



# 2 Days 1 Night Yoga Retreat Package





This retreat will help to gather one's health back and do to their normal schedules easily. Yoga, Meditation and other experiences of this retreat will help you gather some new things and apply them in your life.

# Outline Itinerary ( 2 Days )

## Day 1 : Arrival Day

**Before 02:00 pm** – Check in; Room Arrange and Rest

**05:00 - 05:15 pm** – Herbal Tea

**05:15 - 06:45 pm** – Bhakti Yoga (Prayer/ Chants), Spinal Asana/Suryanamaskar; Yoga-nidra, Mudra, Dhyana Yoga (Meditation)

**07:00 - 07:30 pm** – Dinner and Herbal Tea

**07:30 - 08:30 pm** – Bhakti Yoga (Prayer/Chants),

Trataka (Concentrated Gaze) and Discussion

**08:30 – 09:45 pm** – Evening walk, Vajrasana, Self-study & Practice

**10:00 pm** – Bed Time (Lights out)

## Day 2 : Check Out Day

**06:00 am** – Wake up and Ushapan (Early Drinking water)

**06:30 - 7:00 am** – Jala Neti (Nasal Cleansing) and Herbal Tea

**07:00 – 08:30 am** – Hatha Yoga Class

**08:30 - 10:00 am** – Breakfast and Herbal Tea

**10:30 – 11:30 am** – Sound Healing/Ayurvedic Massage

**12:00 - 02:00 pm** – Check Out

## **Include / Exclude**

- Hotel pick-up and drop-off
- Accommodation; Attached Bathroom with Hot & Cold shower
- Dinner on first day and breakfast on second day
- One Hatha Yoga & Dhyana Yoga (Meditation)
- Sound Healing/ Ayurvedic Massage
- All excursions out of the center including meals taken off-site
- All personal expenses
- Extra meals (available at an extra charge)
- Extra Therapies (available at an extra charge)



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

## Our Contact

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