

RENEW, PURIFY & REFRESH


Rajah Ayurveda

HATHA Yoga Retreat

Yogacharya Jayaraman; with almost 15 years of teaching experience in yoga welcomes you to experience Holiday in Hatha Yoga.

Born in the Yogic hub of South India he has been guiding Yoga enthusiasts here and abroad.

He has studied yoga extensively under the tutelage of Yogacharya Annadurai, Yogacharya Anbarasan & Dr. Kannan and completed Yoga & Naturopathy from Pondicherry University.

He is a specialist in the Fitness Yoga Work outs.

His classes are dynamic in nature, focusing on the breath and movement synchronization and allowing students to explore their own capacities. He shows practitioners from all levels how to tap into their inner joy and sense of well being.



HOLIDAY IN HATHA YOGA OFFERS:

- Yoga for beginners: Are you new to Yoga?

Study up on Yoga basics with our step by step Yoga Pose instructions, Yoga Fundamentals & Practice sequences you can try at home.

- Yoga for daily life: home yoga work out

- Benefits of Yoga: Theory

- Package of important Yoga Asana

- Special Asana Programmes

- Stretching For Fit

- Yoga For Beauty: For Attractive Body

- Well Woman Yoga Therapy

- Work Shops: On Fitness Yoga

HOW TO START: BEGINNERS COURSE

Is an intensive training on Yoga postures (YOGASANAS):

The course takes a step by step approach for developing strength, flexibility, good breathing habits, concentration and relaxation through:

Practice Session 1: Intense asana practice focusing on goal postures to be achieved

Theory Session 1: Understanding asana using the lens of classical yoga texts.

Practice Session 2: Accupuncture session

Practice Session 3: Accupressure for wellness.

SPECIAL ASANA PROGRAMMES:

Pregnancy | Weight loss | Stress management | Package



Our Location: Rajah Beach

Where you walk on the shores of wellness:

Rajah Beach is located in

a one kilometer long virgin beach

surrounded by coconut trees and casuarinas.

The atmosphere here offers the perfect

spiritual back drop for soothing the mind and body.

Yogacharya Jayaraman

RENEW, PURIFY & REFRESH DHYANA Yoga Retreat


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*Yogacharya Prabhu; invites you to join him on a Yogic retreat.
Presenting Renewal through Dhyana yoga; feel the vibration of your soul.
With his rich experience in Pranayama, Dhyana and the
Yoga Chakras he has been enriching
the spiritual beings of Yoga seekers from varied corners of the globe.
He is from South India and completed his training
from Asana Aandiappan a veteran Yoga Master from Chennai.
He has been practicing and leading workshops for over 15 years for
Yoga seekers all over India and abroad.
His calm, nurturing style, makes learning a soul filling experience.
The retreat is designed as an all-inclusive, deeply engaging experience that brings
you in touch with yourself and others who are on their own journey of Mindfulness.
Come Immerse yourself in an experience of personal
and collective Transformation at the Rajah Healthy Acres.*

- ABOUT THE PROGRAM -

*Understand the nature of the mind and how to develop concentration.
We have designed this course to provide you with comprehensive
information on Positive Thinking and Meditation.*

- MODULES -

- | | |
|---|--|
| - MEDITATION: Power of the inner mind | - Meditative postures |
| - Tools for meditation | - Chakras (The study of energy centers in the body) & Bandhas
(body locks and how to use them in practice). |
| - YOGA FOR STRESS, BURN OUT &
CHRONIC FATIGUE SYNDROME | - Pranayama (Breathing techniques) |
| - Yogic diet: Introduction to Proper Diet | - Philosophy (Yoga Sutras and other notable texts) |

WORK SHOPS

SHATKRIYA WORK SHOP (Yogic Cleansing Techniques):

Stimulate the elimination of toxins and wastes from the respiratory and digestive systems.

- **Practice Session 1: Asana practice as a fundamental preparation for working with the breath and regulating the mind.**
- **Theory Session 1: Understanding prana and pranayama from the perspective of Classical texts.**
- **Practice Session 2: Asana practice leading to pranayama, covering the techniques discussed in the theory session.**
- **Practice session 3: Chanting as a tool to improve breath efficiency and promote attention.**
- **Workshop: Understanding the application of pranayama in various contexts to enable specific effects.**
- **Practice Session 4: Meditative Practice based on concepts discussed in other classes.**



Yogacharya Prabhu

Our Location: Rajah Healthy Acres

*Where nature gives you a healing hand:
situated in a small village
with a pristine atmosphere;
it has an area of two hundred acres
with thick vegetation containing
numerous flora and fauna.
In these magnificent settings with
woods as the backdrop and
beautiful walking paths you can
meditate and identify your true self.*

RENEW, PURIFY & REFRESH **THERAPEUTIC Yoga Retreat**


Rajah Ayurveda



Yogacharya Iyappan has been working with patients all around the world with the sole intention of curing from within.

