

# Ananda Dhyana Meditation

The Dhyana Program helps in the process of self-realisation by gaining more control over physical and mental faculties, balancing them emotionally as well as spiritually. It helps people understand and connect with the yogic system and find the right combination of practices which can be incorporated into daily lives.



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The various concepts of Dhyana (meditation) and its practice originated in the Vedic era and have been influenced over the ages by Buddhism, Hinduism and Jainism. The practice of meditation is one of the key tools that helps harmonize the mind and also tap into the full potential of the 'higher mind'. By overcoming negative tendencies, it helps harmonize the whole personality and gives an overall sense of calm.

A personalized session of a combination of asanas that are physical postures accompanied by an awareness of the body, and breathing patterns. This develops flexibility and strengthens cardio-vascular functions to prepare the body for the next level of exercises.

Daily personalized Pranayama sessions promote breathing techniques that lead to control of pranas (energy) and the mind. Daily hourly meditation discussions include practicing techniques of pratyahara (withdrawal of the senses from the mind), followed by dharana (mental awareness) which will help to relax, concentrate and build internal awareness leading to dhyana. Topics related to the philosophy of yoga, the structures of the yogic system, the yogic lifestyle, the positive effects of mantras (sound vibrations) and self-study are discussed during the Yoga sessions.

Soothing and healing therapies such as Abhyanga, Kundalini back massage, Reflexology, Shirodhara, Shiatsu and Amethyst rejuvenati on facial complement the mindful meditation and yoga sessions.

Ananda's unique Dhyana meditation programme harmonizes the physical, mental & spiritual faculties, balances chakras leading to spiritual enlightenment, stimulates reflex points to restore energy flow in the body, improves cardiovascular and circulatory health, reduces stress, improves circulation, boosts the immune systems, improves memory and normalizes sleep patterns & blood pressure





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## INCLUSIONS

## DHYANA MEDITATION

<i>Nights</i>	7 nights	14 nights	21 nights
<i>Personal Meditation sessions</i>	5	10	16
<i>Personal Pranayama sessions</i>	6	7	10
<i>Personal Yoga sessions</i>	6	12	18
<i>Cleansing Therapy</i>		4	7
<i>Ayurveda Therapy sessions</i>	2	5	6
<i>International Therapy sessions</i>	4	7	10

## THERAPIES

## DHYANA MEDITATION

<i>Nights</i>	7 nights	14 nights	21 nights
<i>Ayurvedic therapy</i>	Shirodhara, Abhyanga	Abhyanga Shirodhara, Choornaswedana	Abhyanga Shirodhara, Choornaswedana
<i>International Therapy</i>	Kundalini Back Massage (Ila), Reflexology, Amethyst Facial Shiatsu	Kundalini Back Massage (Ila), Reflexology, Aromatherapy, Mani- puri Massage (Ila) Amethyst Facial, Shiatsu	Kundalini Back Massage (Ila), Reflexology, Aromatherapy, Mani- puri Massage (Ila), Vishuddha Harmonis- ing Facial (Ila), Amethyst Facial, Shiatsu
<i>Cleansing Therapy</i>		Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana