

Yoga Wellness Retreat

12 May to 16 May 2024

Upper Dharamkot, Himachal Pradesh

We invite you to this relaxing and peaceful location amidst the dense trees of Pine, Deodar and wild berries. Our location is situated in secluded area at top of Bagsu providing view of sunrise on frontside and snowclad Dhauladhar range of Himalayas on backside.

Rediscover yourself as we dive

into the spiritual world 🧘

with yogic tools and wholesome food



Yoga Wellness Retreat

Know your facilitators

Shivam

Shivam founder of Shivam Neelkant Yoga Kendra, has been teaching and practicing yoga and meditation for the last 32 years. Born in Dharamshala, started his spiritual life at an early age. He studied various forms of yoga from eminent Yoga teachers and trained in Sivananda yoga centre in Rishikesh. He met his Master Dooninath Babaji (age 75), who initiated him into the path of meditation & yogic healing.



Snehal

Snehal has 10 years experience of self practice in yoga. Teaching since last 4 years after completing her TTC from Kaivalyadham Lonavla. Basically she is a mechanical engineer based in Mumbai & has learnt yoga philosophy comprehensively during her Masters in Yogashastra (Techniques of Yoga). She conducts Hatha Yoga and Pranayama session for individuals and corporates.

www.yoganushasan.com



Jaya

Jaya is seasoned wellness speaker and has a unique story to share with everyone about how she reversed her ailments with healing foods and spiritual mindset. Now she leads a life free from medicine. She is an advocate of naturopathy and Yoga. She took an early retirement to create awareness in society about natural healing food and spirituality. Conducted 150+ holistic wellness workshops in India in last 5 years and showed a path of wellness to 1000+ people.

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Details

We intend to conduct **Yogic Shatkarmas (Cleansing process)**, different forms of Yoga like **Hatha, Ashtanga and Kriya techniques**.

Also the meditations will be guided based on teaching of Mahavatar Babaji working on **physical, micro and astral body to ensure deep healing work**

Evening activities includes, strolls in **Bagsu waterfall and forest**, Musical experience, Bhajan and Kirtan at centre amidst Bonfire.

Below is the schedule how your day will be panned out.

ACTIVITIES PLANNED	TIME
YOGIC CLEANSING PROCESS	7:00 am
HATHA YOGA + BREATHWORK	7:30 am
MEDITATION + YOGA PHILOSPHY	9:00 am
<u>Meal 1 : Break</u>	<u>10:30 am</u>
SESSION 1: HOLISTIC WELLNESS	11:30 am
<u>Meal 2: Healing lunch</u>	<u>02:00 pm (and Rest Break)</u>
SESSION 2: VARIOUS TOPICS	04:00 pm
YOGA + MEDITATION	05:00 pm
<u>Meal 3: Wholesome dinner</u>	<u>07:00 pm</u>

Retreat charges: INR 16000/- per person twin sharing

Early Bird Price : INR 14500/- **valid till 10th March**

Check in :12th May till 10am, H

Check out: 16th May evening 9pm (extended checkout till 8am 17th May)

IRetreat fees will be INR 11000/- if you arrange your own accommodation

Inclusions: Accommodation for 5 nights and 3 meals /day

Exclusions: Travelling expenses are to be bourne by individuals.

Extra food/beverages

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HOW TO GET THERE:



Dharamshala is big city in Himachal Pradesh.
Dharamkot, Mcloedganj and Bagsu are popular towns.

Nearest Airport : Dharamshala, (Flights available from Delhi , Mumbai, Goa)
Nearest Railway Station : Pathankot (85km from Dharamshala)
Good Multi Axle Volvo bus option is available from Delhi to Dharamshala

From Dharmshala to the property (Upper Bhagsu) : Cab options available

Retreat Location : 

'SHIVAM NEELKANTH YOGA KENDRA'
Near High Sky Resort
Upper Bhagsu, Mcleodganj, Himachal Pradesh

Please note : There is steep climb to reach the property and the the motor road reaches it from the bhagsu side

THINGS TO CARRY:

- 1) Water bottle, so you dont keep buying plastic bottles.
- 2) Clothes : Simple and comfortable clothes (weather appropriate warmers) light jackets and cap to feel cozy as evenings can get chilly.
- 3) Shoes: No fancy shoes as there lot of bushes and foliage. Keep one pair of slippers & socks.
- 4) Essential toiletries and medicines

Incase of any questions you can connect with us directly at below details



Snehal : +(91) 9822076221

Shivam: + (91) 9816565138

info@yoganus Hasan.com



We both are available for call or whatsapp. Payment to be done in advance via online mode. A detailed itinery shall be shared once your seat is reserved