

# ASHTANGA

## Yoga Retreat

6TH - 12TH DECEMBER, 2021

*Yoga | Meditation | Ayurveda | Healing | Nature | Flow |  
Harmony | Balance*



VENUE : INNERLIVING AYURVEDA & YOGA  
RETREAT  
ARAMBOL AGARWADA MAIN ROAD,  
MANDREM, GOA.

For Registration: +918380070966 / +919920020404



SATVAN YOGA



प्रति पुरुषायान्ना  
॥ समवृत्ति पुरुषार्थ ॥



INNER LIVING  
AYURVEDA AND YOGA RETREAT

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It's here!



# The ASHTANGA Retreat

**"Ashtanga"**

***means eight limbs literally. In this retreat we will learn the 8 limbs of yoga, also how this yoga is related to the body and mind.***

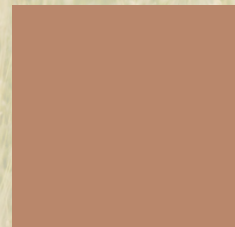
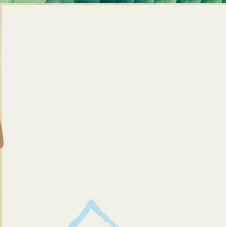
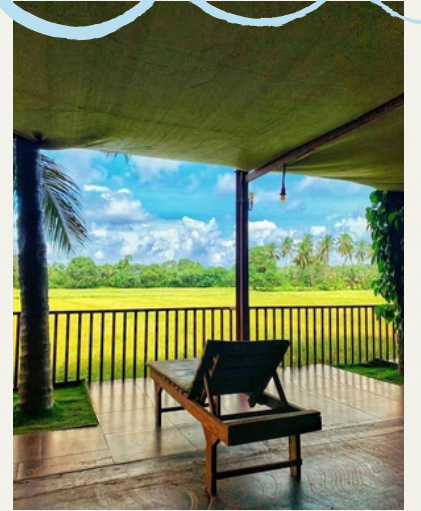
***'The progression from gross to subtle'***

***How yoga is just not limited to the gross asana part and how it can take you within to connect with your inner self.***

***Come lose yourself to rediscover your true self***



# Retreat vibes







# Retreat Flow



Day 1 - Check-In

Guided relaxation, Asana, Pranayama & Chanting / Meditation

Day 2

Kriya, Asana & Pranayama, Interactive session on Yogic lifestyle, Guided relaxation, Asana, Pranayama & Chanting / Meditation

Day 3

Kriya, Asana & Pranayama, Vihar (Recreation), Guided relaxation  
Asana, Pranayama & Chanting / Meditation

Day 4

Kriya, Asana & Pranayama, Interactive session on Yogic lifestyle, Guided relaxation  
Asana, Pranayama & Chanting / Meditation

Day 5

Kriya, Asana & Pranayama, Interactive session on Yogic lifestyle  
Guided relaxation, Asana, Pranayama & Chanting / Meditation

Day 6

Kriya, Asana & Pranayama, Interactive session on Yogic lifestyle, Guided relaxation,  
Asana, Pranayama & Chanting / Meditation, Q & A, Closing Ceremony

Day 7

Excursion / Trek  
Check out





**INNER LIVING**  
AYURVEDA AND YOGA RETREAT

# Retreat Venue

**6TH - 12TH DECEMBER, 2021**



**INNERLIVING  
WELLNESS RETREAT  
MANDREM NORTH  
GOA**



# Meet the Teachers

*Stuti is the co-founder of 'Satvan Yoga' and did her advance Yoga Teachers' Training Course (900 hours) from The Yoga Institute, Mumbai. She is a practicing Physical Therapist for the past 14 years. She first learnt yoga to help her become a better therapist; but she believes it actually transformed her into a better human being. She completed her Masters in Kinesiology from the Indiana University Bloomington, USA. The philosophy of yoga made her fall in love with this ancient science and she decided to dive deeper.*



**SATVAN YOGA**



# Meet the Teachers

*Mukund Ji is a practitioner of Kundalini Kriya Yoga and Hatha Yoga for more than 10 years.*

*He has completed his formal training of 200 Hours Teachers Training and is passionate about sharing the True Indian Classical Yoga.*



प्रति योग्याना

॥ समवृत्ति पुरुषार्थ ॥



# Meet the Teachers

*Rohan is the co-founder of 'Satvan Yoga' and did his advance Yoga Teachers' Training Course (900 hours) from The Yoga Institute, Mumbai, 200 hours from Mysore Hatha Yoga Kendra, Mysore and 300 hours from SVYASA, Bangalore. He has a vast experience in teaching more than 10,000 students and almost 25 TTC's. Currently he is pursuing Masters in Yoga from SVYASA to dive deep into understanding the subject.*



**SATVAN YOGA**



# Meet the Teachers

*Nishita ji is the founder of Prati Yogayana. Her depthless source of energy, positivity and passion to spread Holistic Health & Well-being through Yoga is truly inspirational for all who know her. She has completed her formal training from The Yoga Institute Santacruz (TTC 200 Hours) and Bhavans Yoga Bharti, Mumbai (TTC 500 Hours). She has over a decade of teaching experience across various segments such as Government departments, State Events, Corporate groups, Cadets, Schools, Colleges, Orphanages and Senior citizens.*



प्रति योगयाना

॥ समवृत्ति पुरुषार्थ ॥





## OPTIONS FOR BOOKING :

### Single occupancy

- What it includes:

1. Daily Yoga Program
  2. Excursions as per schedule
  3. Wooden Cottage accomodation with King sized Bed
  4. Daily Four meals (Breakfast, Lunch, Snack, Dinner)
  5. Tea/Coffee/Water stations
- Check in @ 12pm  
Check out @ 11am

- Options:

- 2Night & 3Day Package (Dec 6-8) - €240
- 4Night & 5Day Package (Dec 6-10) - €480
- 6Night & 7Day Package (Dec 6-12) - €720

### Double occupancy

- What it includes:

1. Daily Yoga Program for 2x
  2. Excursions for 2x as per schedule
  3. Wooden Cottage accomodation with King sized Bed
  4. Daily Four meals for 2x (Breakfast, Lunch, Snack, Dinner)
  5. Tea/Coffee/Water stations for 2x
- Check in @ 12pm  
Check out @ 11am

- Options:

- 2Night & 3Day Package (Dec 6-8) - €400
- 4Night & 5Day Package (Dec 6-10) - €600
- 6Night & 7Day Package (Dec 6-12) - €800

### Non-residential

- What it includes:
1. Daily Yoga Program
  2. Excursions as per schedule
  3. Daily Four meals (Breakfast, Lunch, Snack, Dinner)
  4. Tea/Coffee/Water stations

- Options:

- 2Night & 3Day Package (Dec 6-8) - €160
- 4Night & 5Day Package (Dec 6-10) - €320
- 6Night & 7Day Package (Dec 6-12) - €480





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**15%**  
**OFF**  
Inaugral Offer