



# Sigatoka Yoga and Meditation

Fiji, Sigatoka

## Quick Overview

Experience yoga and meditation in the Fijian surroundings with tranquility and relaxation.

Sigatoka is a unique place for reflection and contemplation and the enchanting environment empowers an ambiance within which you can experience true tranquility. The yoga principle stretches further than just physical exercises. During the program the participants will learn the balance from our experts. Continued practicing will help with the physical and mental benefits.

## Pricing

Since 2017-10-01: 10 points

## Program Characteristics

Culture:	3
Learning:	4
Leisure:	4
Community engagement:	1
Physical demand:	3

## Program Duration & Availability

Min duration (weeks):	1
Max duration (weeks):	-
Available from:	2018-01-01
Available until:	2018-03-22

**Bookable until:** -

## Program Description

The Yoga and Meditation project is located in Sigatoka which has most of the attractions nearby. Yoga and meditation when practiced together strengthen the mind body connection, improving overall fitness and well-being. Many styles of yoga combine meditation with the physical routines, which use controlled breathing throughout the yoga poses. You can meditate without practicing yoga by simply relaxing, clearing your mind and concentrating on controlled breathing. Both yoga and meditation, when used consistently, have proven health benefits.

The physical and mental benefits received from this program are enormous if practiced in daily life. In general, practice of yoga, meditation and Spa will help bring down stress, relieves physical ailments, boosts physical strength, stamina and flexibility, boosts impulse control, and bestows great skill in concentration and self control. They also enhance mental clarity, and boost the functioning of the immune system while improving overall blood circulation and results in healthy glowing skin and in making you feel younger.

## Add-on: +Learning

There is no +Learning add-on available for this program.

## Aims & Objectives

To maintain a good balance between spiritual and material life. Also to learn how to use mindfulness to improve focus, while developing a lifelong awareness and the impact of physical and emotional health.

## Schedule

### Monday to Friday

After the generic introduction week, participants will have an active week filled with meditation and yoga sessions. From Monday to Friday, daily activities are centered on the mind and body in which yoga, meditation and healthy food will run through it like a river. Massage will be done at the end of the week.

**\*\*\*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.

## Participant Criteria & Requirements

### Standard Requirements

<b>Minimum age:</b>	18
<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
<b>Required Insurance:</b>	On Signup

### Additional Requirements

Physical fitness, keen interest in sports, willingness to teach different type of sports and work with an open mind with the local coach.

Participant above 16 and below 18 are required to present a parental consent letter and participants below 16 are required to be accompanied by a parent/guardian.

## Additional Equipment

- There are no specific additional equipments.

## On Social Media

**Facebook:** -

## Tags

<b>Adventure:</b>	No
<b>Agriculture:</b>	No
<b>Archeology:</b>	No
<b>Art and Craft:</b>	No
<b>Beach:</b>	No
<b>Camping:</b>	No
<b>Community:</b>	No
<b>Conservation:</b>	No
<b>Construction:</b>	No
<b>Cultural:</b>	Yes
<b>Cycling:</b>	No
<b>Environmental:</b>	No
<b>Internship:</b>	No
<b>Language Learning:</b>	No
<b>Marine Life:</b>	No
<b>Medical and Healthcare:</b>	No
<b>Outdoor:</b>	No
<b>Rail Journey:</b>	No
<b>Renovation:</b>	No
<b>Road Trip:</b>	No
<b>Safari:</b>	No
<b>Sports:</b>	No
<b>OK for Groups:</b>	Yes
<b>OK for Young Families:</b>	Yes
<b>Teaching:</b>	No
<b>Walking:</b>	No
<b>Wildlife:</b>	No
<b>Work with Adults:</b>	No

**Work with Elderly:** No

**Work with Kids:** No

**Work with Disabled:** No

**Yoga and Meditation:** Yes