

Yoga & Himalaya Singing Bowls Retreat



With Yoga Teachers from Nepal

All of our retreats combine the Inward Bound core elements of **Yoga, Singing Bowls Meditation, Food and Awareness**. The degree in which each of these element is highlighted during the retreat week.

Yoga is an Ancient Practice

Yoga is more than just a form of exercise, but part of a well-rounded philosophy that dates back over 5,000 years. Our goal is to reach, teach and inspire our Participants to live a healthy, integrated life. Our experienced and enthusiastic teachers are eager to share the study and love of this ancient practice, for body, mind and spirit, with their participants.

7 Nights Accommodation in Double Rooms Single Occupance

Price pro person all incl. Euro 560.- (10% Children Help - Donation)

6 DAY YOGA RETREAT Start every SUNDAY till FRIDAY

Arriving SATURDAY Check –in time 14:00pm leaving Saturday 11:00am after Breakfast.

1. Jan 14th 2012 – Jan 21th 2012
2. Jan 21th 2012 – Jan 28th 2012
3. Jan 28th 2012 – Feb 4th 2012
4. Feb 4th 2012 – Feb 11th 2012

Small Groups, maximum 7 Students

Daily Yoga Retreat Schedule

Sunrise Meditation (Mantra Meditation, Singing Bowls Meditation)

Tea Time

8:00 am – 9:45 am Restorative ancient Hatha Yoga & Pranajama with instructor Maheswer, A Step by Step preparation

10:00 am Brunch in a yogic way, Enjoy eating healthy foods that revitalize joints, organs and tissues.

10:30 am - 3:30 pm Free time for self Enjoyment & Relaxation

3:30 pm Refreshments Break for herbal tea

4:00 pm – 6:00 pm Evening Yoga & Yoga Nidra

7:00 pm Healthy Dinner in Yogic way

8:00 pm Retire / Sweet Dream

Please notify us if you have any allergies or dietary restrictions.

More Informations: cornelia@house-of-lotus.com