

# YOGA RETREAT, SOJHA (KULLU DISTRICT)

APR 22-26, 2014

OCT 02-06, 2014

4 NIGHTS 5 DAYS

EXPERIENCE AND PRACTICE THE ART OF HEALTHY, BLISSFUL AND STRESS -FREE LIVING IN A NATURAL WAY.



On this journey into the inner Himalayas you will indulge in the space and inspiration of nature at its bountiful best while exploring yogic practices that restore balance & support overall well being. Slow your pace, calm your mind, stretch your body, and inhale exquisitely fresh mountain air as the yoga focuses your mind and opens your senses so that you fully savour the sights, sounds, smells and moods of nature in the spectacular mountain landscapes. Learn health solutions for body, mind and soul through practical tips to draw energy from five elements of nature; get new vigor and vitality by rejuvenation of your mind, revitalization of your Body and reawakening your Soul. The yoga & meditation sessions would be interspersed with some wonderful daytime hikes & vibrant evenings enjoying the company of like- minded persons besides a roaring bonfire at Banjara Retreat situated in Sojha in Kullu district of Himachal Pradesh.

## About your yoga facilitator:

Divya Sunil Yogacharya is a disciple of nature. Yogacharya is a spiritual leader, thinker, social reformer, educationist and exponent of nature, peace and harmony. He received his Yoga education from Vivekanand Ashram at Aligarh, J.V.B.I. (Ladnun, Rajasthan), Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore and Bihar School of Yoga at Munger. He received Spiritual Healing from Pranam Foundation, Reiki from Reiki Healing Foundation and Naturopathy from Gandhi National Academy of Naturopathy, Delhi. He has received training in many other therapies like Neurotherapy, Reflexology, Scientific Hawan & Music therapy etc.

Yogacharya has suggested comprehensive solutions to Individual, family and social issues. He has organized yoga camps, naturopathy & alternative therapy camps, health camps for senior citizens and participated in National Vegetarian Thinker's Meet, program for communal harmony, scientific hawan program for environment purification. He has imparted Inner Peace Education in schools. He is an expert on stress management, organizes spiritual & holistic tours as well as Children's workshop like Gurukul Carnival and Bal Vikas Ka Yog.

## THE PROGRAM:

Screening & Health Assessment to every individual participant and decide yoga asana, pranayam and naturopathy treatment (balancing five elements Air, Fire, Sky, Earth and Water) through different type of treatment like physiotherapy, occupational therapy, Jal Neti, Kunjal, Reflexology etc.

## The program will include the following:

- Cleansing kriyas- Jal neti & Kunjal
- Tratak Kriya
- Motivational and Action Songs
- Pranayama Meditation
- Questions- Answers sessions with counseling
- Yogasanas, Pranayam and Meditation.
- Reflexology foot & spine
- Yogic Trekking
- Dynamic Meditation
- Hawan Therapy for inner healing
- Therapy Mantra Chanting
- Physical Yogic Game
- Awareness Meditation
- Satvik vegetarian wholesome meals & refreshments

## Lectures and Counseling on –

- Stress Management and Personality Development.
- Tips & Guidance on every day health problems by enhancing your energy level and immunity.
- Importance of Proper posture during everyday task & its corrective measure
- Maintaining proper Body weight to keep good health &
- Avoid acute/chronic diseases like diabetes, hypertension & cardiovascular diseases etc.
- Tips to Improve memory, work efficiency and vital force.
- Awareness about the five elements in your body & How to energize them (Earth, Air, Sun, Water and Fire)
- How to control & overcome your emotions and feelings.
- Easy ways to develop positive attitude in life with inner peace and happiness.

## Itinerary:

**Day 1: Delhi- Chandigarh- Sojha- 11-12 drive.**

Drive from Delhi to Sojha via Chandigarh. Reach Sojha a little late in the evening for a late dinner. Settle into your rooms. Evening around bonfire while Sunilji discusses next day's plan. Turn in after dinner.

**Day 2-4: Sojha**

3 blissful days in the mountains. The program will cover all of the above mentioned kriyas.

0600- 0700 hrs Wake up.

0700- 0830 hrs Yoga, Pranayam and meditation (this would be different each day)

0830- 0930 hrs Breakfast

0930- 1500 hrs Walk/ hike visit in the jungles/ mountains around interspersed with talk and meditation and packed lunch.

1500- 1600 hrs Yognidra

1600-1630 hrs Tea break

1630- 1830 hrs Interaction session

1830- 1930 hrs Bonfire

1930- 2030 hrs Dinner

2030- 2130 hrs Happy Assembly

2200 hrs Off to sleep

**Day 5: Sojha- Chandigarh/ Delhi drop**

Wake up early in the morning. We leave for Chandigarh after an early breakfast. Reach Chandigarh between 4 and 5 pm.

**COST: INR 29500 per person**

**Cost includes:**

1. Stay in Banjara Retreat in Sojha on twin/ triple share.
2. All meals from dinner on day 1 to breakfast on day 5.
3. Transport from Chandigarh- Sojha- Chandigarh.
4. Yoga program by a renowned Yogi.
5. Local walks and picnics.
6. All taxes.

