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# THE SOUND AND BALANCED MIND



Designed to rejuvenate bodies and minds that have been clouded by modern life and unhealthy environments, this comprehensive program guides you to a calmer mind and inner harmony. Discover the art of relaxation and embark on a journey within.

This immersion into mental well-being and spiritual balance offers limitless opportunities to cultivate inner peace. From harnessing the majestic calming power of the Himalayas to Buddhist monk-led meditations and mind-clearing yoga, this extensive program purifies every aspect of you.

6 nights/7 days

## DAILY PROGRAMME

### DAY 1

- introduction into journaling for mental clarity
- learning the art of breathing
- 60 min calming yoga session
- 60 min chanting and mantra meditation session

### Day 2

- sunrise meditation + tea ceremony
- hike to Buddhist Monastery + monk-led meditation
- yoga nidra session

### Day 3

- 60 min sound healing therapy
- 60 min yoga session
- art therapy with local artist / pottery session with pottery master
- evening trataka practice (candle meditation)

### Day 4

- 60 min sunrise yoga session
- Mind sound resonance technique (MSRT)
- Evening trataka practice (candle meditation)

### DAY 5

- Sunrise meditation + tea ceremony
- 60min pranayama session
- 60 minute sound healing therapy

### Day 6

- 60 minute yoga session
- art therapy with local artist/ pottery
- session with pottery master
- Yoga nidra

### Day 7

- 60 min sunrise yoga session
- closing blessing ceremony with priest

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## INCLUSIONS

- 3 night accommodation
- 3 ayurvedic spa treatments
- Ayurvedic Doctor consultation

## Junior Suite

Single	Double	Triple
\$6,100	\$9,800	\$14,100

(\*Inclusive of applicable taxes)