

7 Days 6 Nights yoga



This seven-day yoga retreat gives a chance to one-on-one every day private learning with a yoga instructor for those with exceptional needs or the individuals who need to learn explicit components for their very own training. The course will help beginners in yoga who are determined to build up a day by day private practice as it causes the teacher to work autonomously and to train yoga as per the ideal result, desires, abilities and wants of the learner. This retreat is likewise ideal for further advanced practitioners who need to rehearse further developed asana under the direction of our accomplished yoga instructors or who need advanced training and more challenges.

Outline Itinerary:

Day 1: ARRIVAL DAY

Before 02:00 pm – Check-In; Room Arrange and Rest 03:30 – 04:30 pm – Rest 05:30 – 06:00 pm – Herbal Tea 06:00 - 07:00 pm – Dhyana Yoga (Meditation) 07:00 - 08:00 pm – Dinner and Herbal Tea

08:30 – 09:45 pm – Evening walk, Vajrasana, Self-study & Practice
10:00 pm – Bedtime (Lights out)

Day 2-4: MAIN RETREAT DAY

06:00 am – Wake up and Ushapan (Early Drinking water) - 06:30 -
07:00 am – Jala Neti (Nasal Cleansing) and Herbal Tea 07:00 – 09:00
am – Bhakti Yoga (Prayer/Chant) Warm-up exercise,
Suryanamaskar,

Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra) 09:00 -
10:00 am – Breakfast and Herbal Tea 11:00 - 01:00 pm – Therapy &
Rest

01:00 - 02:00 pm – Lunch and Herbal Tea 03:00 - 04:00 pm – Singing
Bowl Healing / Free Time

04:30 – 05:30 pm - Hatha Yoga Asana 05:00 - 05:15 pm – Herbal
Tea 06:00 - 07:00 pm – Dhyana Yoga (Meditation)

07:00 - 08:00 pm – Dinner and Herbal Tea

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

10:00 pm – Bedtime (Lights out)

Day 5: SIGHTSEEING TOUR / MONASTERY TOUR DAY

06:00 am – Wake up and Ushapan (Early Drinking water) 06:30 -

07:00 am – Jala Neti (Nasal Cleansing) and Herbal Tea 07:00 - 08:45

am – Bhakti Yoga (Prayer/Chant) Warm-up exercise,
Suryanamaskar,

Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra) 09:00 -
10:00 am – Breakfast and Herbal Tea 10:00 - 04:30 pm – Sightseeing
/ Tour 05:00 - 05:15 pm – Herbal Tea 06:00 - 07:00 pm – Dhyana
Yoga (Meditation) 07:00 - 08:00 pm – Dinner and Herbal Tea

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

10:00 pm – Bedtime (Lights out)

Day 6 : MAIN RETREAT DAY

06:00 am – Wake up and Ushapan (Early Drinking water) 06:30 -

07:00 am – Jala Neti (Nasal Cleansing) and Herbal Tea 07:00 – 09:00

am – Bhakti Yoga (Prayer/Chant) Warm-up exercise,
Suryanamaskar,

Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra) 09:00 -
10:00 am – Breakfast and Herbal Tea 11:00 - 01:00 pm – Therapy &
Rest

01:00 - 02:00 pm – Lunch and Herbal Tea 03:00 - 04:00 pm – Singing
Bowl Healing / Free Time

04:30 – 05:30 pm - Hatha Yoga Asana 05:00 - 05:15 pm – Herbal
Tea 06:00 - 07:00 pm – Dhyana Yoga (Meditation)

07:00 - 08:00 pm – Dinner and Herbal Tea

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

10:00 pm – Bedtime (Lights out)

Day 7: CHECK OUT DAY

06:00 am – Wake up and Ushapan (Early Drinking water) 06:30 -
07:00 am – Jala Neti (Nasal Cleansing) and Herbal Tea 07:00 - 08:45
am – Bhakti Yoga (Prayer/Chants), Warm-up exercise,
Suryanamaskar,

Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra) 09:00 -
10:00 am – Breakfast and Herbal Tea 10:00 - 01:00 pm – Rest/ Pack,
Shower/Rest 01:00 - 02:00 pm – Lunch and Herbal Tea 02:00 pm –
Check Out

Include / Exclude

- Hotel pick-up and drop-off
- Accommodation; Attached Bathroom with Hot & Cold shower
- Towel and slippers
- Vegetarian or Vegan meals daily (Cultural Food on Festivals & Rituals)
- Daily herbal tea as mentioned above
- 2 Yoga sessions per day including yoga mat
- Drinking water
- Daily therapy session on Main Retreat Days only
- Library of yoga literature
- Full body Oil massage - 2nd, 4th, & 6th Day
- Shirodhara (Oil treatment) - 3rd Day
- Bowl Music Healing - 2nd , 3rd, and 6th Day
- All excursions out of the centre including meals taken off-site
- All personal expenses
- Extra meals (available at an extra charge)
- Laundry (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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