
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.

3 nights/4 days

DAILY PROGRAMME

DAY 1

- private yoga consultation
- learning the art of breathing
- learning the basics of asana
- introducing the core philosophy of yoga

Day 2

- 60 min sun salutation practice
- 60 min yogic purification + pranayama
- trataka practice
- cave meditation + yogic chanting

Day 3

- 60 min yoga session
- yogic nasal cleansing technique
- 60 min yoga nidra practice
- crystal + salt house meditation

Day 4

- 75 min yoga session
- 60 min sound healing therapy
- closing blessing ceremony with priest



INCLUSIONS

- 3 night accommodation
- 3 ayurvedic spa treatments
- Ayurvedic Doctor consultation
- personalised yogic sattvic diet plan
- daily private yoga sessions
- daily private pranayam sessions

Junior Suite

Single	Double	Triple
\$3,120	\$4,950	\$7,100

(*Inclusive of applicable taxes)

*Reach out to us for higher category suite info@edwarikas-dhulikhel.com