

Join  
us  
for

# A YOGA RETREAT



## Nilayam *in* Satkhol Himalayas

# Why a Yoga Retreat?

BREATH TAKING  
EXPERIENCE

Take the time to **breathe**  
and take care of yourself.



**Pause** and Disconnect.



Dive deep and rejuvenate  
**in the pristine atmosphere**  
of the Himalayas.



Discover and **explore**  
the benefits of Yoga.

# Welcome to Nilayam in Satkhol Himlaryas

**NILAYAM** means 'home'. Let this nilayam away from home be a place where you come to reset, rejuvenate and spend 7 days and nights with a breathtaking view of the Himalayas. The setting invites introspection and inner connectivity, allowing the strength within to reveal itself.

With the addition of a yoga practice adapted to you and a diet based on yogic principles, this Nilayam is the perfect place for anyone looking for a pause in life. Ready yourself to feel the transformational effect of the Heartfulness practices.

## Highlights



ASANA PRACTICE FOR ALL LEVELS



HEARTFULNESS MEDITATION



ACCESS TO THE HIMALAYAN ASHRAM



A GLIMPSE INTO YOGA PHILOSOPHY



TIME TO INTROSPECT, REST & READ



NATURE WALK TO LOCAL VILLAGES



Indicative  
Schedule



Guests are invited to take part in  
as many activities as they want,  
following their own rhythm.

6:00AM **MORNING CHAI**

6:30AM **GROUP MEDITATION IN SATKHOL ASHRAM**

7:30-8:30AM **MORNING YOGA FOR REGULAR PRACTITIONERS**

8:30-9:30AM **MORNING YOGA FOR BEGINNERS**

9:30-10:30AM **BRUNCH AT THE NILAYAM**

11:00-1:00 PM **WORKSHOP ON YOGA/OUTING**

1:30PM **HIGH TEA**

2:00-3:00PM **READING - CONTEMPLATION - REST**

3:30-4:30PM **EVENING RESTORATIVE PRACTICE**

6:00-7:00PM **DINNER**

7:30-8:30PM **EVENING ACTIVITY**

**SUN, OCT 9** Arrival at Nilayam, Satkhol. Relax and enjoy the fresh air of Himalayas. Evening orientation session.

**MON, OCT 10** Morning Yoga practice - Introduction to Heartfulness Meditation practice.

**TUE, OCT 11** Morning Yoga practice - Evening restorative practice - Yogic Lifestyle.

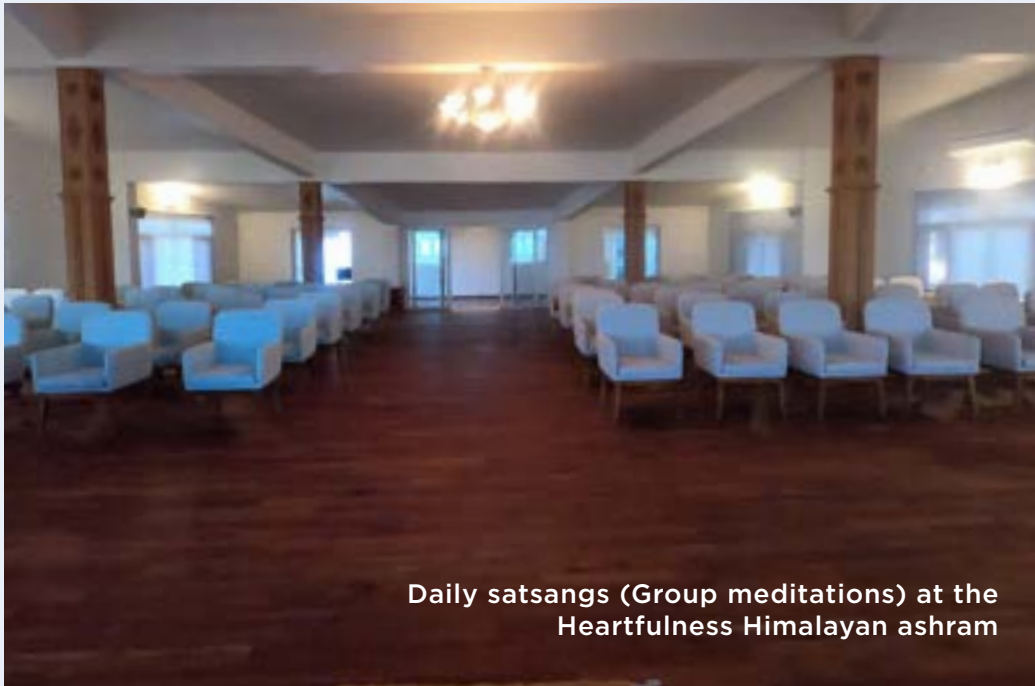
**WED, OCT 12** Morning Yoga practice - Short walk to Aarohi.