His familial background reflects his expertise in therapeutic yoga.

He has been practicing yoga, since he is 4 years old.

His master is his grandfather, Yogacharya Asana Andiyappan; runs Asana Andiyappan yoga study centre and has an experience of 60 years in Yoga therapy.

With his father and grandfather dedicated to this holistic healing he has been tuned to cure the suffering souls.

Further enriched his aptitude from (B.Sc, Yoga & naturopathy)

Dr. MGR University, Chennai, (MSC yoga & naturopathy) from

Manonmanyam Sundaranan University & Post graduate (Yoga & Naturopathy) from Tamilnadu Physical & sports university.

He has been in the field of energy well-being and a life coach for over ten years.

If you are interested in this wholesome healing; be with him for Healing with Therapeutic Yoga and tap the healing power from within.

He is a certified trainer and an exceptional healer.

He is a powerful Holistic Therapist who has helped people heal themselves of debilitating emotional and physical conditions for over a decade.

With over 10 years of experience he uses creativity and intuition, encouraging one to feel inwardly to the inner guide and wisdom of the body.

- ABOUT THE PROGRAM -

The curing powers of Yoga and its application in day to day life.

-MODULES-

ASANA FOR HEALTH PROBLEMS

Obesity, Anxiety & Depression, Arthritis, Diabetes, Back Pain, Thyroid Problems:

Balances hormonal levels in the body, Menopause syndrome, Asthma, Digestive problems

·Rejuvenative & Tonic Yoga : Takes years off the body, bringing a sense of lightness and freedom

·Work shop- Yoga In Practice & hydrotherapy.

THERAPEUTIC YOGA IN DETAIL: BACK TO WELLNESS:

·Practice Session 1: Asana for health problem.

·Theory Session 1: Understanding yoga therapy.

·Practice Session 2: Pranayanam session focusing on the practice of classical pranayama techniques.

·Practice Session 3: One meditative practice at the end of each programme day, focusing on relaxing the body and mind.



Yogacharya iyappan

Our Location: Rajah Island

Where you anchor to begin a healthy voyage:

The twenty acre Rajah Island

is surrounded by the famed back waters of Kerala.

A myriad of birds and fishes welcome

you in the midst of mangroves to this island of peace.

Creates an ambience conducive to

joy and positivity that impacts

you on a visual, auditory, kinesthetic and spiritual level.



PROGRAM HIGHLIGHTS

Rajah Ayurveda

- This unique hands-on training enables each individual to master their skills.
- All the classes are conducted by certified Yoga Instructors. Please see the profile and specializations of each trainer.
- Certificates are awarded after the successful completion of training program.
- Our syllabus is designed for both beginners and those wishing to continue their studies and/or research at a more advanced level.

While undergoing the above yoga retreat you can undergo traditional Ayurvedic treatment after consultation with our Ayurvedic doctors

Kind attn : You have to follow the rules & regulations of Rajah Ayurveda while undergoing any of the above yoga retreats.

COURSE DURATION: 2 Week Programme: July 1st to 15th & 4 Weeks Programme: July 16th to August 13th

RAJAH HEALTHY ACRES

STAY FACILITY	14 DAYS	28 DAYS
Ashoka/Thulasi Up Stair	1190 (USD)	2380 (USD)
Thulasi Cottage	1470 (USD)	2940 (USD)

RAJAH BEACH

STAY FACILITY	14 DAYS	28 DAYS
Deluxe Room	1908 (USD)	3816 (USD)
Cottage	2940 (USD)	5880 (USD)

RAJAH ISLAND

STAY FACILITY	14 DAYS	28 DAYS
Double room A/C	1680 (USD)	3360 (USD)
Deluxe Room A/C	2261 (USD)	4522 (USD)

PACKAGE INCLUDES

Yoga training as per syllabus
 Vegetarian food
 Accommodation as per the tariff
 Pick up & drop off at Cochin airport.

EXCLUDES

Telephone
 Laundry
 Trips
 Transportation
 (other than the one mentioned above)
 Lab test (if advise)
 Medicines to be taken home.
 Any Ayurvedic treatment taken

HOW TO REGISTER:

(Those who are interested please contact us & confirm the registration. Limited seats only)



Rajah Ayurveda

Contact us: rha@ayurvedichospital.com
rajahayurveda@gmail.com