



## **Transformational Yoga 16 Days Program:**

### **Day - 1**

Arrival at New Delhi (Capital of India). You would be received by our representative who would assist you with boarding an Airconditioned vehicle and escort you to a 3 star equivalent hotel for an overnight stay. Overnight at New Delhi. Get as much rest as you can as the next day, early morning you depart for an 8-10 Hr. long drive (Approx.350KMs) with the least 60 KMs / 3 Hrs. of hill climb

### **Day - 2 - Arrival at Mukteshwar**

Preferably an early morning departure from Delhi to arrive at Mukteshwar (Distt. Nainital, Uttarakhand) before Lunch. Mukteshwar is set amidst virgin forests and fruit orchards of apple, apricot, plum, pear and peaches at a height of 2280 mtrs. ASL. Mukteshwar is the most beautiful off-beat spot of Kumaon hills with its enchanting views of the Himalayas, deep valleys, sunset and sunrise panoramas. It is a haven for nature lovers and for travelers seeking solace. This destination was found by the British in 1893 when they set up the Indian Veterinary Research Institute. You may not find a better place than Mukteshwar for Yoga and Meditation, an unusually long ridge with valleys on both sides. The sleepy little hamlet is full of positive energy. On clear days one can view the snow clad Himalayan peaks. Among the major Himalayan Peaks visible from Mukteshwar are Nanda Devi, Nanda Kot, Nandaghunti, Trishul and Panchachuli.

Check in, freshen up and enjoy your lunch. Afternoon Yoga Session at the Resort. In the evening if keen, you can head for a short walk to the nearby sunset point. Mukteshwar is a Hikers Haven as you have trails all around so feel free to head into any direction. Over Night at Mukteshwar.

**Transformational Yoga Program for the day : 4:00 PM - 5:00 PM** (Optional). Relaxing with Yoga asanas after the long trip

### **Day - 3**

Wake up early morning to experience the awe-inspiring sunrise from behind the mountain ranges, if the horizon is clear you can see the Himalayan Range too. Follow it through with a Yoga Session and after Breakfast visit the Mukteshwar Township with it's 20-25 Sq. KMs of dense, virgin Forest with Coniferous, Himalayan Oak Trees, Himalayan Cedar, Rhododendron, Pine Trees. Visit The Century old Shiva Temple, Jim Corbett's Bungalow and The famous Chauli Ki Jaali Cliff which is an outcrop of rocks overlooking a straight drop of approx. 2000 Ft. The spell binding effect of the scenic views and pure air compliments the rejuvenation process and helps remove toxins. Return to the resort for lunch. After lunch proceed for a Yoga Session. Evening at leisure by the

Bon-Fire with soothing music from a Kumaoni Flute in the background.  
Over Night at Mukteshwar.

**Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; consisting of the following asanas: Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana.

**2:00 PM - 4:00 PM** - Introduction to Transformational Yoga - Part I

**Day - 4**

Early morning Yoga Session followed by breakfast after which we take you for a guided packed lunch picnic to a nearby hill stream / waterfall in the Padampuri valley which involves a short trek through some villages and forest. You can also enjoy some soft-adventure activities like Rock Climbing / Rappelling, River Crossing at Padampuri (Soft adventure activities are chargeable, extra). Enjoy your lunch out in the wilderness followed by a Yoga session and return to the Resort in vehicle before dark.  
Over Night at Mukteshwar.

**Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set: (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana), plus some standing asanas.

**2:00 PM - 4:00 PM** - Introduction to Transformational Yoga - Part II, Introduction to Mantra, Chanting

**Day - 5**

Full day meditation at the Resort. In the evening enjoy a local folk song performance. Over Night at Mukteshwar.

**Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana), plus some balancing asanas.

**10:00 AM - 12:30 PM** - Introduction to Transformational Yoga - Part III

**2:00 PM - 3:00 PM** - Yogic Living I: The Daily Routine for a Yogi/ni

**3:00 PM - 4:00 PM** - Pranayama: Theory & Practice

**5:00 PM - 6:00 PM** (Optional) - Meditation Session

**Day - 6**

Full day off-site to the Managher / Raata Forests with guides and packed lunch. This involves a short forest hike of approx. 500 Mtrs through dense forest to arrive in the thick of the dense blue pine (*Rehse!*) cover, choose your preferred spots and let the natural aromas and sounds divert your mind towards a state of mental calm. Return towards the evening. Relax at resort. Over Night at Mukteshwar.

**Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana,

Shashank asana, Parvatasana), plus some back-bending asanas.

**10:00 AM - 12:30 PM** - Optional Program (for people opting out of the forest visit): Mantra Chanting & Meditation

**4:00 PM - 5:00 PM** - Yoga Nidra: Theory & Practice

**6:00 PM - 7:00 PM** - Winding Down with Yogaasanas

### **Day -7**

Morning Yoga Session followed by breakfast as usual. Relax at resort with an evening Session at a neighboring forest. Over Night at Mukteshwar.

### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana) followed by Surya and Chandra Namaskara.

