



# Yoga Body and Mind in Kandy Sri Lanka

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## Project overview



### What's included:

- 24/7 support in case of emergencies
- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

### What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa



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## Project itinerary

### Yoga Body and Mind in Kandy Sri Lanka

Enjoy a week of relaxation, meditation, yoga and massage on this truly chakra-opening experience, as you stay in our comfortable accommodation on the outskirts of Kandy!

#### Monday

- Early Morning Yoga
- Breakfast
- Meditation
- Head massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

#### Tuesday

- Breakfast
- Meditation
- Foot massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

#### Wednesday

- Early morning Yoga
- Breakfast
- Meditation
- Back massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

#### Thursday

- Breakfast
- Meditation



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- Front Massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

## Friday

- Early morning Yoga
- Breakfast
- Meditation
- Full body massage
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

## Beginners

Firstly, beginner students will be taught Surya Namaskar, also known as the Sun Salutation.

## Second stage

Successful students who succeed in learning the Surya Namaskar will be taught several more Asanas or postures.

## Pranayama - Yogic breathing

Those students who complete the advanced stage can also learn about the various breathing techniques, which include body cooling and heating techniques, as well as ways to improve concentration.

During the Ayurvedic treatment, students will experience a traditional massage with herbal oils and a body scrub designed to help blood circulation, whilst also revitalising the skin.

Students will also receive a Dhara Treatment, where warm oil flows through a vessel straight on to the forehead at a slow pace; this helps soothe the forehead and allows sinuses to clear themselves of obstructions. In fact, this is often the favourite part of our programme for our participants!

## Please note:

- Participants are advised to refrain from smoking or consuming alcohol during their stay, as



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either practice can impede the effect of yoga.

- This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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## APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)