

Yoga & Mindfulness Immersion

Sample Daily Schedule

Day of Arrival:

3pm: Welcome ceremony

4pm: Consultation

5.30pm: Deep Tissue massage

8pm: Sattvic dinner

Sample Full Day:

7am: Private yoga

8.15am: Sattvic breakfast

9.30am: Optional Group Yoga

11am: Stress-releasing full body Spa treatment

12.30pm: Sattvic lunch

3pm: Yoga or meditation

4pm: Yogic refreshment

8pm: Sattvic dinner

Day of Departure:

7am: Yoga

8.30am: Sattvic breakfast

11am: Final consultation

12pm: Transfer to airport

Sample Treatments & Movement Therapies

Purification Kriya: Kriyas are yogic cleansing techniques used to purify the body and mind, opening the body's energy lines.

Yoga Nidra: Yoga Nidra or 'Yogic sleep' takes you into a state of deep inner awareness and higher consciousness. As you let go of your attachment to the physical world, you reach a state similar to that between waking and sleeping.

Pranayama: Pranayama is the formal practice of controlling the breath, which is the source of one's prana, or vital life force. The simple but highly effective breathing exercises that make up this ancient practice calm body and mind. Concentrating on the breath distracts, focuses and clears the brain, allowing you to sit in meditation with greater ease.

Trataka Meditation: This powerful practice of intensely gazing at a burning candle helps to develop the power of concentration, balance the nervous system and clear the mind. One of the simplest and most comforting forms of meditation.

Mindfulness Meditation: Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment. This skill can be developed through the practice of meditation. In this guided meditation practice you learn how to awaken the senses to the now.

Hatha Yoga: Hatha combines asanas (postures) with conscious breathing to develop strength, flexibility and mental clarity. It is slower than Vinyasa yoga with postures held for a longer time.

Vinyasa Yoga: In this faster yoga practice, asanas (postures) flow from one into another in time with the breath. It can be seen as a moving meditation building heat, endurance, flexibility and strength.