**10:00 AM - 12:30 PM** - Asanas: Theory Behind Them.

**2:00 PM - 3:00 PM** - Yoga Nidra Variation.

**3:00 PM - 4:00 PM** - Pranayama & Asanas.

**5:00 PM - 6:00 PM** (Optional) - Meditation Session - Questions & Answers

### **Day - 8**

Day Excursion by a coach/cars to the Jaageshwar Temples. Jageshwar is a Hindu pilgrimage town in Almora district (Uttarakhand). It was once the centre of Lakulish Shaivism. It is located at an altitude of 1870 mts, in the Jataganga valley near a Deodar forest (Cedrus deodara) starting from Artola village on Almora-Pithoragarh highway, where two streams Nandini and Surabhi flow down the hills in the narrow valley and meet near the sacred spot. Over Night stay Near Jaageshwar.

### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set: (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana) followed by Surya and Chandra Namaskara. Mantra Chanting and Meditation at Jaageshwar in the afternoon/evening.

### **Day - 9**

Return to Mountain Trail Resort - Mukteshwar after breakfast. Day at leisure. Over Night at Mukteshwar.

### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana), plus standing and inverted asanas.

**10:00 AM - 12:30 PM** - Yogic Living II: Habits & Routines.

**2:00 PM - 3:00 PM** - Pranayama: Theory & Practice

**3:00 PM - 4:00 PM** - Approaches to Meditation

**5:00 PM - 6:00 PM** (Optional) - Meditation session - Questions & Answers

### **Day -10**

Full day excursion to the Jade lake at Sattal, 45 KMs by road (one way). Sat Tal is a rich bi-diverse forest situated in the Nainital district of Uttarakhand. The term Sat Tal, in Hindi, means seven lakes. The place is so called because it is an interconnected group of seven freshwater lakes, namely 'Panna or Garud Tal', 'Nal-Damyanti Tal', 'Purna Tal', 'Sita Tal', 'Ram Tal', 'Laxman Tal', and 'Sukha Tal or Khurdariya'. Sattal is at an altitude of approx 4,000 feet, surrounded by dense oak and pine forests, the place boasts of serene, pristine and divine beauty. With most of its flora and fauna left undisturbed, Sat Tal offers its visitors a great opportunity of rendezvous with nature. Evening drive back to Mukteshwar. Over Night at Mukteshwar.

#### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana).

**Mantra Chanting & Meditation at Sat Tal in the afternoon/evening.**

### **Day - 11**

Day at Resort. Over Night at Mukteshwar.

#### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana) followed by Surya and Chandra Namaskar

**10:00 AM - 12:30 PM** - Yogic Living III: Relaxation Techniques in Everyday Life

**2:00 PM - 3:00 PM** - Yoga Nidra

**3:00 PM - 4:00 PM** - Mantra Chanting & Meditation

**5:00 PM - 6:00 PM** (Optional) - Winding Down with Yogasanas

### **Day - 12**

Today we drive towards the villages of Sheekta and Peora and return to the resort towards the evening. Relax at resort. Over Night at Mukteshwar.

#### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana) followed by Surya Namaskar and dynamic asanas.

Mantra Chanting & Meditation at a suitable scenic spot en-route.

### **Day - 13**

Day at Leisure. Over Night at Mukteshwar.

#### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana,

Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana), plus some back-bending and inverted asanas.

**10:00 AM - 12:30 PM** - Feedback from Participants & Group Discussions -Questions & Answers

**2:00 PM - 3:00 PM** - Asanas: Theory & Techniques

**3:00 PM - 4:00 PM** - Asanas for Relaxation

**5:00 PM - 6:00 PM** (Optional) Meditation & Yoga Nidra

#### **Day - 14**

After a morning Yoga Session leave for a full day Site Seeing tour of Nainital (Lake). Nainital, also known as the Lake District of Uttarakhand, is an absolutely beautiful and tranquil hill station situated amongst the seven hills. It is one of the most popular hill stations in North India. Nainital is situated at an average altitude of 1,938 m. The town is situated all around the beautiful Naini Lake, which is said to be the result of Goddess Durga's fallen charred eye resulting in a lake. The place has been mentioned many a time in ancient Indian texts such as the *Manas Khand* of the *Skand Purana*. Return to resort for the evening Yoga Session. Over Night at Mukteshwar.

#### **Transformational Yoga Program for the day :**

**7:30 AM - 8:30 AM** - Chakra Set; (Paschimottanasana, Janushirshasana, Padaprasa Paschimottanasana, Titli asana, Ushtrasana, Marjariasana, Shashank asana, Parvatasana)

Relaxation Techniques in Everyday Life will be put to practice at Nainital

#### **Day -15 -**

Departure for New Delhi. Overnight at Delhi.

#### **Day - 16 -TOUR ENDS**

Optional Extensions for Sightseeing at Delhi, Visit to the Taj Mahal at Agra, Visits to Jaipur in Rajasthan can be offered on request.

Yoga & other theme itineraries can be tailor-made to your requirements.