

Mindful Movement YOGA RETREAT



Welcome to our Mindful Movement Yoga Retreat at
The Pavilions Himalayas, The Farm!

Immerse yourself in a transformative journey of self-discovery and holistic wellness with our Yoga Retreat Package. Over four days, you will embark on a carefully curated itinerary to nourish your body, mind, and soul.

Day 1

The retreat begins with an introduction and general session, exploring yoga philosophy and basic poses. Take time to rest and rejuvenate before enjoying a delicious dinner.

2:00 pm	Introduction and General Session
4:00 – 6:00 pm	Yoga Philosophy and basic poses
6:00 pm	Rest Period
7:00 pm	Dinner
	Evening Free



Day 2



Starts with a revitalizing session of pranayama yoga and Surya Namaskar (sun salutations) in the morning, followed by a light breakfast. Engage in meditation with the soothing sounds of singing bowls and healing practices.



7:00 – 9:30 am

Pranayama Yoga and Surya Namaskar

10:00 am

Light Breakfast

11:30 am

Meditation (Singing bowl and Healing)

1:00 pm

Yogic Lunch

4:00 – 6:00 pm

Yoga Therapy

7:00 pm

Dinner

Evening Free



Indulge in a nourishing yogic lunch and delve into the transformative benefits of yoga therapy in the afternoon. The day ends with a delectable dinner and free time to unwind.

Day 3

Experience the cleansing techniques of Shatkarma, including Jalneti (nasal cleansing). Engage in Aum chanting and yoga practice, followed by a light breakfast. Treat yourself to a relaxing massage and enjoy a restful period. Savour a wholesome lunch and participate in a discussion, Q&A session, and revision of the teachings. The evening concludes with cocktails, dinner, and a farewell celebration.

7:00 – 8:30 am

Shatkarma (Jalneti)

9:00 – 10:00 am

Aum chanting and yoga practice

10:30 am

Light Breakfast

11:30 pm

Massage

Rest Period

1:00 pm

Lunch

4:30 – 7:00 pm

Discussion Q&A and revision, notes

8:00 pm

Cocktails & Dinner – Farewell



Day 4

9:00 am

Breakfast

End of Program and Check Out

Begins with a leisurely breakfast, marking the end of the program. Throughout the retreat, you will receive expert guidance from an experienced and inspiring international-level Yoga master. The package includes comfortable accommodation, vegetarian meals, and access to amenities such as yoga mats, a Yoga Shala, massages, steam, a sauna, a swimming pool, and Wi-Fi. Transportation to and from the airport is also provided.

RATES:

US\$ 733

US\$ 300

PER PERSON

SINGLE SUPPLEMENT

The Yoga Retreat PACKAGE INCLUDES

- Accommodation
- All Meals (vegetarian) at the Resort
- All Taxes
- Expert guidance on Yoga, Meditation and Chanting from an experienced and inspiring international level Yoga master
- Use of Yoga mats and Yoga Shala
- Massages as prescribed in the program
- Steam
- Sauna
- Swimming Pool / Jazuzzi
- Wi-Fi / internet
- Transportation to and from the airport



Salient Features of THE YOGA PACKAGE

- Fundamental principles of yoga
- Precautions of yoga practice
- Yogic Ahar (diet)
- Yogic lifestyle for a yoga Sadhak (practitioner)
- Sadhana sequence
- Anatomy/physiology
- Classical Knowledge (Traditional Understanding of Yoga Practice)
- How to apply Yoga to one's life for maintaining peace, bliss, and harmony
- Practical and Theoretical methodology
- How to develop personal yoga Sadhana