

The Thirst To Be Boundless

About Isha Hatha Yoga Retreat in *Pokhara, Nepal (Nov, 1st to 5th)*

With the ever growing demand among people for experiencing Isha Hatha Yoga increasing throughout the planet, we decided to play a small role in making Sadhguru's vision of Conscious Planet a reality.

We are glad to announce that Yoga Trishna is organizing a Yoga Retreat on the land of Mt. Everest.

Coming from deep experience of teaching Classical Hatha Yoga since 2021 across different regions of North India, Yoga Trishna has conducted different retreats, workshops for schools, corporates and at various social events.

Yoga Trishna has always been proactive in organizing various sessions in the regions where Isha Foundation's reach was limited, with the intention of making all experience the profoundness and effectiveness of the Science of Yoga.

The upcoming Retreat that will happen on *1st to 5th of November*, is carefully designed to make participants enrich their lives by adding Isha Hatha Yoga Practices, Designed by Sadhguru as a part of their life and also give them an idea of the Yogic Lifestyle.

The retreat is carefully designed as an intense program, at the same time taking care of the comfort of every participant, making it ideal for first timers and as well as regular practitioners of yoga.



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The Entire Retreat Will Have Different Sessions and Activities Through Out The Day.

The Sessions Include

- **Yoga Sessions**
 1. **Yogasanas**
 2. **Surya Shakti**
 3. **Pranayam**
 4. **Nada Yoga**
 5. **Bhakti Sadhana**
 6. **Isha Kriya**
 7. **Blancing Sadhana**
 8. **Meditation Sessions**
 9. **Bhuta Shuddhi (Optional)**
- **Sessions By Sadhguru (recorded)**

The Activities Include

1. **Hiking**
2. **Sightseeing**
3. **Games, Dance, Music and Much More..**



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The Accommodation Includes

- **5 - Days Resort Stay**
- 1. **4 - Nights and 5 - Days**
- 2. **Check In - 12:00 PM Onwards (1st Nov)**
- 3. **Check Out - 11:00 AM (5th Nov)**

The Meals Include

- **Breakfast**
- **Lunch**
- **Dinner**

Inclusions

- **Pick Up and Drop from the Pokhara Airport, Nepal**

The Prices for Retreat Will Be

- **NPR 55,000/- For Double Occupancy**
- **NPR 80,000/- For Single Occupancy**

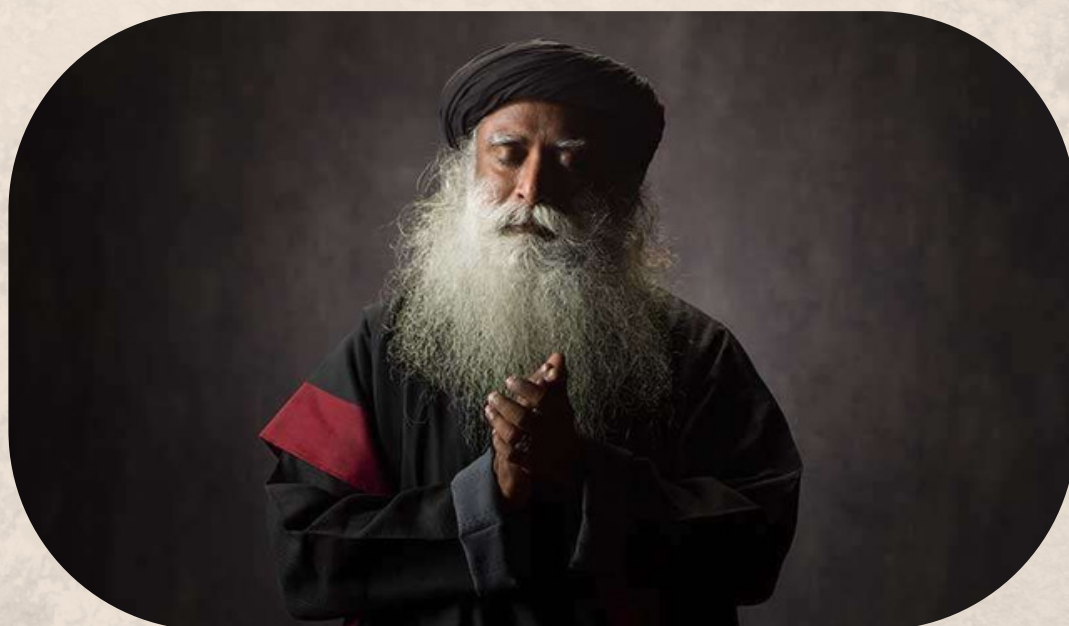
Please Note,

- **Only limited seats are available.**
- **Your participation is confirmed only after the full payment of the fee.**



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SADHGURU, YOGI AND A MYSTIC



A man whose passion spills into everything he encounters. Named one of India's 50 most influential people, Sadhguru's work has touched the lives of millions worldwide through his transformational programs.

Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds, acting as a bridge to the deeper dimensions of life.

His approach does not ascribe to any belief system, but offers methods for self-transformation that are both proven and powerful.



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ISHA FOUNDATION



Isha Foundation is dedicated to raising human consciousness, and fosters global harmony through individual transformation.

Guided by Sadhguru, it is an essential resource for exploring the ancient science of yoga in all its depth and dimensions. The foundation offers a variety of programs that provide methods for anyone to attain physical, mental and spiritual wellbeing. Its offerings allow participants to deepen their experience of life, and reach their ultimate potential.



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YOGA TRISHNA
WWW.YOGATRISHNA.COM

We would love to see you with us on this journey which could prove to be a beginning of something very beautiful in your life.

In today's fast-paced world, it's time to invest some time in your peace, wellness and growth.

Invest some time in your well-being.

Experience the Isha Hatha Yoga Retreat Now!

Pranam

Yoga Trishna

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“A world full of Love, Light & Laughter. Its time has come. Let's make it happen.”

Sadhguru



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PAYMENT DETAILS

Fee - NPR 55,000/- (Double Occupancy)

NPR 80,000/- (Single Occupancy)

***For Registrations before October 15th (10% Early Bird Discount)**

Fee - NPR 49,500/- (Double Occupancy)

NPR 72,000/- (Single Occupancy)

BANK ACCOUNT DETAILS

Name - SANDESH

Bank - NIC ASIA BANK

Account Number - 3369433670524001

Or scan this QR Code to Pay



Pranam

Team Yoga Trishna

www.YogaTrishna.com

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