

**S**adhana Yoga 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.

Courses are run by Asanga, Principle Teacher and Founder, with over 20 years experience including several years as the disciple of Yogi Vikashanand and a Bachelor Certificate of Naturopathy and Yoga Therapy with the Indian Board of Alternative Medicines in Calcutta, India.

The **main benefits** of Sadhana Yoga courses and the yogic lifestyles they lead to include:

- **Experiencing 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**
- **Help 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!**

Sadhana Yoga offers 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 via the details provided below. We look forward to meeting you.

**What To Bring:** Torch light, toilet papers, towels, hiking shoes, sleeping bag, water bottle, loose fittings, mosquito repellent in summer time (March to September).

### **COURSE DESCRIPTION**

#### **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

This course will be completely different from any other courses, but one has to attend the 10 day Yoga holiday course before they can begin this course. In the Pre-Teacher training course 18 different lessons will be taught, 3 different lessons each week. One has to practice each lesson for 2 days independently, repeating each lesson at least 6 times in those two days. The 7th day will be a holiday.

#### **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. In this course the 21 days are divided into three separate 1 week programs.

**First seven days** - One will be joining with the ongoing group of regular daily yoga and meditation to prepare for the 2nd week.

**Second seven days** - In the second week one will participate in cleansing and fasting diet.

**Third seven days** - Last seven days are completely different practice than the regular course. This week is for lots of yoga practice and self discipline. Seven different lessons will be taught in the seven days and one has to practice each lesson four times a day.

#### **Yoga Holiday in Nepal – 10 days**

This course combines yoga practice and gastrointestinal cleansing in 10 days time. One who doesn't have 3 weeks time can experience yoga and cleansing in this shortened 10 day course.

One can drop in on any day and begin this course at Sadhana Yoga. The first 6 days one will follow the same program as the ongoing group practicing regular yoga and meditation, etc.

#### **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**

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 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.

If one wants to realize cleansing part of yoga and lose a few pounds this course is perfectly designed for you. This course combines all the yoga and meditational activities plus fasting and gastro-intestinal cleansing.

### **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 the principles of Ayurveda. In this course, which is available every Saturday, 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**

This course is the shortest course to experience yoga and a bit of cleansing at Sadhana Yoga. One can drop in on any day and join with the group in progress.

### **Daily Hatha Yoga Classes**

For those who have limited time and would like to experience the benefits of Yoga we also offer daily classes. These include 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, Durga can provide these services for your convenience:

- Booking of trekking guides and porters
- Domestic airtickets
- Paragliding
- Laundry services

### **Before you sign up, please read this information:**

- **Drop in any day you like** for your course from 1 day to 60 days. Please inquire about availability via email, phone or in person.
- For the 6 day Gastro Intestinal Cleansing, you can sign up after any course you attend.
- The Pre-Teachers Training Course and Intensive Hatha Yoga Course require the completion of the 10 Day Yoga Holiday first.
- **All 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 baths, and a warm and nurturing environment.
- You must arrive at the centre the night before your course. Accommodation, meals and orientation for that night is included with the course.

### **Course Fees (Per Person)**

*Prices of our courses are forced to rise due to inflation. Thank you for your understanding. Below are the updated prices (effective Jan 2011):*

- **Introductory Hatha Program: 3 days and 4 nights**
  - @ basic room **Rs. 8,000/-**
  - @ room with attached bath **Rs. 8,500/-**
- **Standard Hatha Yoga Course: 6 days and 7 nights**
  - @ basic room **Rs. 15,500/-**
  - @ room with attached bath **Rs. 16,500/-**
- **Yoga Holiday in Nepal: 10 days and 11 nights**
  - @ basic room **Rs. 24,500/-**
  - @ room with attached bath **Rs. 26,000/-**
- **Pre-Teacher's Training Course: 45 Days**
  - @ basic room **Rs. 102,000/-**
  - @ room with attached bath **Rs. 114,000/-**
- **Intensive Hatha Yoga Course: 21 Days**
  - @ basic room **Rs. 48,000/-**
  - @ room with attached bath **Rs. 53,000/-**
- **Yogic Cleansing and Stretching: 1 day and 2 nights**
  - @ basic room **Rs. 3,000/-**
  - @ room with attached bath **Rs. 3,200/-**
- **Fasting and Gastro-intestinal Cleansing: 6 days and 7 nights**
  - @ basic room **Rs. 16,000/-**
  - @ room with attached bath **Rs. 17,000/-**
- **Sadhana's Cookery Course: 1 day and 1 night**  
(Available every Saturday)
  - @ basic room **Rs. 3,000/-**
  - @ room with attached bath **Rs. 3,200/-**

### Daily Routine

5.30am	Wake up
5.45am	Pre-Meditation Practices
6.00am	Morning Meditation
7.00am	Tea
7.15am	Neti Kriya (Nasal Cleansing)
7.30am	Morning Yoga
8.40am	Mountain Hiking
9.45am	Breakfast
10.30am	Steam or Mud Bath
12.00pm	Pre-Meditation Practices
12.15pm	Afternoon Meditation (or Self Meditation)
1.00pm	Lunch
3.30pm	Karma Yoga
4.00pm	Tea break
4.30pm	Chanting
5.30pm	Evening Yoga
6.45pm	Dinner
8.00pm	Retiring

Although we invite you to participate in the full daily schedule, all activities are optional.

### Frequently Asked Questions

- 1. How much per day per person?** Roughly about Nrs. 2,550/- to 2,650/- per day, which means approx \$36 to \$38 per day per person including everything while you are with us.
- 2. Do you offer discounts?** No
- 3. When does the course start?** You can drop in any day you want.
- 4. Are all the courses same?** No, they are not. All the courses are systematically designed to provide different levels of yoga and meditation. So courses are different based on the length of stay. Please read [course description](#) to find out more.
- 5. When should we arrive?** Please arrive the night before, for example if you are attending a course starting from Jan 2, you should arrive the afternoon of Jan 1.

- 6. Do you charge for the extra night and dinner?** No, an extra night prior to your start along with dinner is included with the course costs.
- 7. Do I have to book in advance?** Yes, you should book in advance, but pay only after you arrive here.
- 8. When do I pay?** You pay the day you arrive here or at the end of course.
- 9. Do you accept credit or visa card?** No, only Nepalese Rupees.
- 10. What type of yoga do you teach?** We teach Hatha Yoga, which includes cleansing of the body and mind, lots of pre-asanas(postures) practices, pranayama (breathing exercises), and lots of asanas (static postures) combined with a wonderful location and healthy diet.
- 11. How is the food?** All vegetarian, freshly cooked and grown in our garden and community organically.
- 12. Are there any extra fees?** Only for extra services such as massage, facials or threading, etc.
- 13. Do you charge half price for half a day?** There is no half price for partial days. You pay for the full day.
- 14. How many students will you have in a group?** From 6 students to 16 in a group, depending on the season.
- 15. 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.
- 16. 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.
- 17. What is dollar rate?** You get approx Rs. 70 of \$ 1 at the moment.
- 18. Do you offer transportation to the centre?** No, but we can arrange taxi if you ask for, you pay him yourself. We can also arrange porter to carry your luggage to the centre if ask for but you pay him yourself

### Drop in any day you want at Sadhana Yoga!

The courses range from 1 to 60 days, with additional training options available after 6 days. Programs for more than 6 day stays will be different, for example the 10 Day Yoga Holiday may include fasting and cleansing to your whole digestive system during the last four days of the program and the 21 Day Intensive Course will include a 1st week of regular yoga practice, 2nd week of fasting and cleansing and third week of intensive yoga practices. Similarly, different programs are available for a 45