

# **YOGA & MEDITATION TRAINING**

**TWO WEEKS PROGRAM (40 HOURS)**

**COURSE FEE – US\$300**

## **FEATURES**

- Introduction to Yoga
- Asthavidha Yoga
- Hata Yoga
- Pranayama
- Therapeutic Yoga and its essentials (Yogic Sat karma) – Neti, Dhauti, Basti, Trataka, Nauli and Kapalbhati
- Yoga for wellness
- Meditation
- Surya namaskar asana / Sun Salutation
- Asanas for obesity management
- Asanas for common disorders - asthma, diabetes, high / low blood pressure etc.
- Asanas for Pregnant woman.
- Mudras
- Bandha

**Course Schedule – On first & third Monday of every month**

**Accommodation charges for single or double occupancy are INR 1000/- (US\$ 16) per day per room and meals (Morning tea, Breakfast, Launch, Evening tea & Dinner) in INR 500/- (US\$ 8) per day per person.**

FOR RESERVATION CONTACT AT [INFO@CHARAKAYURVEDA.COM](mailto:INFO@CHARAKAYURVEDA.COM) VISIT US AT [WWW.CHARAKAYURVEDA.COM](http://WWW.CHARAKAYURVEDA.COM)