



Body and Mind



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📍 India - Goa

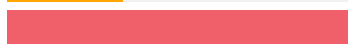
Spend the week practicing yoga and meditation in a week designed to relax your body and soothe your mind after your projects.

Our program combines yoga and meditation with Ayurvedic treatments for your body. We will teach you the basics of yoga and meditation techniques - and what a better place to get educated about these body-soothing practices than in India!

Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

Indulge yourself in a week designed to relax the body and 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 week you will learn about the basics of Yoga and Meditation and also the human body. It will help you make those lifestyle and dietary changes that will help you benefit tremendously by increasing your vigour, vitality and lifespan.

The Ayurvedic treatments deal with any physical aches and pains you may be experiencing at the time. The techniques taught here form the basics of Yoga and Meditation, as with any form of exercise it is not a magical formula. The benefits of it can be reaped only by continuously practising it and with a conscious change in lifestyle.

Program Duration & Availability

Min duration (weeks): 1

Max duration (weeks): 1

Aims & Objectives

To provide fun and relaxing time off for our participants to add on to their experience in India.

Schedule

Monday

- Breakfast
- Meditation
- Lunch
- Ayurveda consultation and head massage
- Dinner

Tuesday

- Yoga practice
- Breakfast
- Lunch
- Leg massage and steam
- Dinner

Wednesday

- Yoga practice
- Breakfast and free time
- Lunch
- Back massage and steam
- Dinner

Thursday

- Breakfast
- Meditation
- Lunch
- Shirodhara
- Dinner

Friday

- Breakfast
- Meditation
- Lunch
- Body Massage and steam
- Dinner

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

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	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

Suitable clothes for practising yoga.