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Holistic Yoga Camp

2 Days 6:00am-8:00pm

Supremeyoga welcomes you to a Holistic Yoga Camp designed specially to give you a complete 360 degree experience. This program endeavours to introduce you to a holistic way of life and to assist you in appreciating the same. The goal of this Holistic Yoga Camp is to empower you to replicate and emulate this holistic way of life into your daily lifestyle. The Holistic Yoga Camp will be a multidimensional experience which shall touch your body, mind and spirit. This experience should bring you closer to yourself, nature and the Supreme Being.

The Holistic Yoga Camp will be held in the serene environment of “**Maharashtra Nature Park**” Bandra –Sion Link road Mumbai. It will be conducted by Shri Vipul Ijari, a yoga practitioner and teacher for more than two decades. He has a rich experience of training individuals and corporate groups with varied objectives over the years. He has evolved a Holistic Yoga system to deeply influence a complete lifestyle that specially nurtures a healthy body, an aware mind and a liberated spirit.

The Holistic Yoga Camp will be for a limited group of 20 students only to ensure a deep connection with the environment, amongst each other and with the Instructor group. The Camp will be a two day experience encompassing Meditation, Yoga, Pranayama, Relaxation techniques, Kriyas, Metabolic yoga, Diet, Stretching, Yog Nidra, and Life Principles amongst others.

Participants are advised to wear comfortable clothing for practices (Slacks/Track pants and T shirt, Sweat suit). All holistic dietary requirements will be provided for. Participants are required to register and fill a Holistic Yoga Camp form with personal details and goals.

Registration Fees Rs 3000/-

contact: +91 98920 35814

“Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom and no one in this world would ever move forward to become the person they’re meant to be.”

Course content:

•Day 1

- 6:00-7:00 AM: - Prayer & Meditation
- 7:00-8:00:- Principles and Concept of Holistic Yoga
- 8:00-8:30:- Liquid Break / Knowing each other
- 8:30-10:00:-Intro to Asanas – Stretching
- 10:00-11:30:- Intro to Pranayama
- 11:30-12:15:-Lunch Break / Networking
- 12:15-01:15:-Relaxation Techniques
- 13:15-14:15:- Intro to Meditation
- 14:15-15:45:- Intro to Asanas – Core
- 15:45-16:15:-Liquid Break / Demonstrating Strengths
- 16:15-17:15:-Intro to Kriyas
- 17:15-18:15:-Intro to Metabolic yoga
- 18:15-19:00:-Dinner Break / Networking
- 19:00-19:30:-Food Fundas
- 19:30-20:00:-Yoga Nidra
- END of Day 1

•Day 2

- 06:00-07:00:- Kriyas / Conditioning
- 07:00-08:30:-Metabolic yoga
- 08:30-09:00:-Liquid Break / Sharing Experiences
- 09:00-10:00:-Intro to Asanas - Concentration / Mind
- 10:00-11:30:-Pranayama
- 11:30-12:15:-Lunch Break / Networking
- 12:15-13:15:-Relaxation Techniques
- 13:15-14:15:-Meditation
- 14:15-15:45:-Asanas - Core
- 15:45-16:15:-Liquid Break / Sharing Learnings
- 16:15-17:45:-Asanas – Stretching
- 17:45-18:45:-Discipline and Practice of Holistic Yoga
- 18:45-19:30:-Dinner Break / Networking
- 19:30-20:15:-Life Fundas
- 20:15-20:45:-Yoga Nidra

Prayer

Mangal Geet

- End of Day 2

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