

Attend a 6 Days Yoga Retreat for Body Purification



Location

South East, Middlesex

<https://www.freeadsz.co.uk/x-169953-z>

Yoga Chakra welcomes yoga enthusiast to their Yoga studio on the banks of River Ganges at Laxman Jhula, Rishikesh. The 6 Days Yoga Retreat is for beginners. It imparts theoretical and practical knowledge on Yoga in a systematic method. The intensive 6 Days course covers all the basic practices of Yoga & Meditation educating students on Yoga Posture, Yoga Methodology, Physiology & Analysis, and Ethics & Lifestyle of Yoga. The Course will infuse you with deep & sound understanding of Yoga. Any student who wishes to develop their Yoga Knowledge & Practice further can enroll to the Yoga Teacher Training Courses of 200 Hrs, 300 Hrs and 500 Hrs Daily Schedule:

05:30 am – Wake Up

06:00 am – Herbal Tea

06:15 am – Shatkarma/Yogic cleansing

06:30 am – Pranayama and Chanting

07:30 am – Yoga Therapay | Yoga Asana

09:00 am – Breakfast

10:30 am – Yoga Alignment

11:30 am – Yoga Philosophy

12:30 pm – Lunch

03:30 pm – Yoga Anatomy

04:30 pm – Yoga Breathing | Yoga Nidra

05:00 pm – Hatha/Ashtanga Yoga Asana

06:45 pm – Meditation

07:15 pm – Dinner

08:00 pm – Lights Off

Note: Free above some extra costative for change if any extra demands. Course Date : Starting from Every Wednesday. Fees: USD 500 With A Charge of 1 Day | USD 200 With A Resort Stay.

Course Fee Includes: Accommodation, Well-Equipped Bathroom, Hot Water

All Meals (hygenic & satvik food)

Yoga Training Study Material

Certificate by Yoga Chakra Approved by Yoga Alliance USA ;



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