
THE ART & SCIENCE OF YOGA

Embark on a journey towards physical, mental, & spiritual well-being through the discipline of yoga. Through asana, pranayama, meditation, and yogic diet, this comprehensive programme guides you to a stronger body and calmer mind. Designed and led by our yoga masters, this program offers those new to yoga a complete introduction and deepens the practice and understanding for experienced yogis.

This immersion into the art & science of yoga begins with an in-depth private consultation with our Ayurvedic Doctor and Yoga Master to identify imbalances in the body and mind. The practices, treatments, and diet plans are customized to each individual's needs.



6 nights / 7 days

DAILY PROGRAMME

DAY 1

- Private Yoga Consultation
- Learning art of breathing
- Learning the basics of asana
- Introducing the core philosophy of yoga

Day 2

- 60 minutes sun salutation practice
- 60 minutes yogic purification + pranayama
- crystal + salt house meditation

Day 3

- 60 minutes yoga session
- 60 minutes pranayama session
- cave meditation + yogic chanting

DAY 4

- 60 minutes yoga session
- 60 minutes sound healing therapy
- yogic nasal cleansing technique
- Trataka practice

Day 5

- 60 minutes yoga session
- 60 minutes pranayama session
- cyclic meditation practice

Day 6

- 60 minutes yoga session
- mind sound resonance technique (MSRT)
- yogic nasal cleansing technique

Day 7

- 75 minutes yoga session
- 60 minutes yog nindra (deep relaxation)
- closing blessing ceremony with priest

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INCLUSIONS

- 3-night accommodation
- 3 ayurvedic spa treatments
- Ayurvedic Doctor consultation
- personalized yogic sattvic diet plan

Junior Suite

Single	Double	Triple
\$5,700	\$8,800	\$12,600

(*Inclusive of applicable taxes)