



## Outdoor Activities



Swimming Pool – 18.5m long 1.2m Depth pool with natural green marble stone



Walking Path – 200m long sand path surrounded by fruit orchard, flowers and vegetable gardens



Jogging Track – Half Kms sand pressed track inside property



### **SIDDHA WALK – Also known as Infinite walk**

An ancient yogic practice that helps Heals many diseases, helps improve mental & spiritual health The word 'Siddha' resonates with 'perfection' in the ancient Himalayan traditions of yoga and spiritual practices. Its root word is 'Siddh'—that, which is accomplished with ultimate perfection. Therefore, 'Siddha Walk' can be understood as a process of such a walk, which, when repeated over some time, can help its practitioner achieve perfection

#### How to practice

You walk in a specific pattern of shape 8 at a certain speed with the right mindset. It is a dynamic walk practice that promises to evolve all dimensions—physical, mental and spiritual.



- Dip Bar
- Double Pull Bar



### **Deeppura Forest Walk**

Walking of 5 kms, located at 300m, major trees are babul (Gum Arabic Tree)

Animals – Blue Bull, boar, camels and cows

Birds – Rufous treepie, Indian Roller, Hoopoes, Asian koel, Cattle egret, Green pigeons, Starlings, woodpecker, lapwing, painted francolins etc.