**Cost does not include:**

1. Any beverages except those served on buffet table.
2. Any En route/ personal expenses.
3. Any air/rail fares.
4. Bottled mineral water (Aquaguard purified water is served free of cost at all our properties).
5. Any expenses incurred due to factors beyond our control like a natural calamity/ man-made calamity.

**TOUR NOTES****Accommodation:**

Sojha: Banjara Retreat Sojha

**Food & Hygiene:**

Food is a mix range from vegetarian/ non- vegetarian meals to good food with a choice of Indian, Continental & Chinese food. All meals are buffet meals. There is no room service.

**Fitness:**

You should be in decent health if you wish to hike. We advise jogging and breathing exercise. Please note that you will have to climb down about 130 odd steps to reach the retreat.

**Tipping & Porterage:**

We charge a service charge of 5% for the rooms. Tipping/ service charge is already taken care of in this trip. Our staff will carry your bags down to retreat and back up to car on day of departure.

**Photography:**

The retreat is at 8700 ft. and we will travel up to about 11000 ft. If you plan to take photos then please keep sunlight according to this altitude in mind. Please ask your guide before taking photographs inside any temple and if you plan to photograph any locals, please take their permission before doing so. You could charge your camera at the retreat.

**Medicine:**

There is a doctor in the town. We also keep a first aid kit. It would be anyway a good idea to bring your own basic first aid kit with medicines for motion sickness, nausea, some painkillers etc. Please carry sun block and chapstick. Keep your face, feet and hands well protected. Request your doctor to prescribe effective medicines to cover the following: Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes. We do carry a first aid box though. In case you have any illness of any sort, please do inform us in advance so that we can take necessary precaution. You could also carry vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshener, Nose inhaler, Cough drops, Lip balm, Vicks, Elastoplasts, Adhesive tape, 4" crepe bandage.

**List of things to bring:**

1. Duffel bag (avoid suitcases if you can)
2. A small day backpack to carry water, food, jacket and camera
3. Hiking shoes- you need good traction in shoes and these should be at least water resistant. Forclaz 500 is a good. Your shoes should be well broken-in and not new. Otherwise, your regular sports shoes will also do.
4. 2 pairs of lowers.
5. 4-5 full sleeves T-shirts
6. A fleece jacket
7. A full sleeve thick jacket
8. Underclothing
9. 1 pairs of thermal inners

10. 2-3 pairs of sports socks. 2 pairs of woolen socks
11. Woolen cap/ balaclava that covers the ears
12. Gloves
13. Sun glasses
14. Lip balm
15. Cold cream and sun screen lotion (SPF 40+).
16. Water bottle.
17. Flash light
18. Personal toilet kit.
19. Personal medicine
20. Small repair kit consisting of safety pins, needle, thread and string.
21. Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available on the slopes.

**PLEASE NOTE THAT YOU MAY NOT HAVE TO USE A LOT OF WOOLENS LISTED ABOVE BUT, WEATHER IN THE HIMALAYAS CAN BE RATHER UNPREDICTABLE HENCE, BETTER SAFE THAN SORRY.**

## BOOKING, PAYMENT AND CANCELLATION POLICY

### CONFIRMATION:

100% advance to confirm booking.

### CANCELLATION CHARGE:

Minimum : 20% of full amount.  
 Less than two weeks of arrival date (or tour start date) : 50% of full amount.  
 Less than one week of arrival date (or tour start date) : Full amount.

### PAYMENT MODES & METHODS:

1. ONLINE TRANSFER into our **current** accounts in Axis Bank or Standard Chartered Bank
2. DIRECT CHEQUE DEPOSIT into our **current** accounts in Axis Bank or Standard Chartered Bank at any branch/ ATM in India
3. DIRECT CASH DEPOSIT, into our **current** account at any branch in India
4. By CASH or CHEQUE handed over personally (or by your rep) AT OUR DELHI OFFICE
5. OUTSTATION CHEQUE payments are acceptable **only if** they are delivered (or we get a scan of the bank deposit slip) at least 4 working days before the payment due date.
6. OUTSTATION PAYMENTS by a **Payable at Delhi** DD sent to our Delhi Office by courier/post.

**IMP:** CHEQUE / DD to be made in **favour of "Banjara Camps & Retreats Pvt. Ltd."**

#### AXIS BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : 015010200017806
- Branch address : K-12; Green Park Main; New Delhi – 110016
- Branch Code : UTIB0000015 (for direct cheque deposit)
- IFSC Code : UTIB0000015 (for online transfer)

#### STANDARD CHARTERED BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : 525-0-509-319-3
- Branch address : 10 Sansad Marg; New Delhi – 110 001
- Branch Code : SCBL0036027 ( for direct cash/ cheque deposit)
- IFSC Code: : SCBL0036027 (for online transfer)









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-- Himalayas with Banjara, The Experience that matters --