



## Ayur Yoga Retreat (Classic Hatha Yoga Retreat with Ayurveda Package)

### Yoga & Meditation for Harmony and Peace

“Yoga” is a valuable gift of ancient Indian tradition. The Art of healthy living “Yoga” and the Science of Life “Ayurveda” was originated in India 5000 years back. Yoga works on the level of one's body, mind, emotion and energy; it provides a holistic approach to health and well-being.

Knowing the importance and future of Yoga and Ayurveda in healthy living, thirty five years back, Somatheeram Ayurveda Group has introduced the “**World's first Ayurveda and Yoga Resort**”.

Somatheeram Ayurveda Group is Special place for Yoga retreats as well as for the Ayurveda :

#### DAILY ITINERARY – Ayur Yoga Retreat

<b>06.00 – 06.30</b> : Wake up	<b>11.30 – 12.30 PM</b> : Theory, Goals & Benefits of Hatha Yoga / Group Discussion / Self Study
<b>06.30 AM</b> : Self Meditation/Initial Relaxation + Herbal Tea <i>(Awakening and welcoming the new day with awareness and mindfulness)</i>	<b>12.30 PM</b> : Yogic / Satvic Vegetarian Lunch
<b>06.30 – 07.00 AM</b> : Herbal Tea	<b>Break till 02.30 PM</b>
<b>07.00 - 07.30 AM</b> : Sukshma Vyayama <i>(Warming up exercises from head to toe to make the body flexible and fit for asana)</i>	<b>02.30 – 04.30 PM</b> : Ayurveda Package (Rejuvenation / Body Purification Therapy)
<b>07.30 – 09.00 AM</b> : Introduction & Practice - Traditional Hatha Yoga Asanas, Pranayama	<b>Break till 05.30 PM</b>
<b>09.00 AM</b> : Yogic/ Satvic Vegetarian Breakfast <i>(Yogic/ Satvic food to promote the satvic gunas which increase vitality)</i>	<b>05.30-07.00PM</b> : Traditional Hatha Yoga Asana Practice, Pranayama, Meditation.
<b>Break till 10.30 AM</b>	<b>7.00– 07.30 PM</b> : Yoganidra <i>(Yogic sleep is a state of consciousness between waking and sleeping. It is a state in which the body is completely relaxed and one becomes increasingly aware of the inner world)</i>
<b>10.30 – 11.30 AM</b> : Lecture classes on Mantra, The eight limbs, course of Yoga.	<b>07.00 PM</b> : Satvic / Yogic Vegetarian Dinner
	<b>09.00 PM</b> : Bed Time

- **In addition to daily itinerary** there will be Closing Ceremony with traditional Poojas.
- Schedule may varies depends on the treatment slots and will finalize after first consultation