



8 DAYS
/
7 NIGHTS

Expand your awareness in the midst of the
Himalayan mountains

Bhaavanaa retreat

Connect through NATURE

Nature helps us get in touch with
ourselves and our surroundings.
The Himalayan peaks and magical
landscapes around us during our
retreat will allow us to experience true
connection with the Earth.

Expand through YOGA

Yoga is a way of living.
Through our daily practices, we'll be
diving deeper in the awareness, the
beauty, and the well-being that yoga
can help us achieve.



Connect with self,
community, and nature.



*8-day Yoga
and Trekking
Retreat in the
Indian
Himalayas*

Our retreat is a beautiful opportunity to **connect with oneself and our sense of community** by simply walking in nature and practicing yoga.

Happening in a serene complex in the **mountains of the lower Himalayas**, this retreat is an opportunity for you to disconnect with your routine, unwind, and connect to yourself.

It wishes to give you a safe space to improve your **physical, mental, and emotional health** in a cozy and relaxed ambiance.

Develop your awareness in the perfect surrounding.

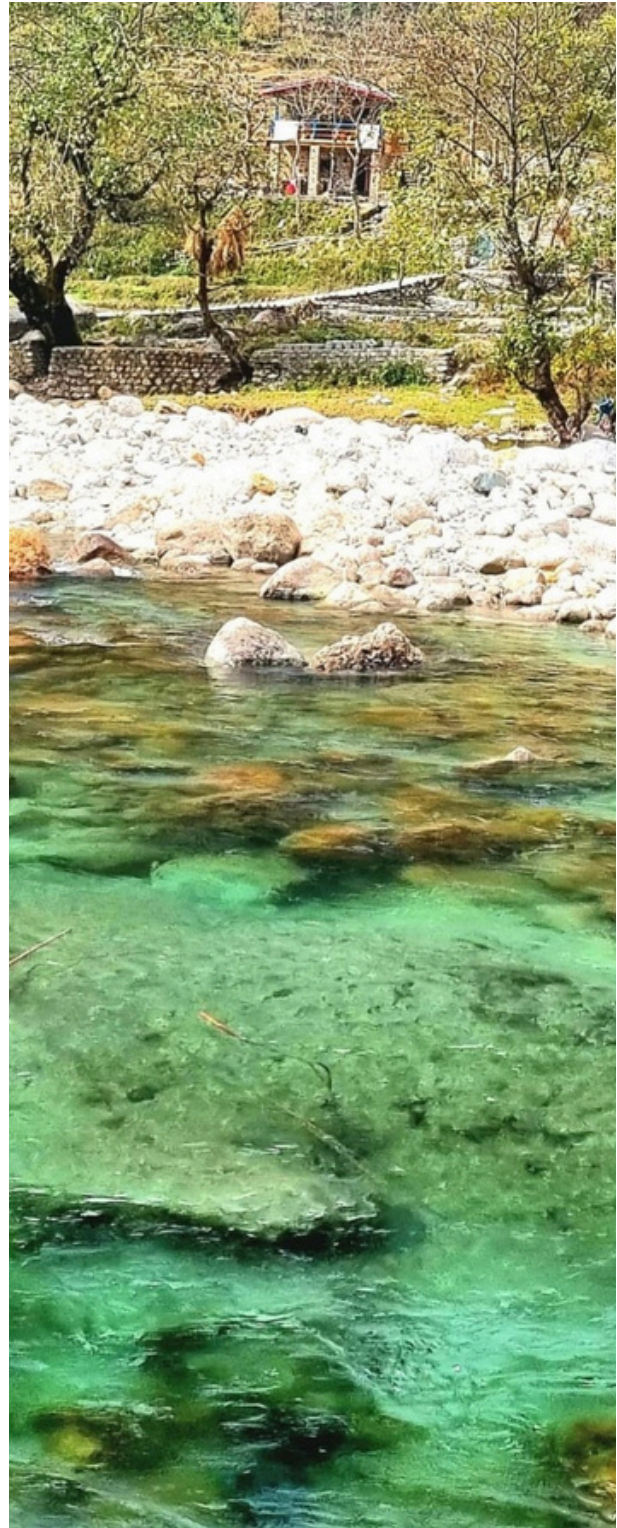
Highlights

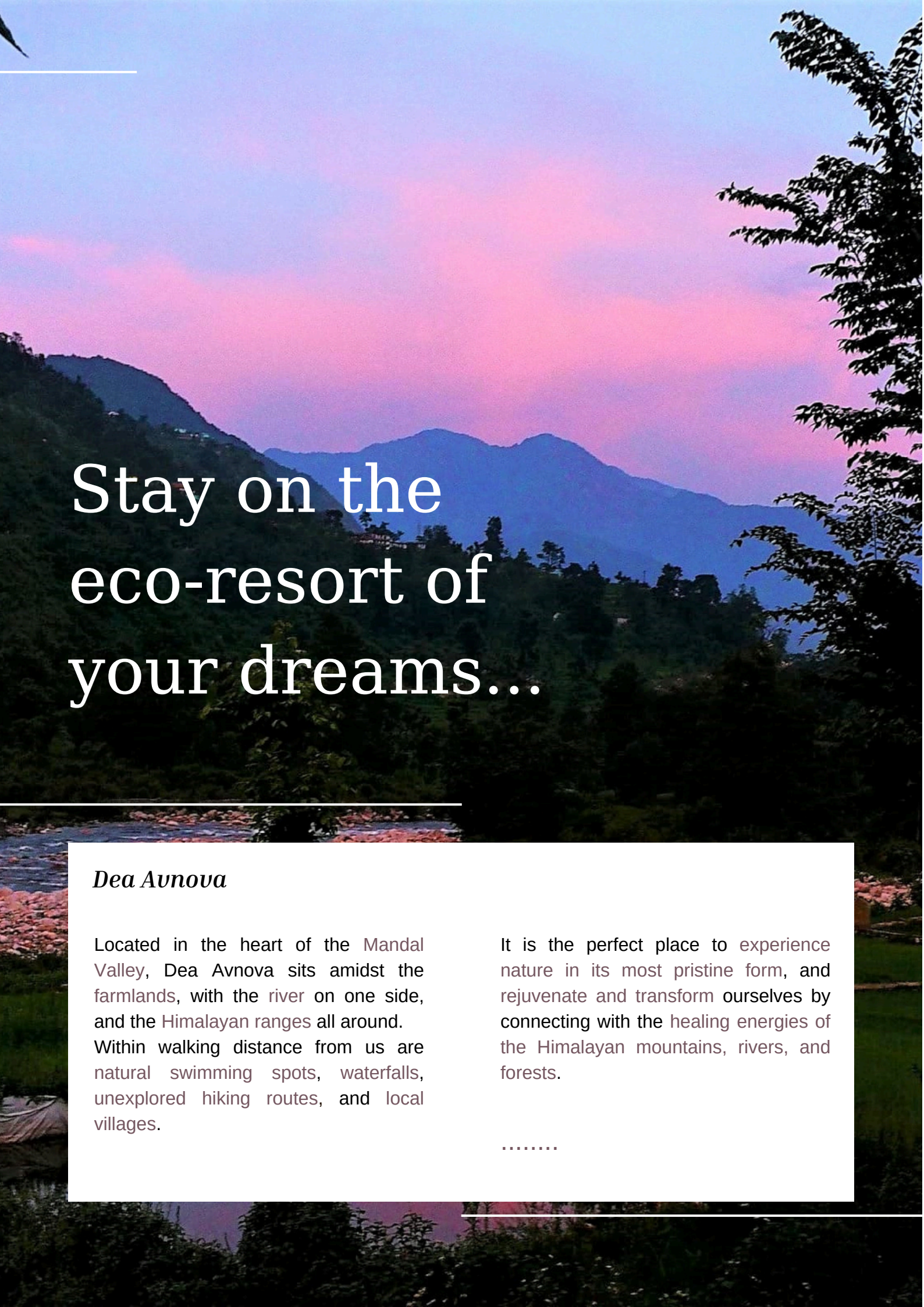
- **Accommodation** surrounded by nature, in the Indian lower Himalayan range.
- **Daily practices** of Hatha Yoga, Pranayama, and yogic philosophy discussions.
- 2.5-day **trek to Chandrashila Summit** (3700m) for sunrise.
- Pranayama, Yoga Nidra, and meditation in nature.
- Sattvic and vegetarian **healthy meals**.
- One-on-one **Yoga Therapy** session to manage your health and well-being.

Details

Duration: 8 days / 7 nights

Price: 48 000rs per person (see *inclusions*)





Stay on the eco-resort of your dreams...

Dea Avnova

Located in the heart of the Mandal Valley, Dea Avnova sits amidst the farmlands, with the river on one side, and the Himalayan ranges all around. Within walking distance from us are natural swimming spots, waterfalls, unexplored hiking routes, and local villages.

It is the perfect place to experience nature in its most pristine form, and rejuvenate and transform ourselves by connecting with the healing energies of the Himalayan mountains, rivers, and forests.

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Embark on a Yogic Journey...

Our *Bhaavanaa retreat* incorporates a simple and enjoyable yoga routine to the daily life at the Dea Avnova complex.

Each day starts with a Pranayama session followed by a Hatha Yoga class. We'll then share a good and healthy breakfast and digest around an open discussion about yoga philosophy.

After some free time to enjoy the complex and do what feels good for you, the interested participants will enjoy a private Yoga Therapy session to assess a health subject of their choice.

After lunch, we'll go for a nature or village walk and then have our second Hatha Yoga practice.

We'll share a dinner in the evening and have some time to share and create community.



