



# Body and Mind



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## 📍 Sri Lanka - Kandy

Indulge yourself in an exciting week specially designed to relax your body and soothe your mind!

The Body and Mind week combines Yoga and Meditation with Ayurvedic treatments and starts you off on a journey towards achieving a fitter, healthier and more positive you. This is a perfect week to relax and tune up your mind and body after tiring weeks at the projects. This week enables you to experience ancient methods of meditation, yoga, and massages in this beautifully set-up spa.

Culture



Learning



Leisure



Community Engagement



Physical Demand



## Program Description

Are you planning to get away from your busy working schedule or the stressful living conditions for a short period of time so that you can get back to your work and other matters as a stronger and a healthier individual? If your answer is 'yes', this program is ideal for you. Body and Mind Week will help you to gain physical and psychological well being despite your busy lifestyle. In fact, this program will help you to understand the basics of Yoga and Meditation and also educate you about the human body. It will help you make those lifestyle and dietary changes that will benefit you tremendously by increasing your vigor, vitality and lifespan.

In addition, you will also enjoy the luxury of Ayurvedic treatments which will deal with any physical aches and pains you may be experiencing at the time. Through this program, our experts will guide you on how to obtain and maintain a healthy body, a sound mind and be at peace with yourself and the world.

During the program, you will be taught the Surya Namaskar, commonly known as the Sun Salutation. This contains 12 consecutive postures or Asanas. It is the only asana which is done consecutively and helps increase flexibility. It is essential for students to master this before moving on to the second stage of Yogasana. If you achieve full practical competency in the Surya Namaskar, you will be taught several more Asanas (up to 15 more depending on the ability of the student and the availability of time).

Meditation is the art of focusing your mind, restraining your thoughts and looking deep within yourself. Practicing it can give you a better understanding of your purpose in life and of the Divine. It will also provide you with certain physical and mental health benefits.

## Program Duration & Availability

<b>Min duration (weeks):</b>	1
<b>Max duration (weeks):</b>	1

## Aims & Objectives

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To teach you the basics of Yoga and Meditation, educate you about the human body, guide you to obtain and maintain a healthy body, a sound mind and to be at peace with yourself and the world.

## Schedule

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### Monday

- Early Morning Yoga
- Breakfast
- Meditation
- Head massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

### Tuesday

- Breakfast
- Meditation
- Foot massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

### Wednesday

- Early morning Yoga
- Breakfast
- Meditation
- Back massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

## Thursday

- Breakfast
- Meditation
- Front Massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

## Friday

- Early morning Yoga
- Breakfast
- Meditation
- Full body massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Starting Dates

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

## Additional Requirements

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

## Additional Equipment

There are no specific equipment.