

Attend a 6 Days Yoga Retreat for Body Purification



Location **South East, Middlesex**
<https://www.freeadsz.co.uk/x-169953-z>

Yoga Chakra welcomes yoga enthusiast to their Yoga studio on the banks of River Ganges at Laxman Jhula, Rishikesh. The 6 Days Yoga Retreat is for beginners. It imparts theoretical and practical knowledge on Yoga in a systematic method. The intensive 6 Days course covers all the basic practices of Yoga & Meditation educating students on Yoga Posture, Yoga Methodology, Physiology & Analysis, and Ethics & Lifestyle of Yoga. The Course will infuse you with deep & sound understanding of Yoga. Any student who wishes to develop their Yoga Knowledge & Practice further can enroll to the Yoga Teacher Training Courses of 200 Hrs, 300 Hrs and 500 Hrs Daily Schedule:

- 05:30 am – Wake Up
- 06:00 am – Herbal Tea
- 06:15 am – Shatkarma/Yogic cleansing
- 06:30 am – Pranayama and Chanting
- 07:30 am – Yoga Therapay | Yoga Asana
- 09:00 am – Breakfast
- 10:30 am – Yoga Alignment
- 11:30 am – Yoga Philosophy
- 12:30 pm – Lunch
- 03:30 pm – Yoga Anatomy
- 04:30 pm – Yoga Breathing | Yoga Nidra
- 05:00 pm – Hatha/Ashtanga Yoga Asana
- 06:45 pm – Meditation

07:15 pm – Dinner
 08:00 pm – Lights Off
 Above said course is tentative. It may change if it suits the demands. Dates are : Start every Wednesday. Course Fees: £2500 (with A Class) per Day | US\$ 3500 (with a Reso) per Day. Includes: Accomodation, Yoga Mat, Washed Bathing, Hot Water
 All Meals (hygenic & satvik food)

Yoga Training Study Material Certificate by Yoga Chakra Approved by Yoga Alliance USA ;

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