

# HOLIDAY ADVENTURES

Tours / Eco Camps / Adventure Sports

## PROGRAMME FLOW FOR 15<sup>th</sup> & 16<sup>th</sup> Feb, 2020.

### Day -1

15<sup>TH</sup> FEB.2020

11.30 to 12.00pm	Check in
1.00pm	Lunch
2.30 to 4.00 pm	Kayaking
4pm to 4.30pm	<b>A YOGA BREAK :</b> <ul style="list-style-type: none"><li>• Re-evaluate</li><li>• Re-connect</li><li>• Re-create a new YOU</li></ul>
4.30pm to 5.30pm	<b>Dynamic yoga :</b> <ul style="list-style-type: none"><li>• Rejuvenate and replenish every cell, every tissue, every organ of your body by connecting ourselves with YOG amidst nature.</li></ul>
5.30pm to 6.00pm	<b>Pranayam :</b> <ul style="list-style-type: none"><li>• Breathe well to live well</li><li>• Discover the healing potential of breath-prana-life force-the very source of energy.</li></ul>
6.00pm to 8.30pm	Free time
8.30pm	Dinner
9.30pm	Campfire

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Day – 2

16<sup>TH</sup> FEB.2020

5.30am to 6.30am	<ul style="list-style-type: none"><li>• Method of self detoxing at home</li><li>• LAGHU SHANKHPRAKSHALAN LSP</li><li>• Yogic cleansing kriya with amazing physical and emotional benefits</li></ul>
6.30am to 7.30am	<ul style="list-style-type: none"><li>• Safe SUN SALUTATIONS</li><li>• The correct way of doing Suryanamaskar and its variations with the perfect body alignments.</li></ul>
7.30am to 8.30am	<ul style="list-style-type: none"><li>• Fresh up.</li></ul>
8.30 am	Breakfast
10.00am	Room check out
11am to 12pm	<b>2 talks based on Ayurvedic concepts –</b> <ul style="list-style-type: none"><li>• Brief introduction to Ayurveda and its relevance in today's times</li><li>• Know your Body Type ( Simple customised do's and don'ts )</li></ul>
12.00pm to 1.00am	<ul style="list-style-type: none"><li>• <b>Question and answer</b></li><li>• <b>Interaction.</b></li></ul>
1.00pm	Lunch
1.30pm to 2.00pm	Return Journey