



➤ *Ananda Yoga*

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

Who is this programme for: For those seeking to create a foundation of yoga practice and philosophy, conscious living, healthy living, mindful movement, and to improve agility and flexibility.

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	Comprehensive			Intensive		
Inclusions Nights:	7	14	21	7	14	21
THERAPIES						
Ayurveda, International, Oriental	8	15	22	10	20	32
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	8	17	26	12	24	33
CONSULTATIONS						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	11	8	9	11

*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.

