

Ananda Yoga

The Ananda Yoga program helps rediscover oneself through the ancient and traditional discipline of Yoga, which encompasses all aspects of life in order to balance the mind, body and spirit. Ananda Yoga nurtures and enhances the physical, mental, emotional and spiritual qualities in a simple, effective and practical manner through the time proven approaches of Hatha Yoga, Raja Yoga and Kriya Yoga.



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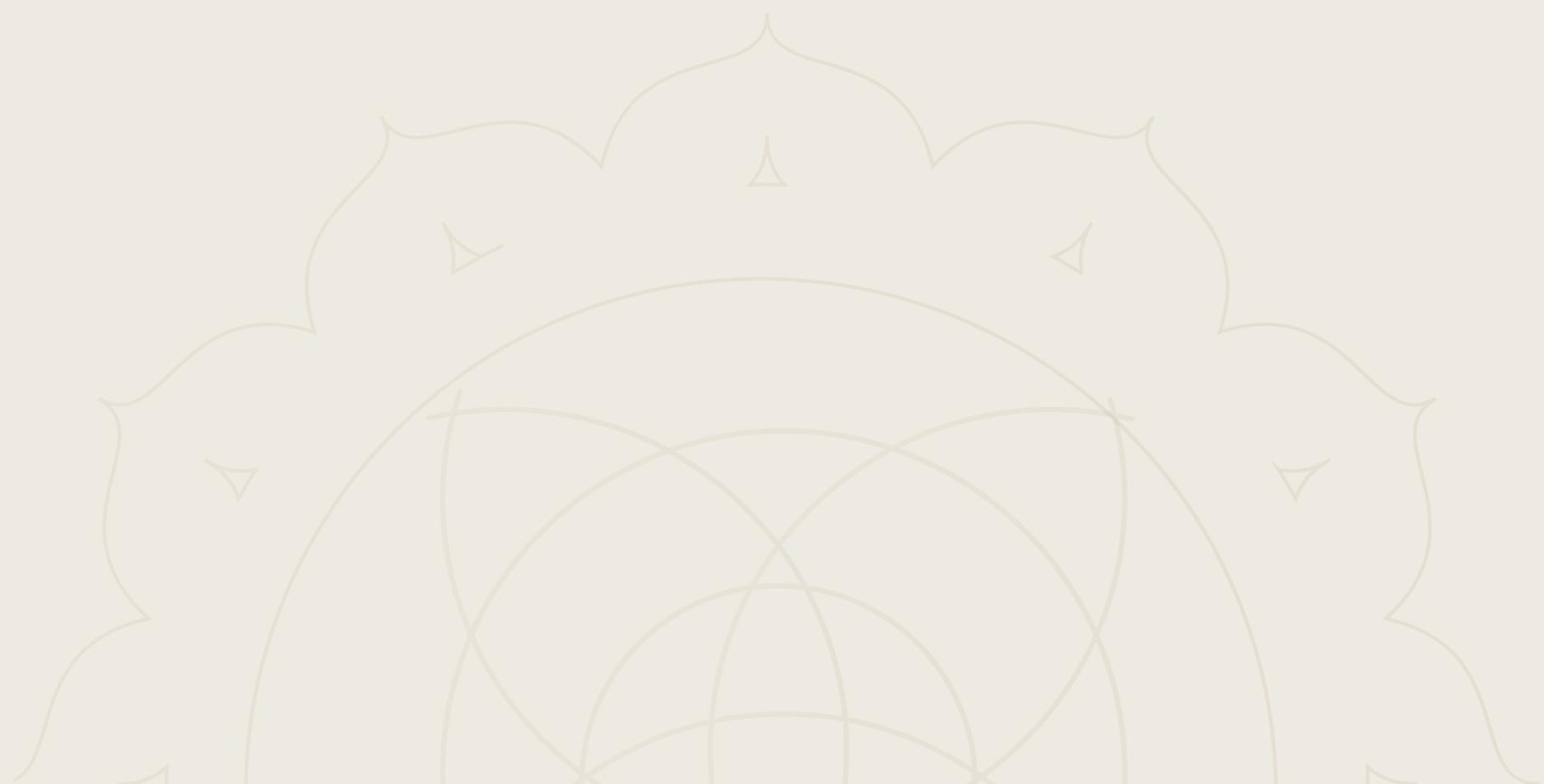
The Ananda Yoga program focuses on incorporating the elements that are integral to Yoga. The entire program is created to help one understand the complementing nature of different Yogic techniques sourced from classical branches of Hatha, Raja and Kriya Yogas.

The program has balanced inclusions of personalized Asana (Hatha Yogic posture), Pranayama (breathing techniques), Shatkriya (cleansing) and meditation techniques in order to develop understanding of the holistic approach of Yogic philosophy.

Upon arrival there is a detailed Yoga consultation with our resident Yoga Guru to help personalize the sessions to your needs. During the stay there is a personalized Asana and Pranayama session every day with a meditation or cleansing procedure to complement and enhance the Yogic experience. In each Individualised Hatha Yoga session you will receive attention with dialogue and adjustments specifically tailored for your needs. Each posture has manual adjustments which will help you to understand the relationships between the muscle groups and body parts being engaged. To develop a deeper understanding of how your body engages in each posture, the instructor guides your awareness to specific areas to enhance your body's natural intuition.

Spa treatments incorporated in the program such as Tibetan ritual, Thai massage, Reiki, Shirodhara and Reflexology help further to deepen the meditative and holistic experiences.

The Ananda Yoga programme helps to develop sound understanding of Yogic practices, improves immunity to stress, develops strong will power and concentration, and improves sleep and clarity of thought.





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| INCLUSIONS | INTRODUCTION TO YOGA | HOLISTIC YOGA | |
|---------------------------------------|-------------------------|-----------------|------------------|
| | <i>5</i> nights | <i>7</i> nights | <i>14</i> nights |
| <i>Personal Yoga sessions</i> | 3 | 5 | 11 |
| <i>Personal Pranayama sessions</i> | 2 | 4 | 8 |
| <i>Personal Meditation sessions</i> | 1 | 3 | 7 |
| <i>Ayurvedic therapy sessions</i> | | 1 | 2 |
| <i>International therapy sessions</i> | 3 | 7 | 12 |
| <i>Cleansing therapy sessions</i> | 1 | 1 | 3 |

| THERAPIES | INTRODUCTION TO YOGA | HOLISTIC YOGA | |
|----------------------------------|--|--|--|
| | <i>5</i> nights | <i>7</i> nights | <i>14</i> nights |
| <i>Ayurvedic therapy</i> | | Shirodhara | <i>Shirodhara</i> |
| <i>International Therapy</i> | Thai Massage Reflexology, Aromatherapy | Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz Facial or Amethyst Rejuvenation | Tibeta Kuu Nye (Ila), Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz Facial or Amethyst Rejuvenation |
| <i>Cleansing Therapy</i> | | Jai Neti | Jai Neti, Kunjal Kriya |