov 2025

With Chiara, Ramana & Ashish

📍 Aavya Wellness center, Upper Tapovan

This 7-day immersion course is for those ready to go deeper. Not just to learn sound healing techniques — but to become someone who can guide meaningful, grounded experiences that stay with others long after the vibrations fade.

This isn't a crash course. It's a transformational learning space, crafted for depth, practice, and integration.

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

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



TIME OF ART

18th Oct 2025

MUST READ

VOL. 1 ISSUE 7



When the Idea Clicks

by Ashish Khandelwal

I was never an artist.

I was the corporate type — sitting behind screens, crunching numbers, buried in databases, chasing clean answers to messy questions.

Life made sense in Excel.

And now, here I am — surrounded by people who sculpt, paint, sing, dance, and heal.

Somehow, I work in a place that people call a piece of art — though it wasn't planned that way.

Aavya wasn't designed like a project. It grew quietly, unexpectedly into something that feels alive.

I've started to see that art doesn't always come from talent.

Sometimes it comes from freedom — the freedom to try, to fail, to not know.

You start moving, you start breathing, you look at a wall or a plant or a half-made pot, and something stirs.

You don't know why — it just does.

Then one day, while lost in a song or shaping clay or walking aimlessly, it happens that tiny spark, that "click."

You can't trace where it came from.

It's not effort. It's not logic.

It's just... there.

That's the moment you realize — art isn't made, it's found.

It hides behind stillness, behind rhythm, behind the noise of daily life and when you stop chasing it, it walks up and taps you on the shoulder.

So maybe being an artist isn't about painting or sculpting or composing.

Maybe it's about allowing — about staying open enough that when that strange, beautiful idea visits, you recognize it, and say yes.



Art Is the Way

Somewhere along the way, the world decided there are two kinds of people — artists and non-artists.

That, of course, is the biggest misunderstanding.

Because art isn't a profession.

It's a way of being — a way of touching life.

You don't have to hold a brush or perform on a stage.

You just have to be awake enough to notice how beautifully things already unfold.

Art is the way a woman paints her face — not to hide, but to reveal a mood.

Art is the way a student invents a new excuse and believes it with conviction.

Art is the way chai spills, leaving a perfect brown ring on the table like a forgotten mandala.

Art is the way a yogi exhales and the room softens around her.

Art is the way a lover says nothing and somehow says everything.

Art is the way the mountain rearranges the clouds every five minutes in Tapovan.

Art is the way a teacher answers a question that was never really asked.

Art is the way an old man folds his shawl, slowly, precisely, like a ritual.

Art is the way the café plays a song just as someone is leaving.

Art is the way words pause between two people, unsure if they should become truth.

Art is the way a friend laughs before the joke lands.

Art is the way a child stares at a butterfly and forgets time.

Art is the way the forest breathes without asking for attention.

Art is the way we keep making sense of life, even when it stops making sense.

Yoga is Art. Art is Yoga.

Somewhere along the way, we separated the two
put the yogi on the mat and the artist in the studio.
But both are reaching toward the same stillness,
that moment when effort dissolves and something
begins to move through you.

The Body as a Brush

In yoga, the body paints through breath.

Each movement, each pause,
is a line drawn across awareness.

Grace is not decoration, it's honesty in motion.

Hold a posture long enough and it becomes art.

Because art too begins with breath,
and ends in balance.



The Hand that Listens

The artist's hand listens as much as it creates.

A restless hand makes noise;
a steady one allows truth to appear.

In trikonasana or on canvas,
it's the same gesture
to be gentle enough to let form reveal itself.



The Practice as Prayer

Both yoga and art are forms of practice
not repetition for mastery,
but a way to return to ourselves.

You move, you breathe,
you fail, you try again
until the line, the posture, the note,
suddenly feels effortless.

The Moment of Grace

Then, one day, something clicks.

The brush moves differently.

The breath feels lighter.

The work becomes alive.

That moment that tiny alignment
isn't achievement.

It's grace.

Yoga is not discipline.

Art is not rebellion.

Both are remembrance —
of balance, of beauty, of being here.

And when the breath becomes brushstroke,
and movement becomes melody,
there is no difference at all.





Tapovan Times

18th Oct 2025

By Aavya Wellness Retreat
TAPOVAN, RISHIKESH

VOL. 1 ISSUE 7

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
ANAHATA- A flute infused sound healing session -
every Tuesday, Thursday, Friday @ 7PM
and Sundays @ 5pm
Open Jam on Sundays

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

Aarcana
Diwali Fire Flow 19th OCT Sunday

Blue Art Cafe
Open Mic every Tuesday and Thursday

Secret Garden
Rishikesh Alive Fest

MVT Kirtan every Saturday

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.

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

MINDFULNESS GYM



FEEL THE
CLAY IN
YOUR HANDS

LET GO OF
FIXED
EXPECTATIONS



BE PRESENT
WITH EACH
MOMENT



DIDI SAYS



Dear Didi,

I love saying lies — not harmful ones, just creative
ones. Everyone seems happier with my version of
things. Is that wrong?

Didi:

Beta, art was born the day truth got lazy.
If your lies make people feel, you're not lying —
you're editing reality.

Just remember: tell stories, not excuses.

-The Lying Artist

Dear Didi,

With one woman I'm a poet, with another I'm a
tragedy. Is that hypocrisy or range?

Didi:

The heart has multiple tabs open.

You're just switching browsers.

Be honest with your characters — not every poem
needs to be a promise.

-The Devdas Lover Boy

Art or Money?

Dear Didi,

Art brings love but no money. Corporate life brings
money but no spark. What do I choose?

Didi:

Both — just breathe between them.

Let money pay your bills and art pay your soul.

And remember: invoices can be spiritual too.

Going Deeper vs. Wider

Dear Didi,

Everyone says, "Go deeper in your art," but I keep
going wider — one day painting, next day pottery,
next day flirting with dance. Am I lost or evolving?

Didi:

Darling, rivers don't apologize for meandering.
Depth isn't about one direction — it's about not
faking the dive.

If you're still curious, you're still creating.

Diwali in Tapovan



Ten Little Lights Beyond
Diyas

The Ganga at dusk
shimmering like she lit
herself.

The chai stall flame
steady, no matter who's
debating truth.

A TTC graduate's smile
brighter than enlightenment
certificates.

Café fairy lights
tangled in guitars, stories, and
mild confusion.

The painter's fingers
dipped in color and quiet
rebellion.

The poster walls
glowing with every new
workshop, old dream.

The mountain sunset
the hill's version of a thousand
diyas.

And finally, that one silent
breath, when even the wind
pauses to listen.

Unscramble this phrase:

"RTA SI NIYHTREVEG"
(Hint: something every
Tapovan artist believes!)

TAPOVAN CLASSIFIEDS

Because even enlightenment has a noticeboard.

LOST



One sandal, last seen near
Ganga beach.
Reward: a new perspective.

FOUND

A melody drifting
between Raha
Café and Secret
Garden. Owner may
collect it by listening
carefully.



Editor Ashish
+91 9821172784