



2 WEEKS YOGA



You will be spending 2 hours each day for two weeks learning about history and theories of yoga along with some postures, types of pranayama and meditations. You shall be able to learn valuable skills to live a safe toxic-free life. The results will include in better concentration, a deeper yogic practice and a renewed level of energy for your life to move forward in a positive direction.

Course Include:

- >>A brief theory on yoga and its dimensions
- >>Includes 26 various postures of eight folded yoga paths
- >>10 types of pranayama
- >> 4 types of meditation
- >>Bandhas and Mudras

Duration: 2hrs/ Days

Fees: USD 220/ package.



Include / Exclude



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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