

# Journey through Yoga

If you are looking at deepening your current practice of Yoga or maybe even looking at starting anew on the inspiring path of Yoga, then the **Journey through Yoga** retreat at Atmantan will provide you with the right guidance to the principles of Yoga and help you experience its wonderful lifestyle benefits.

The **Journey through Yoga** the Atmantan way, incorporates traditional Ayurveda principles of your *Dosha* / personality type analysis, followed up by an array of prescribed therapies ranging from the *Choornaswedana*, *Meditation and Private Breathing*, to the *Deep hands massage*, *Foot reflexology*, and *Pranic healing*, all of which subtly work in unison to boost your cleansing levels and realign the senses.



Asanas and breath work along with traditional meditation practices are carefully constructed at Atmantan for you through private yoga sessions so that you are able to experience the true art of healing and happiness first hand. As you become proficient, you can carry forward this journey of the practice and the learning of the ancient and sacred art of yoga, into your everyday life.

## All the Journey Through Yoga retreats includes:

- Individual wellness consultation.
- Body composition analysis.
- Postural assessment.
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankh 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 heated pool with vitality shower.
- Wellness departure consultation.

## Your 3-night Journey Through Yoga retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 1 Personal yoga
- 1 Private meditation

## Your 5-night Journey Through Yoga retreat includes:

- 5 Nights' accommodation
- 5 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 5 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 2 Personal yoga
- 1 Private meditation
- 1 Prescribed Ayurvedic treatment \*
- 1 Deep hand massage
- 1 Foot reflexology
- 1 Private breathing session

## Your 7-night Journey Through Yoga retreat includes:

- 7 Nights' accommodation
- 7 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 7 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 3 Personal yoga
- 2 Private meditations
- 2 Prescribed ayurvedic treatments \*
- 1 Deep hand massage
- 1 Foot reflexology
- 2 Private breathing sessions
- 1 Pranic Healing, Scan and Cleanse



**Your 10-night Journey Through Yoga  
retreat includes:**

- 10 Nights' accommodation
- 10 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 10 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 5 Personal yoga
- 3 Private meditations
- 3 Prescribed ayurvedic treatments \*
- 1 Deep hand massage
- 1 Foot reflexology
- 3 Private breathing sessions
- 1 Pranic Healing, Scan and Cleanse
- 1 Deep tissue massage
- 1 Mid-retreat wellness consultation
- 1 Body scrub \*\*

\* Kati vasti, Choorna swedana, Janu vasti, Navara kizhi or Netra vasti as per prescription

\*\* Choose between the Detox body polish, Vetiver gel & the Green tea scrub (Spa products by Breathe Aromatherapy – free of harmful preservatives)

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**ātmantan**  
be transformed

Wellness Centre

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Atmantan Living

Weight Balance

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Master Cleanse

Ayurvedic Panchkarma