**THUR, OCT 13** Morning Yoga practice - Evening restorative practice - History of Yoga.

**FRI, OCT 14** Morning Yoga practice - Evening restorative practice - Prana, Chakras and Yatra.

**SAT, OCT 15** Morning Yoga practice - Short walk to Mukteshwar for gift shopping.

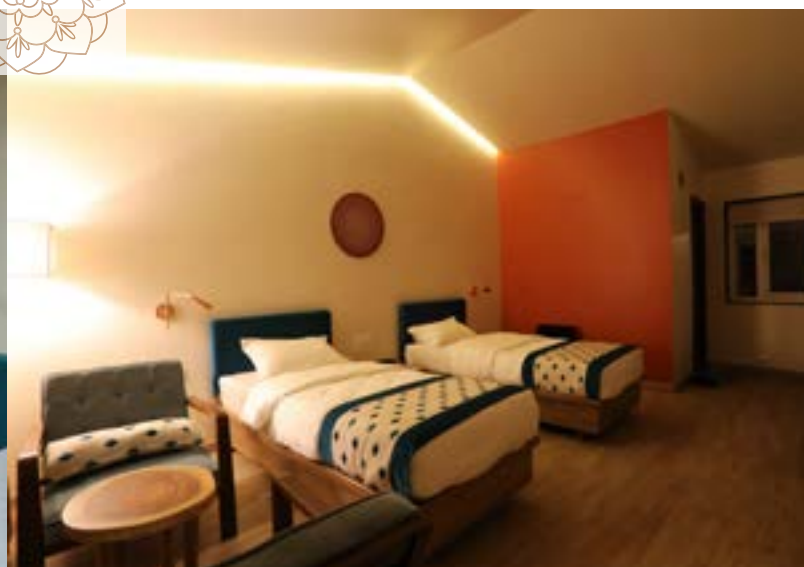
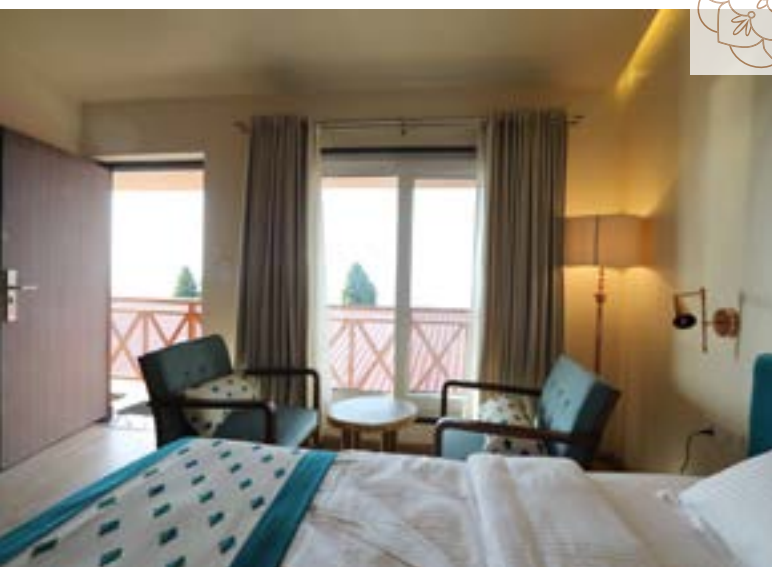
**SUN, OCT 16** Satsang at the Himalayan Ashram. Departure after lunch.



Daily satsangs (Group meditations) at the  
Heartfulness Himalayan ashram

MEDITATION HALL, SATKHOL

# Accommodation AT THE NILAYAM



DOUBLE SHARED ROOMS.

BALCONY WITH VIEW OF  
THE HIMALAYAS.

TEA AND COFFEE MAKING  
AMENITIES, TOWELS.

FREE WIFI CONNECTION IN  
THE LOUNGE.

PRICING:

**FOR 7 NIGHTS  
PER PERSON**

**30,000 INR**

**385 USD**

**375 EUROS**

INCLUDES:

ALL STAY.

BRUNCH AND DINNER WITH MORNING  
AND EVENING TEA.

SATVIK FOOD AND YOGIC TIMINGS FOR  
A GOOD DIET ACCORDING TO YOGIC LIFESTYLE.

ALL YOGA CLASSES, WALKS, TALKS.

ACCESS TO HIMALAYAN ASHRAM.

NOT INCLUDED:

AIR FAIR/TRAIN AND TAXI TO SATKHOL.

ANY SIGHTSEEING BEYOND THE RETREAT'S PROPOSAL.

ANY MEAL OR PURCHASE OUTSIDE THE  
NILAYAM OFFERINGS.



# Retreat-guidebook 2022

CHECK OUT THE LINK: [hfn.link/himalayanretreat](https://hfn.link/himalayanretreat)

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