

SADHANA YOGA COURSES FOR 2010



At your service since 1998

Sadhana Yoga retreat centre has been offering a variety of courses according to our participant's requests and needs for more than a decade. Anyone who is interested in these life transforming courses can attend according to the time table mentioned below. The main benefits of these different courses and the yogic lifestyles they lead to are:

- *You can experience a yogic, family environment in Nepal*
- *De-stress, relieve any digestive problems and reduce obesity*
 - *Relieve long-term depression and fatigue*
- *Stretch the whole body, and relieve long-term neck and back pain*
- *They will help you to quit smoking or any other unhealthy addictions*
 - *Relax, rejuvenate and refresh the body and mind*
 - *Improve clarity of mind*
 - *Feel spiritually uplifted*
- *Detoxify your Body; Remove the waste from your body. Enjoy youthful health once again!*

We offer an ideal location, systematic teachings on Hatha Yoga and meditation, nutritious, Ayurvedic and organic meals, and a warm and nurturing environment. We also offer ancient techniques of gastro-intestinal cleansing which are very beneficial and fruitful for everyone. Anyone from the age of 8 to 80 can attend these courses and finish with the feeling of completeness and fulfillment. You can find out more information through our website, in the Lonely Planet guide book or by word of mouth. Whichever way you hear about us, please do not miss out on this great opportunity to experience a yoga/meditation retreat at Sadhana Yoga in Nepal – the country with a vibrant culture and beautiful mountain ranges. If you have any questions, please do not hesitate to contact us. We look forward to meeting you.

Pre-Teachers Training Course – 45 Days

This course is for anyone wishing to deepen their knowledge and practice of Yoga, with a view to becoming a Yoga teacher. Participants will be shown how to teach in a systematic way with opportunities for practical teaching practice. One can attend this course only after attending the 10 day “Yoga Holiday in Nepal” (see below) in which participants will do a yogic cleanse and be introduced to the program. You can then begin your teachers training course after this 10 day preparation at Sadhana.

Intensive Hatha Yoga – 21 Days

Through this course the mind, the emotions and the whole personality are cleansed of all the complexes and the patterns of behavior which cause pain and suffering. One can attend this course after completing the 10 day "Yoga Holiday in Nepal" (see below) in which participants will do a yogic cleanse and be introduced to the basic program.

Yoga Holiday in Nepal – 10 days

Holiday is essential in everyone's life. The way we spend our holidays is even more important than the holidays themselves. They should help to relax, rejuvenate, revitalize and lift us up spiritually.

To meet this need of everyone from around the world, Sadhana Yoga / Meditation Retreat Centre offers many different courses. The 10 Day Yoga Holiday can be tailor made just for you. The program will help release tension in both the mind & body in order to allow complete rest and revitalization. We have been offering this course once a month for the last 12 years and you can begin any day you like. The course includes meditation, yoga and almost all the yogic techniques to cleanse and revitalize the body and mind. You must arrive on the afternoon of the day before the course begins to reserve your place and for orientation.

Standard 6 Day Course

Six days at Sadhana Yoga is ideal for those seeking a spiritually uplifting experience. This course will prepare you for a life of Yoga and positive psychological well being. You will learn and practice over 30 asanas (postures) and many breathing techniques combined with Yogic Cleansing and deep relaxation.

Fasting and Shakhaprakshalana (gastro-intestinal cleansing) – 6 Days

(Detoxify your Body; Remove the waste from your body. Enjoy youthful health once again!)

The purpose of this course is to eliminate the accumulations of toxic waste matter in the intestines, thereby purifying the digestive system and the whole body. Yogic science believes that most problems are caused by a contaminated digestive track, so one can prevent many physical disorders by attending this course. This course can be included in 10 Days of Yoga Holiday or in the Standard 6 Day Course on request. Another option is to start the gastro-intestinal cleansing after 3 days of Introductory Hatha Yoga. Please inquire if you are interested in this program, as we are very flexible and will easily fit it into your schedule.

Introduction to Hatha Yoga – 3 Days

This is an excellent introduction to the principles of Hatha Yoga. You will learn many pre-asana (pre-posture) practices and more than 20 different asanas (postures) and breathing techniques. You will also get to experience Yogic Cleansing and deep relaxation. This is one of the tailor-made courses especially for trekkers. Trekkers can come before trekking to stretch and strengthen muscles and joints or to learn breathing exercises to help with acclimatization. Sadhana Yoga is also a great place to come after trekking for relaxation and soothing of sore muscles and joints. Steam baths, mud baths and muscle and joint stretches are wonderful ways to relax the whole body after much strenuous climbing up and down. Ayurvedic massage is provided on request which heals the pains and aches of the body. You are most welcome to visit before and after your trek.

