



### ➤ *Ananda Yoga*

Rediscover yourself and enable heightened *balance* and *rejuvenation* through the classical approaches of Hatha Yoga and Kriya Yoga where individual sessions are specifically tailored for ones' needs. The programme includes *personalized* Asanas (Hatha Yogic postures), Pranayama (breathing techniques), Mudras (channelling of energy) and Bandhas (energy locks) in order to experience the *holistic* approach of Yogic traditions.

The programme has balanced inclusions of personalized Asana (Hatha Yogic posture), Pranayama (breathing techniques), and Yogic Kriyas in order to develop an understanding of the holistic approach of Yogic philosophy.

Upon arrival, there is a detailed Yoga consultation with our resident Yoga expert to help personalize the sessions to your needs. The individualised Hatha Yoga sessions are specifically tailored for ones' needs. Each posture has manual adjustments which will help one understand the relationships between the muscle groups and body parts being engaged. To develop a deeper understanding of how the body engages in each posture, the instructor guides the awareness to specific areas to enhance body's natural intuition.

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

Yoga	FOUNDATION		COMPREHENSIVE	
	5 nights	7 nights	7 nights	14 nights
<i>Inclusions</i>				
<b>THERAPIES</b>				
Ayurveda			1	2
International	1	2	3	4
Oriental	2	2	3	8
<b>PERSONAL SESSIONS</b>				
Yoga	3	4	6	13
Pranayama	2	2	3	6
Meditation		1	2	3
<b>CONSULTATIONS</b>				
Yoga	1	1	1	1
Physiotherapy			1	1
Emotional Healing			1	1

