

# One Day Yoga Retreat



## Highlights

- Immerse yourself in the world of Yoga and explore its numerous dimensions.
- Learn from Yoga practitioners and instructors who will lead you through the retreat.
- Discover a range of Yoga practices that contribute to calming your mind, and revitalizing your body.

## Overview

The word Yoga is derived from Sanskrit word "Yuj" which means to join. Hence, the meaning of Yoga simply means the Union. It is the combination of physical, mental and spiritual practice. Yoga is not a physical exercise. It is the union of individual consciousness to universal conscience (lower self to higher self) and its development into our everyday life.

One day Yoga Retreat is a program offered by Himalayan Social Journey for all the interested people who wants to try a hand at Yoga. This is a short training practice and where you will learn basic thing about Yoga. You can learn about various yoga practices that serve to calm the mind, body and spiritual healing.

We invite you to join One Day Yoga Retreat with Himalayan Social Journey and make best yoga memories in Nepal.

# Outline Itinerary ( Days )

## Day 1 : Day 1: Yoga Retreat with Himalayan Social Journey

**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** –Massage, Sauna-Steam, Helping & Cooking in Kitchen and Self Study

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

**02:00 - 05:00 pm** – Nature/Village/Temple/ Monastery visit, Jungle visit or Self-practice

**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)a



## **Include / Exclude**

- Breakfast
- Unlimited Herbal tea
- Nasal Cleansing
- Lunch
- Transportation To and From Yoga Centre
- All Personal Expenses
- Extra Therapies (available at an extra charge)
- Sauna, Steam & Jacuzzi



# 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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