

Day Yoga Package





We have a special day package for those who don't have time to stay package with us.

Outline Itinerary (1 Days)

Day 1 : Day Schedule

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)

9:00 - 10:00 am – Breakfast and Herbal Tea

11:00 - 01:00 pm – Ayurvedic Massage, Helping & Cooking in Kitchen, and Self Study

01:00 - 02:00 pm – Lunch and Herbal Tea

02:30 – 05:30 pm – Sound Healing & Self Exploration

05:30 - 05:45 pm – Herbal Tea

05:45 - 07:00 pm – Bhakti Yoga (Prayer/Chants), Spinal Asana/ Suryanamaskar, Yoga-nidra, Mudra, Dhyana Yoga (Meditation)



Include / Exclude

- Hotel pick-up and drop-off
- Breakfast and Lunch with Herbal Tea
- Ayurvedic Massage
- Personal Expenses
- Extra meals



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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