



YOGA || REJUVENATION || NATURE

YOGA @ 1940 MTS NATHUAKHAN (NAINITAL DISTT.) APR 06 – 10, 2018 (04 NIGHTS / 05 DAYS)

Yoga & Meditation practices are a proven methodology in improving upon one's physical and mental health, and more so, in dealing with the modern day's work-related-stress which otherwise could be quite consequential. The overall objective of this retreat is to impart easy techniques of yoga, meditation, breathing techniques that can be practiced at work place and do not consume much time. The program also includes daily engaging activities towards making the overall experience a fulfilling and a memorable one.

HIGHLIGHTS

- Accommodation in luxury cottages
- Daily two sessions of yoga & meditation with pranayama & easy asana sessions
- Daily 3 organic vegetarian meals along with evening tea
- One hiking trip to the nearby stream for sunrise yoga
- Excursion to Mukteswa Temple & Village Tour
- Engaging activities like jungle treks, village walks, rock climbing, archery etc.

STYLES

Hatha & Ashtanga

ACCOMMODATION

Located at a height of 1940 mts in the Nainital Dist, The Happy Dervish Nathuakhan, is a scenic hilltop resort with 180 degrees view of the snow capped Himalayas. The resort is a treat for any nature lovers with abundance of greenery, orchards and soul quenching calmness that one seeks in the hills. Ideal venue if you are looking for Nature, Rejuvenation & Wellness.

http://thehappydervish.com/resort_type/nathuakhan/



A TYPICAL DAY'S SCHEDULE

06:00 Morning yoga class including philosophy, asana, pranayama, relaxation, and meditation
08:30 Breakfast
09:15 Retreat program and excursions
12:30 Lunch
13:00 Free time / Optional activities
16:00 Afternoon yoga class or lecture on yoga philosophy
18:00 Dinner
19:00 Transformative experiences
20:00 Lights out and silent time

TENTATIVE ITINERARY

Apr 06'18 : Arrive Nathuakhan. Lunch and free time. Evening Yoga session. Dinner & overnight stay in the resort.

Apr 07'18 : Morning Yoga & Meditation session. Later excursion to Mukteswar temple and optional adventure activities like rappelling, hiking etc (own cost). Afternoon Yoga session followed by classes on Yogic philosophy & Pranayam. Dinner & overnight stay in the resort.

Apr 08'18 : Morning hike up to the stream for a sunrise yoga session. Morning free time. Lunch at the retreat. . Afternoon optional village walk tour. Evening yoga session followed by dinner and overnight stay in the resort.

Apr 09'18 : Morning Yoga session and full day at the retreat to spend time for yourself and alternatively indulge in resort activities like archery, pool etc. Evening Yoga session followed by discussion on Ayurvedic living. Late evening bonfire followed by dinner & overnight in the resort.

Apr 10'18 : Morning Yoga followed by Q&A session. Breakfast and checkout and later heading back to Delhi.

PRICE : RS. 16,500 PER PERSON + GST OF 5%

INCLUSIONS

- Accommodation in luxury cottages for 04 nights / 05 days
- Daily yoga and meditation sessions by experts
- All meals (vegetarian) with evening tea & snacks.
- One hiking to the stream for a sunrise yoga
- Excursion to Mukteswar temple and Village walking tour.
- Delhi – Nathuakhan – Delhi by AC Vehicles (from / to designated pickup points)

Thank you.

Varada Raju - General Manager

KARMIC ROUTES

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