Holistic Yoga

Our Holistic Yoga programme seamlessly integrates and guides on the *ancient wisdom* of classical Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga, and Jnana Yoga offering *a well-rounded experience* that nurtures your physical, mental, emotional, and spiritual well-being.

Who is this programme for: This programme is ideal for individuals looking to deepen their understanding of yoga philosophy and practice, whether your goal is to improve flexibility, heal therapeutically, discipline the mind, or enhance spiritual awareness.

The structure includes a blend of Hatha Yoga and Raja Yoga, which focus on the outer aspects of the body, breath, and mind, fostering stability, lightness, and expanded consciousness. It also incorporates elements of Karma Yoga, Bhakti Yoga, and Jnana Yoga, which address attitudinal and behavioral transformations, cultivating mindfulness, devotion, and wisdom.

Upon arrival, a detailed yoga consultation will help tailor the sessions to your specific physical, emotional, and spiritual needs. Our skilled instructors will guide you through a dynamic combination of personalized Asanas (Hatha Yogic postures), Pranayama (breathing techniques), Mudras (energy channelling), and Bandhas (energy locks), enhancing the connection between body, mind, and breath.

Through this programme, you will gain valuable insights into your strengths and abilities, while developing willpower, mental clarity, and emotional resilience. The holistic approach will enhance your physical strength, flexibility, sleep, immunity, and spiritual awareness, helping you lead a more harmonious and enriched life.

Holistic Yoga	Comprehensive			Intensive		
Inclusions | Nights:	7	14	21	7	14	21
THERAPIES						
Ayurveda, International, Oriental	6	13	20	10	20	29
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	8	15	25	11	22	33
CONSULTATIONS						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Yoga and Meditation Guide
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.