Sadhana's Cookery Course – 1 Day

Asanga's wife, Durga, is trained as a cook and beautician. On the request of our participants, she has been teaching participants how to cook many Nepali dishes based on Ayurveda **every Saturday**. In this course, you will learn more than 10 different healthy dishes along with all the details of Nepali spices and cooking methods.

Yogic Cleansing and Stretching – 1 Day

For people who are looking for a short course on Yoga and Meditation, this one day course at Sadhana Yoga is designed for you. You can drop in any day you like for this course and experience the wonderful teachings of Hatha Yoga in a nurturing environment. If you like, you can continue for another day as well.

Daily Hatha Yoga Classes

For those who have limited time and would like to experience the benefits of Yoga we also offer daily classes. This includes Yogic Cleansing, Hatha Yoga and breakfast or lunch. Classes begin at 8:30 am each morning.

Other services at Sadhana Yoga

Durga is trained as a beautician; she provides these services for female participants:

- Ayurvedic Oil massage
- Neck and shoulder massage
- Threading
- Facials
- Hair treatment
- Waxing
- Manicure pedicure services

In addition, she provides these services for your convenience:

- Booking of trekking guides and porters
- Domestic air tickets
- Paragliding
- Laundry services
- Taxi services

Before you sign up, please read this information:

- Drop in any day you like and continue your course from 1 day to 21 days.
- For 6 days of gastro intestinal cleansing, you can sign up after any course you attend.
- For the Pre-Teachers training course and the Intensive Hatha Yoga course, you have to complete 10 days of Yoga holiday first.
- You must re-confirm about the courses and dates you want to attend.
- All the courses include Yoga and meditation teachings, accommodation, nutritious Ayurvedic and organic meals three times a day, snacks, herbal tea and filtered water, mud and steam bath, and a warm and nurturing environment.
- You must arrive the night before at the centre. Accommodation, meals and orientation for that night is included with the course at no extra charge.

THE COURSES AND COSTS

The cost is per person

- **Introductory Hatha Program: 3 days and 4 nights**
@basic room Rs. 6,500/-
@ room with attached bath Rs. 7,000/-
- **Standard Hatha Yoga Course: 6 days and 7 nights**
@ basic room Rs. 12,000/-
@ room with attached bath Rs. 13,500/-
- **Yoga Holiday in Nepal: 10 days and 11 nights** @basic room Rs. 20,500/-
@ room with attached bath Rs. 21,500/-
- **Pre-Teacher's Training Course – 45 Days**
@basic room Rs. 85,000/-
@ room with attached bath Rs. 95,000/-
- **Intensive Hatha Yoga – 21 Days**
@ basic room Rs. 40,000/-
@ room with attached bath Rs. 44,000/-
- **Yogic Cleansing and Stretching: 1 day 2 nights**
@ basic room Rs. 2,400/- @ room with attached bath Rs. 2,600/-
- **Fasting and Gastro-intestinal Cleansing: 6 days and 7 nights**
@ basic room Rs. 12,500/-
@ room with attached bath Rs. 14,000/-
- **Sadhana's Cookery Course: 1 day 1 night**
(Available on every Saturday)
@ basic room Rs. 2,400/-
@ room with attached bath Rs. 2,600/-

FREQUENTLY ASKED QUESTIONS

1. How much per day per person? ***Roughly about Nrs. 2,000/- to 2,300/- per day.***
2. Do you offer discounts? ***No***
3. When does the course start? ***You can drop in any day you want.***
4. When should we arrive? ***Please arrive a night before, for example if you are attending course starting from Jan 2, you should arrive on Jan 1 afternoon.***
5. Do you charge for extra night and dinner? ***No, extra night and dinner are included with the course costs.***
6. Do I have to book in advance? ***Yes, you have to book in advance, but pay only after you arrive here.***
7. When do I pay? ***You pay the day you arrive here or at the end of course.***
8. Do you accept credit or visa card? ***No, only Nepalese Rupees.***

9. How is the food? **All vegetarian, freshly cooked and grown in our garden and community organically.**
10. Are there any extra fees? **Only for extra services like massage, facial or threading, etc.**
11. Do you charge half price for half a day? **There is no half price for partial days. You pay for the full day.**
12. How many students will you have in a group? **From 6 students to 16 in a group, depending on the season.**
13. Do I get a single room? **No, everyone has to share a room, but if there are fewer participants there is a chance to get a single room. Each room has 2 beds.**
14. How do I get there? **From Kathmandu either you fly or take a tourist bus (6 hours) to Pokhara. Once you are in Pokhara, you call this taxi's mobile no: 9846038977; or call us at 9846078117**

BOOKING INFORMATION

Name.....

Sex.....

Date of Birth..... Age.....

Country.....

Email address.....

Course and date you want to attend.....

Room preference: Basic room OR Room with attached bath