

## Ayurvedic Yoga Weekend Retreat Outline Programme

Please note this is illustrative and may be subject to change-

\*on the Summer Bank holiday retreat day 3 has the same timings as day 2

### Day 1

- 4 -4.15 pm Arrivals may be earlier if you have a treatment booked and welcome
- 5 pm meditation
- 6pm hatha flow class
- 7pm Dinner

### Day 2

- 7 am opportunity to learn Neti – nasal cleansing
- 7.30 -10.00am Meditation / pranayama / hatha flow class
- 10.30 -11.30 Brunch
- 11.30- 1pm Ayurvedic Seminar
- 1pm-4.30 Free time / options
- 4.30 - 6 meditation / restorative yoga & yoga Nidra
- 6.30 Dinner
- 7.30 social time

### Day 3

- 7 -11 am as Day 2
- 11 am workshops learn the basics of Abhyanga - Ayurvedic massage
- 12.30 – 3pm lunch and Free time
- 3- 4pm meditation/ yoga Nidra
- 4.30 Departures

### Session Options

Holistic treatments eg massage, Reiki , Angelic meditation

Use of Equipment: e.g. Physiocacoustic sound wave

Visit to the Turkish Baths or local hotel gym/ Spa local 4\* hotel spa/ leisure complex

## Tantra Chakra Yoga Weekend Retreat Outline Programme

This retreat will include philosophical theory and practical tools in Tantra and yoga which will provide the groundwork for powerful transformative practices and healing through the Chakras. James teaches a style of Yoga which uses asanas (postures) to activate the chakras to bring the microcosmic energies of the body into coherence with the universal macrocosmic energies. It is a powerful form of yoga, which works in ascending order through the chakras, leading to higher states of consciousness. Below are lectures that you will get:

- Introduction to yoga and Tantra
- The chakras and the evolution of consciousness
- Tantric tools for transformation - Mantras and Yantras

## **Tantra**

Tantra is one of the most ancient spiritual pathways of India from which yoga was born. 'Tantra' means 'warp' or 'extension' and refers to the infinite energy of divine consciousness which permeates all of life. Tantra recognizes the human body as a microcosmic replica of the macrocosm. Through practices such as yoga and activation of the chakra centers, the latent energies of the body are liberated. As these energies are freed, an expansion of consciousness occurs as one progressively moves towards mergence with Shiva, universal consciousness.

### **Daily schedule**

#### Friday

- 16:00 : Arrivals
- 17: 00 Mediation
- 18:00 : Yoga Flow class
- 19:30 : Dinner

#### Saturday

- 07:00 : Opportunity to learn neti
- 07:30 : Meditation / pranayama / Hatha Chakra flow class
- 10:30 : Brunch
- 11:30 : Seminar - Evolution and healing through the Chakras
- 13:00 : Free time / options
- 16:00 : Meditation / Restorative Yoga and Yoga Nidra
- 18:30 : Dinner
- 19:30 : Social time / Informal Satsang

#### Sunday

- 07:00 : Opportunity to learn neti
- 07:30: Meditation / pranayama / Hatha Chakra flow class
- 10:30 : Brunch
- 11:00 : Seminar - Tantric tools for transformation - Mantras and Yantras
- 12:30 : Lunch / free time
- 14:30 : Meditation/ Yoga Nidra
- 16:30 : Departures