



# Body and Mind

India, Rajasthan

## Quick Overview

This extraordinary program is designed to soothe both your body and mind and make you feel relaxed!

Managing stress and weariness due to hard work can be overwhelming. Hence, after your long stay and work at the projects, you can choose to take up this week of rejuvenation. You will learn various asanas of yoga and meditation, attend Ayurvedic treatments for your head, hands, feet and a full body massage that will help to soothe your body. And attend workshops on clay pottery and puppet making.

## Pricing

Since 2015-01-01:	10 points
Since 2019-01-01:	9 points

## Program Characteristics

Culture:	2
Learning:	3
Leisure:	4
Community engagement:	1
Physical demand:	1

## Program Duration & Availability

Min duration (weeks):	1
Max duration (weeks):	1
Available from:	2015-01-01
Available until:	2019-02-07

**Bookable until:** -

**Confirm availability:** -

## Program Description

Indulge yourself in a week designed to relax the body and soothe the mind. The Body and Mind week combines Yoga and Meditation with Ayurvedic treatments and start you off on a journey towards achieving a fitter, healthier and more positive you. It will also enable you to relieve stress and sink into deep relaxation. This week will take place in Udaipur and will teach you the basics of Yoga and Meditation and also educate you about the human body. The Ayurvedic treatments will deal with any physical aches and pains you may be experiencing at the time.

The techniques taught here are from the basics of Yoga and Meditation, similar to any other form of exercise, it is not a magic formula. Practicing meditation and obtaining mindfulness will bring you inner peace and a sensation of ease. The benefits of it can be reaped only by continuously practicing it and by being conscious about the changes in lifestyle.

Apart from Yoga and Meditation, this week will also give you an opportunity to get relaxed and increase your strength and flexibility while cycling to a hill to witness the aesthetic beauty of the sun rise in Udaipur.

In addition to cycling, this programme will give you ample opportunity to relax and enjoy your stay in India with the Indian Dance classes. It will provide you a better insight to the Indian culture as well as an opportunity to learn a different style of dance which is unique to the state of Rajasthan and take back a bit of Indian culture along with you on your way home.

Moreover, Rajasthani Puppetry workshop is another interesting component in this week which will enable you to learn more about Rajasthani culture while having fun. The string puppets of Rajasthan which you will get to see in this workshop will take you to a world full of vibrant colours, traditional music and folklore. Learn the indian art of building these traditional puppets, and take home one, built by yourself - under the guidance of achieved master puppeteers. A never to forget experience!

Yet another interesting part of this week is the Wheel Pottery workshop, pottery-making assists with concentration, meditation and well being. This workshop in Udaipur will teach you the traditional techniques to create your own pottery. The workshop is perfect for all ages and skill level and an ideal activity choice for families.

Furthermore, this week will also help you to experience the calm atmosphere of a temple and get relaxed.

## Add-on: +Learning

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

## Aims & Objectives

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

## Schedule

### Monday

- Sunrise Yoga and Meditation
- Breakfast
- Indian Dance Class
- Lunch
- Back, neck, shoulder Massage
- Dinner

### Tuesday

- Cycle up to a beautiful hill to view the sun rise over Udaipur
- Breakfast
- Foot and leg Massage
- Lunch
- Sunset Yoga and meditation
- Dinner

### Wednesday

- Sunrise Yoga and meditation
- Breakfast
- Wheel Pottery workshop
- Lunch
- Dinner

### Thursday

- Sunrise Yoga and meditation
- Breakfast
- Temple visit
- Lunch
- Hand and Arm massage
- Dinner

## Friday

- Sunrise Yoga and meditation
- Breakfast
- Introduction and workshop to Rajasthani Puppetry
- Lunch
- Body Massage
- Dinner

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

## Starting Dates

### During 2018

This program starts every week.

### During 2019

This program starts every week.

## Participant Criteria & Requirements

### Standard 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

Yoga mat and suitable clothing to practice yoga.

## 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>	No

<b>Teaching:</b>	No
<b>Walking:</b>	No
<b>Wildlife:</b>	No
<b>Work with Adults:</b>	No
<b>Work with Elderly:</b>	No
<b>Work with Kids:</b>	No
<b>Work with Disabled:</b>	No
<b>Yoga and Meditation:</b>	Yes