



Adhyatma Yoga Academy
for Wellness, Education & Research

"SWASTHYA" YOGA RETREAT

Dates: 14th Nov to 20th Nov 2021

Venue: PYRAMID VALLEY INTERNATIONAL, Kanakapura Road, Bengaluru

Retreat commences at 10 AM on 14th Nov. and ends at 4 PM on 20th Nov. 2021

All participants should report at the venue before 9 AM on 14th Nov.2021

WHO CAN PARTICIPATE?

- No age bar
- Both ladies & gents are allowed
- Kids below 10 years are not allowed
- Kids on and above 10 years of age will also be considered as an individual participant
- Participants who are currently Non-COVID only can participate
- Participants who have taken both dose of COVID-19 vaccination are only allowed
- Any healthy normal person can participate
- Any participant with health ailments like headache, migrane, BP, HyperTension, Diabetes, Knee pain, Arthritis, Spondylosis, Disc problems, GID, Depression, Anxiety and other life style & stress related issues
- Participants who were affected with COVID before minimum 3 months can attend
- Members from same family, friends can be in same room based on request

ABOUT ADHYATMA YOGA ACADEMY *for Wellness, Education & Research*

Adhyatma Yoga is a Non Profit Yoga-Wellness Academy with its head quarters at Bangalore, established with the mission of ensuring Holistic Health and Fitness to all through the Integrated Techniques of Classical Yoga and Allied Sciences. We have trained hundreds of quality Yoga trainers and health care professionals and our trainers are serving in prominent institutions in India and abroad. We have extended our services to Educational Institutions, Governmental & Non Governmental sectors, rural communities and corporate and have benefited thousands from across the globe over the past half a decade. Adhyatma Yoga has been leading Yoga – Spirituality based value education programs, personality development camps for kids, Stress Management workshops, Residential Yoga Retreats, Yoga Yatras, Yoga Therapy Camps & Retreats, International Symposiums and a lot more.

VENUE:

PYRAMID VALLEY INTERNATIONAL

Kebbedoddi Village, Harohalli Hobli,
Kanakapura Road, Hobli, Harohalli, Karnataka 562112

<https://www.google.co.in/maps/dir/12.9151443,77.5932593/pyramid+valley+international/>

ABOUT THE FACULTY:

<http://adhyatmayoga.net/about-us/founder/>

<http://adhyatmayoga.net/faculties/>

Contact: 9900450407

www.adhyatmayoga.net

"SWASTHYA" - YOGA RETREAT SCHEDULE

Time	Session
5:00 AM	Usha Swasti - Wake Up & Get Ready
5:30 - 7 AM	Pratah Smarana - Practical - 1 Yogic Special Techniques
7 -7:10 AM	Health Drink
7:15 - 7: 45 AM	Practical - 2 Dhyana - Meditation
8 - 8:30 AM	Upahara (Break Fast)
8:30 - 10 AM	Rest & getting ready
10:00 AM	Daily health parameters
10:15 - 11: 15 AM	Shravanam - Jnana Yoga - Philosophy
11:15 AM	Health Drink
11:30 – 12:30 PM	Practical - 3 Yogic Special Techniques
12:30 -1:30 PM	Bhojanam (lunch)
2- 3 PM	Rest /Counselling
3- 3: 45 PM	Practical- 4 Advanced Meditative Tech.-Cyclic Meditation, Yoga Nidra
3:50 - 4: 50 PM	Practical - 5 Breathing Techniques & Pranayama
4: 50- 5 PM	Tea/Health drink
5 - 6 PM	Prakruti Upasana - Tuning to Nature
6 - 7 PM	Practical - 6 Pyramid Meditation
7 - 7:30 PM	Rest
7:30 - 8:15 PM	Ratri bhojanam (dinner)
8:30 -9:15 PM	Practical - 7 Bhakti Yoga, Ananda Milan (Happy Assembly)- Krida Yoga
9:30 PM	Nisha Swasti

**ATTENDANCE IS COMPULSARY FOR ALL SESSIONS FOR BETTER EXPERIENCE & RESULTS
CERTIFICATE WILL BE ISSUED TO ONLY PARTICIPANTS WHO HAVE ATTENDED ALL SESSIONS**

RETREAT DONATION (Tariff):

Basic Retreat Donation: ₹ 6,000/- only

- ❖ Tariff mentioned is for 1 week
- ❖ inclusive of decent shared dormitory accommodation, simple sattvic vegetarian food, refreshments, Retreat Sessions, Pyramid Meditations, personal counseling, Yoga Kit and a lot more

About Dormitory Accommodation:

- ✓ Separate dormitory for ladies & gents
- ✓ only 10 participants accommodated in place of 20 members
- ✓ individual cot & lockers are provided for each participant

Food/Diet:

- Daily 3 times health drinks are provided - Ragi Ganji (podridge), Herbal tea(Kashayam), Butter Milk
- Breakfast, lunch and dinner will be simple ashrama style vegetarian diet

ADDITIONAL TARIFF FOR SPECIAL ROOM ACCOMODATIONS:

- ✓ The charges mentioned below is based on the choice of special accommodation in addition to the above mentioned basic retreat donation of Rs 6,000/- :

Room Type	Twin/double sharing (2 person sharing in one room)	Single Occupancy (1 person only in a room)
Standard non AC Room	2,000/- per person	4,500/- per person
Delux AC Room	4,000/- per person	8,500/- per person
Luxury AC Room	8,000/- per person	15,500/- per person

- ✓ Tariff mentioned is for 1 week
- ✓ All rooms have decent cots, bedding, attached bathroom- toilets with hot water facility
- ✓ very few rooms are available; and will be allocated based on first come first basis
- ✓ Payment should be made only after confirmation of the accommodation

PAYMENT & REFUND POLICY

- ❖ Full payment of Retreat Basic Donation and additional accommodation tariff (if you choose a room) should be paid in advance before 24th Oct. 2021 for confirmation of the registration
- ❖ **Retreat Donation/tariff once paid will not be refunded in case of cancellation**

WHAT TO BRING?

- ✓ Decent normal dress code
Ladies : Salvar/track pant T - shirt for practicals
Gents: Track pant T shirt for practicals
- ✓ one set of White dress (anything - saree/ salwar/ shirt/ kurta/T shirt/ dhoti/pyjama)
- ✓ one set of ethnic dress -like ladies -saree/salwar/langa Gents-Dhoti/Kurta Pyjama
- ✓ Your daily toilet and bath accessories & other minimum cosmetics
- ✓ Towel and hand kerchief
- ✓ Medicine - if you are taking any daily medicine already pls bring them with you and continue; we don't provide any medication at the Retreat
- ✓ one water bottle (avoid plastic); flask if you want to keep hot water to drink
- ✓ one small torch, umbrella
- ✓ winter clothes/jacket/sweater as it could be slightly colder in November at Bangalore
- ✓ Do not bring any costly jewels or gadgets



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Retreat Donation should be paid in favour of:

(after getting confirmation from us about the accommodation)

ADHYATMA YOGA ACADEMY

Account Number: 921020004483432

IFSC Code: UTIB0004070

Bank: Axis Bank, JP Nagar Branch

WhatsApp the payment screenshot to 9900450407 and get confirmation receipt

Contact:

ADHYATMA YOGA ACADEMY,

Near Ragigudda Hanuman Temple,

1st floor, 1534/1, 26th Main Road,

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