



JOURNEY THROUGH YOGA



START ANEW OR DELVE DEEP Into The Ancient Art and Discipline Of Yoga

If you are looking at deepening your current knowledge and practice of **Yoga** or maybe even looking at starting anew on the inspiring and sacred path of **Yoga**, then the **Journey Through Yoga** is just that retreat for you! At Atmantan, you will be given the right guidance of the principles of **Yoga**, the learning and methodology of this form of discipline such that you will experience firsthand its wonderful lifestyle benefits. The **Yoga** we indulge in here is not just about movement and breath congruence but imbibes itself into your very way of living. Yoga is commonly believed to be about flexibility which is an incorrect interpretation of this ancient art; the discipline of **Yoga** is in fact renowned for its healing abilities of the soul, mind and body and lending the practitioner the gift of youth! Even the simplest practice of the **Yoga asanas** with right technique and intention, facilitates a calm and quieter mind along with proven health benefits for your overall wellbeing.

The **Journey Through Yoga** retreat the Atmantan way, incorporates **Traditional Ayurveda** principles, beginning with an **Ayurvedic Medical Consultation** to determine your constitution or **Dosha**; this is then followed up by an array of spa therapies ranging from the **Shirodhara, Padabhyanga to the Ajna Light Therapy**, all of which complement the healing ritual of **Yoga**. The **Private Meditation sessions while perfecting your Breathing practices**, also subtly work in unison to boost your levels of healing and align the senses.

TAKE ON A YOGA INFUSED LIFESTYLE

Asanas and breath work along with traditional meditation practices in a carefully constructed programme at Atmantan (private sessions) allow you to experience the true art of healing and the serenity that a **Yoga** infused lifestyle brings. With assisted postural correction and alignment, and conjuring the **asanas** or poses with accurate movement, flow and accompanied breath work, you soon discover the divine keys to mindfulness, stress reduction, energizing and enhancing abilities! As you become proficient, you can then carry forward this journey of the practice and learning of this ancient art and discipline of **Yoga**, into your everyday life.

ALL THE JOURNEY THROUGH YOGA RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Pranayama breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes)
- Unlimited use of Water Therapy Suites (Steam, Infra-Red Sauna), indoor temperature controlled pool
- Wellness departure consultation

Your 3-night Journey through Yoga retreat includes:

- 3 Night's accommodation
- 3 Wellness/Spa cuisine
(Starting with Lunch on the day that you arrive)
- 3 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Private Breathing
- 1 Personal Yoga
- 1 Private Meditation

Your 5-night Journey through Yoga includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Private Breathing
- 2 Personal Yoga
- 1 Private Meditation
- 1 Ayurvedic Medical Consultation
- 1 Shirodhara
- 1 Ajna Light Therapy
- 1 Ubtan

Your 7-night Journey through Yoga includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Private Breathing
- 3 Personal Yoga
- 1 Private Meditation
- 1 Ayurvedic Medical Consultation
- 1 Shirodhara
- 2 Ajna Light Therapy
- 1 Ubtan
- 1 Padabhyanga
- 1 Yoga Nidra

Your 10-night Journey through Yoga retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Private Breathing
- 4 Personal Yoga
- 1 Private Meditation
- 1 Ayurvedic Medical Consultation
- 1 Shirodhara
- 2 Ajna Light Therapy
- 1 Ubtan
- 1 Padabhyanga
- 1 Yoga Nidra
- 1 Udwarthan
- 1 Pranic Healing, Scan and Cleanse
- 1 Atmantan Signature Massage
- 1 Trataka session



ātmantan[®]
be transformed
Wellness Centre