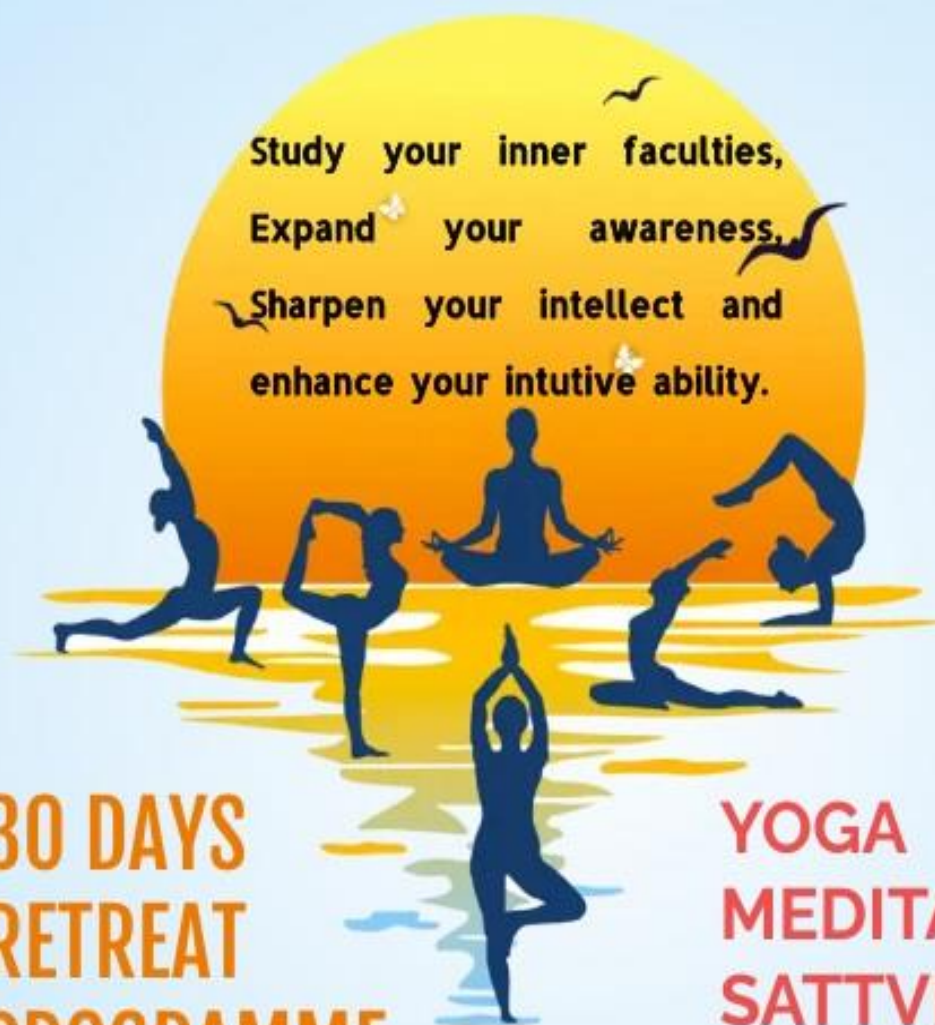


**A UNIQUELY DESIGNED YOGA
CAMP FOR AN ENRICHED LIFE**



**Nālandā
UNIVERSITY**

**Study your inner faculties,
Expand your awareness,
Sharpen your intellect and
enhance your intuitive ability.**



**30 DAYS
RETREAT
PROGRAMME**

**YOGA
MEDITATION
SATTVIC LIFE
AND DIET**

**Last Date to apply: 30.05.2024
For details visit www.nalandauniv.edu.in**

Nalanda University, Rajgir, Bihar-803116, India



An Outline of Yoga, Meditation and Sattvik food and Life Style Programme

ABOUT THE PROGRAMME

Have you been engaging in the regular practice of yoga? If your answer is yes, then you meet the requirements to participate in the Yoga & Meditation Retreat at Nalanda University. The Yoga and Meditation Retreat offers an ideal chance to pause, break away from the usual routine, and rejuvenate both your body and mind. Following this retreat, you will acquire a more profound comprehension of yoga and experience an enhanced connection.

The Programme will be for 30 Days (6.30 AM – 8.30 am) and include the following:

- Every day, your routine will begin with the recitation of mantras, followed by breathing exercises.
- Practice of several yogic practices, including asana, pranayama, mudra, kriya, bandha, and meditation.
- A deep understanding of yoga philosophy, Bhagavad Gita, Patanjali's, Yoga Sutras, and Hatha Yoga texts.
- Followed by daily Yogic practices/Classes, the participants will be offered a Sattvik Breakfast and Herbal Tea.

WHAT YOU LEARN

- Kriya: Learn and practice Shatkriya "six body cleansing methods": Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhati.
- Bandha: Learn and the practice of 3 bandhas - energy locks in the body - Mula bandha, Jalandhara bandha, Uddiyana bandha and Maha bandha.
- Pranayama: Practice main types of Pranayama 'breathing' techniques - Anuloma-Viloma, Nadishodhana, Ujjai, Bhramari, Shitali, Sitkari, Bhastrika and Kapalbhati.
- Surya Namaskar (Sun Salutation): Learn the 12 positions of sun salutations, their variations, points of concentration, breathing and mantras.
- Asana: Learn about basic asanas (postures) including their different levels and variations, from beginner to intermediate level.



WHAT YOU BENEFIT

- Yoga is a kind of physical exercise and alternative medicine and is a strongly endorsed activity. It aids in relaxation, promoting a sense of calmness, and diminishing symptoms of stress, anxiety, and depression. Furthermore, yoga is an excellent method for addressing medical issues. It offers genuine physical well-being, vitality, and resilience. Through frequent practice, we can counteract the negative effects of inactive lifestyles. In addition, yoga is quite effective in reducing obesity. It enhances the strength and elongation of muscles, joints, and connective tissues.
- Empirical research suggests that practicing yoga has a positive impact on one's overall well-being and quality of life over an extended period. Practitioners frequently experience a significant decrease in pain, sleeplessness, and exhaustion.
- Yoga has numerous beneficial effects on cognitive processes, the immune system, and digestion. Additionally, it enhances hormonal equilibrium, improves mood, and enhances overall quality of life. Maintaining tranquility and peace is a potent strategy to combat the stresses of everyday life. Eliminating negative emotions, conflict, and resentment can be accomplished with the practice of yoga. Furthermore, self-awareness serves to amplify intuition and creativity. Conquering fear and other constraints is achievable.

CODE OF CONDUCT

- Discipline is an integral part of the yoga retreat program and the course routine must be strictly followed.
- The dress code for all yoga classes is loose yoga trousers till ankle and t-shirt which cover your shoulder.
- Any activity that is not related to the course is not permitted.
- Smoking and consumption of any drugs, alcohol, or tobacco is strictly prohibited in the Campus.

FEE OF THE PROGRAMME: Rs.5000/-

HOW TO APPLY: Apply online by filling the Google form below

https://docs.google.com/forms/d/e/1FAIpQLScjqwj8qCDVc84AZEUR1FWlfiQEsV4g0IyA8FMJsGllmnSA/viewform?usp=sf_link

For any Query or further details, please contact Dr. Rajeshwar Mukherjee @ mukherjee.rajeshwar@nalandauniv.edu.in / divya.sharma@nalandauniv.edu.in , +91-9064976769.

IMPORTANT DATES:

Start of Programme: 15th June, 2024 (Tentative)
Closure of the Programme: 14th July 2024 (Tentative)
Last Date to apply: 30th May 2024