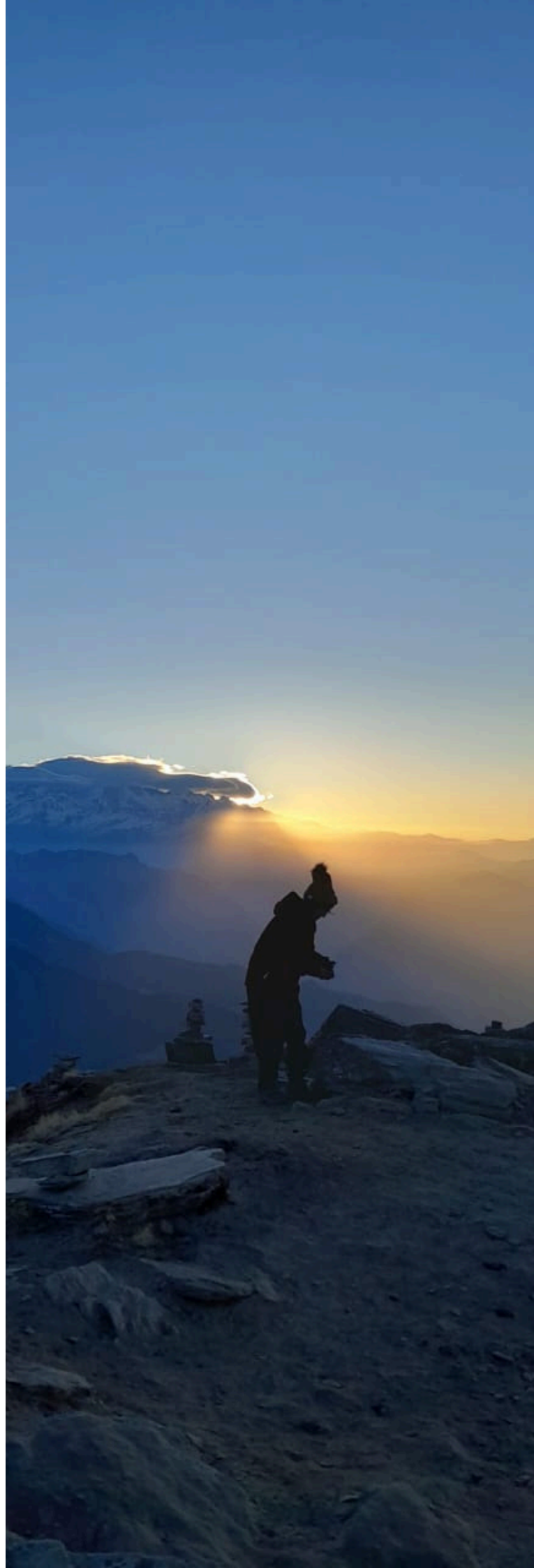
Soak up the nature in a trek...

The trek to the **Chandrashila summit** is a 2,5-day experience which will definitely ground and connect you with nature.

We'll be walking in the **midst of the Indian lower Himalayas** and discovering a multitude of various landscapes, from a superb alpine lake to a lush forest, and the 3 700m altitude **Chandrashila summit** at sunrise.

The trek will be enriched by **outdoor Pranayama, Yoga Nidra, and gentle Hatha Yoga practices** to ground yourself a bit more in the beauty of the Earth.

** The trek is accessible, but steep. We recommend that our participants are generally active in their day-to-day lives to ensure a pleasant trek.



Meet your teachers for the retreat



Himanshu Joshi

Having completed his master's degree in Yogic science in 2020, Himanshu is teaching and practicing yoga since more than 7 years now. He teaches Hatha, Ashtanga, Yoga Therapy, Pranayama, and Shatkarma at our studio in Rishikesh and knows and enjoy discussing philosophy.

He'll be your guide for the trek, as he is also passionate about adventure and nature.

He'll accompany you in this experience with his ever-lasting smile and positivity.



Sarah-Jeanne Baron

Originally from Montreal in Canada, Sarah-Jeanne has worked in physical therapy before moving to India permanently.

She practices yoga for many years and teaches anatomy and yoga therapy and our studio in Rishikesh.

As she also loves trekking, she'll join the trek as a second guide.

She is behind the organization of the retreat and other activities of Japam.



Join us in our journey towards awareness

Inclusions

Transport with experienced driver (from/to Rishikesh). **Accommodation** (5 nights in twin-shared room). **Food** (6 breakfasts, 6 lunches, 5 dinners, tea and coffee). **All classes** of Pranayama, Hatha Yoga, Yoga Therapy, and Yoga philosophy. **Trek to Chandrashila summit.**

Exclusions

Tips for the driver, guides, and teachers. Warm clothes and trekking shoes (rental available). Extra drinks and snacks that are not mentioned in the inclusions. Extra transport that is not mentioned in the inclusions.





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