

Join
us
for

A YOGA RETREAT



The Pearl *in* Satkhol Himalayas

Why a Yoga

Take the time to **breathe**
and take care of yourself.



Pause and Disconnect.



Dive deep and rejuvenate
in the pristine atmosphere
of the Himalayas.




Discover and **explore**
the benefits of Yoga.

Retreat?

BREATH TAKING
EXPERIENCE

THE PEARL IN SATKHOL HIMALAYAS





Welcome to The Pearl in Satkhol Himlaryas

The Pearl in Satkhoh Ashram is a divine sanctuary which is also called **NILAYAM** means **'home'**. Let this Nilayam away from home be a place where you come to reset, rejuvenate and find peace within inspired by a breathtaking view of the Himalayas. The setting invites introspection and inner connectivity, allowing the strength within to reveal itself.

With the addition of a yoga practice adapted to you and a diet based on yogic principles, this Nilayam is the perfect place for anyone looking for a pause in life. Ready yourself to feel the transformational effect of the Heartfulness practices.



Highlights



ASANA PRACTICE FOR ALL LEVELS



HEARTFULNESS MEDITATION



ACCESS TO THE HIMALAYAN ASHRAM



A GLIMPSE INTO YOGA PHILOSOPHY



TIME TO INTROSPECT, REST & READ



NATURE WALK TO LOCAL VILLAGES



Indicative Schedule



Guests are invited to take part in as many activities as they want, following their own rhythm.

6:00 AM	MORNING CHAI
6:30 AM	GROUP MEDITATION IN SATKHOL ASHRAM
7:30 - 8:30 AM	MORNING YOGA FOR REGULAR PRACTITIONERS
8:30 - 9:30 AM	MORNING YOGA FOR BEGINNERS
9:30 - 10:30 AM	BRUNCH AT THE NILAYAM
11:00 - 1:00 PM	WORKSHOP ON YOGA/OUTING
1:30 PM	HIGH TEA
2:00 - 3:00 PM	READING - CONTEMPLATION - REST
3:30 - 4:30 PM	EVENING RESTORATIVE PRACTICE
6:00 - 7:00 PM	DINNER
7:30 - 8:30 PM	EVENING ACTIVITY

DAY 1

Arrival at Nilayam, Satkhol. Relax and enjoy the fresh air of Himalayas. Evening orientation session.

DAY 2

Morning Yoga practice - Introduction to Heartfulness Meditation practice.

DAY 3

Morning Yoga practice - Evening restorative practice - Yogic Lifestyle.

DAY 4

Morning Yoga practice - Short walk to Aarohi.

DAY 5

Morning Yoga practice - Evening restorative practice - History of Yoga.

DAY 6

Morning Yoga practice - Evening restorative practice - Prana, Chakras and Yatra.

DAY 7

Morning Yoga practice - Short walk to Mukteshwar for gift shopping.

DAY 8

Satsang at the Himalayan Ashram. Departure after lunch.

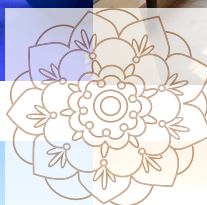


Daily satsangs (Group meditations) at the Heartfulness Himalayan ashram

MEDITATION HALL, SATKHOL

Accommodation

AT THE PEARL



DOUBLE SHARED ROOMS.

BALCONY WITH VIEW OF
THE HIMALAYAS.

TEA AND COFFEE MAKING
AMENITIES, TOWELS.

FREE WIFI CONNECTION IN
THE LOUNGE.

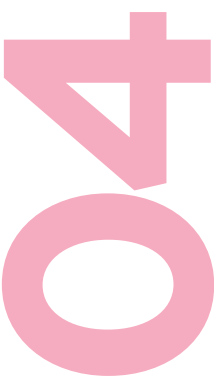
PRICING:

FOR 7 NIGHTS
PER PERSON

30,000 INR

385 USD

375 EUROS





INCLUDES:

ALL STAY.

BRUNCH AND DINNER WITH MORNING
AND EVENING TEA.

SATVIK FOOD AND YOGIC TIMINGS FOR
A GOOD DIET ACCORDING TO YOGIC LIFESTYLE.

ALL YOGA CLASSES, WALKS, TALKS.

ACCESS TO HIMALAYAN ASHRAM.

THE PEARL IN SATKHOL HIMALAYAS

NOT INCLUDED:

AIR FAIR/TRAIN AND TAXI TO SATKHOL.

ANY SIGHTSEEING BEYOND THE RETREAT'S PROPOSAL.

ANY MEAL OR PURCHASE OUTSIDE THE
PEARL OFFERINGS.

Retreat-guidebook 2023

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