

Hatha Yoga and Meditation Retreat hosted by Ananda in the Himalayas at Nira Alpina

29th August - 01st September 2019

NIRA ALPINA
SWITZERLAND

ANANDA®
IN THE HIMALAYAS
A DESTINATION SPA



Ananda is an award-winning luxury destination spa resort in India situated at the Himalayan foothills in Northern India. Ananda, one of the best luxury wellness retreats in India, integrates traditional Ayurveda, Yoga and Vedanta with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmonize energy. Located on a 100-acre Maharaja's Palace Estate, it is surrounded by graceful Sal forests and overlooks the spiritual town of Rishikesh and the Ganges river valley.

Yoga Hatha Yoga, pure and traditional in form, is adapted to suit individuals needs of guests at Ananda. Teaching the techniques of the renow ed Bihar School of Yoga, it is a disciplined way of living, encompassing all aspects of life and working on different levels to balance the mind, body and spirit.

Meditation At Ananda, our experts provide guided meditation techniques to attain emotional and mental harmony from within. Some of the meditation techniques include Yoga Nidra (a deep relaxation for the body to restore itself), Ajapa Japa (the repetitive chanting of a mantra with the movement of breath and awareness in psychic passages) and Antar Mouna (a systematic meditation technique which deepens insight into the processes of the mind).



Yoga and Meditation Workshop at Nira Alpina will be led by Sandeep Agarwalla, Head of Yoga at Ananda in the Himalayas

After living the life of a Yogi and studying at the prestigious Bihar Yoga Bharti with an MA in Yoga Physiology, Sandeep chose to teach in the Bihar Yoga centres in different parts of the country to further hone his skills. He is a passionate proponent of traditional Hatha Yoga and believes in the symphony of asanas, conscious breathing and mindfulness to create a unique balance. Here at Nira Alpina, he will teach a 3 day yoga and meditation workshop that aims to help one develop and achieve a balance from within.



What to Expect from the workshop:

Practice asanas, breathing & relaxation techniques and build an overall practice that suits your needs.

Learn to de-stress & practice the art of awareness to adapt a more objective approach to life.

Understand the philosophy behind the yogic teachings and their application to modern life.

Programme Schedule

29 August, Thursday	Arrival and orientation to the programme, one-on-one discussions to assess personal health and lifestyle. Each day includes 4 hours of workshop sessions (Day 1 - Day 3), 2 hours in the morning and 2 hours in the evening.
Day 1 : 30 August, Friday	Gentle Asanas to unlock the joints, unwind and release tension in the body and mind; introduction to Pranayama and Yoga Nidra for deep relaxation.
Day 2 : 31 August, Saturday	Gentle progression to the next level of asanas to create balance and endurance, pranayama and Antar Mouna meditation to learn how to withdraw from the senses.
Day 3: 1 September, Sunday	Morning session only, focusing on asanas to build endurance, advanced pranayama, and Ajapa Japa to centre the thought process. Departure at noon.





	Single Occupancy	Double Occupancy
Corvatsch Room	CHF 1,290	CHF 2,115
Garden Room	CHF 1,440	CHF 2,265
Alpine Junior Suite	CHF 1,965	CHF 2,715

The rates include breakfast, dinner and all sessions of the workshop. For reservations, please contact Aditi on +44 7823 559 293 or aditi@shantihospitality.com.



