

Nira Alpina And Ananda In The Himalayas

invite you for

A Unique Hatha Yoga, Meditation and
Ayurvedic Culinary Workshop in the Swiss Alps

13th September - 17th September, 2023
At Nira Alpina, St. Moritz



Connect Within

The mind's constant *desire to acquire* makes up for a distracted and a volatile human being. We all know this, but yet suffer an inability to stop ourselves from encountering such experiences. Through timeless yogic practices, when we make an effort to break away from the habit of endless acquisition, the mind quietyens.

A systematic approach of **traditional yoga, ancient meditations and Ayurvedic culinary science** begins to reveal a path leading to peace and equanimity.

This retreat provides an opportunity to imbibe the principles of Raja yoga and Hatha yoga leading to a meditative state of self-awareness, while we maintain harmony in the body through Ayurvedic meals curated by Chef Diwaker Balodi - Executive Chef at Ananda in the Himalayas in collaboration with Chef Janko Glotz - Executive Chef at Nira Alpina.



Sandeep Agarwalla

Head of Yoga at Ananda in the Himalayas will lead the Yoga and Meditation Workshop at Nira Alpina

Living an active life of a Yogi, Sandeep is an MA in Yoga Physiology from the prestigious Bihar School, also known as Satyananda School of Yoga.

Over the years Sandeep taught at the Bihar yoga centres across India. He is a passionate proponent of traditional hatha yoga and believes in the symphony of asana, conscious breathing and mindfulness to create a unique balance.



Chef Diwaker

Executive Chef and expert on Ayurvedic cuisine, at Ananda in the Himalayas

Chef Diwaker brings to the fore his experience of fresh, natural foods with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the complete avoidance of artificial flavours or preservatives.

Using ancient Ayurvedic food rituals as his cuisine philosophy, Chef Diwaker and his team aim to uproot specific imbalances in the body by working on multiple wellness menus, while maintaining emphasis on serving a balanced diet, bursting with flavours!

Programme Schedule

Arrival : 13th September, Wednesday night

- A group yoga orientation with an introduction to the philosophy and practices of traditional & ancient hatha yoga.
- Personal consultations with Chef Diwakar and Sandeep.
- Each day includes 4 hours of sessions (Day 1 - 3),
 - 2 hours in the morning (Asanas and Pranayama session)
 - 2 hours in the evening (Yogic philosophy with meditation).
- Each evening includes a **Tridoshic** (a meal suitable for balancing all bio-energies in the body) Wellness Dinner by the Chef.

Day 1: 14th September, Thursday

- Mantra Chanting
- Foundation **Asanas** (physical postures) to unlock the joints, release physical tension and stiffness
- Introduction to Pranayama (yogic breath work)
- **Yoga Nidra** or psychic sleep for deep relaxation and internalisation of awareness
- One-on-one discussions to assess personal health and lifestyle will continue through the day.

Day 2: 15th September, Friday

- Progression to the next level of asanas to create balance and stability
- Pranayama and Introduction to **Antar Mouna** (inner silence)
- Experiencing the expansion of awareness through **Pratyahara** or withdrawal of senses from the external environment.
- Ayurvedic cooking session followed by lunch, to get a better understanding on how to eat according to your unique body constitution or **Dosha**.

Day 3: 16th September, Saturday

- Focusing on Asanas to build strength and endurance
- Progression into advance Pranayama, and **Ajapa Japa** meditation.
- The practice of **Ujjayi Pranayama** or the breath of victory with internal chanting of SO HAM mantra to develop **Dharana**
 - an uninterrupted stream of concentration and focus.

Departure: 17th September, Sunday

- Morning session: Review of all asanas, pranayama and meditation
- Guidance on personal daily practice



Book your space in advance!

Accommodation, workshop sessions, breakfast and dinner (half board).

	Corvatsch Room		Garden Room		Alpine Junior Suite	
	Single	Double	Single	Double	Single	Double
Retreat price per night	520	860	570	910	765	1105
Currency: CHF						

For reservations, please write to: reservations@niraalpina.com
www.niraalpina.com | +41 81 838 69 69



Nira Alpina is one of the most unique hotels in the Swiss Alps. It is located within touching distance of snow-capped mountains and glassy pure lakes, perched atop the highest point in the picturesque village of Surlej. The spa is the essence of pure rejuvenation with unrivalled views over snowy landscapes, tranquil relaxation rooms & expert therapy treatments. The Alpine fresh air cleanses the soul, stunning scenery awakens the mind, and expert therapists soothe the body.



An award winning luxury wellness retreat in the Himalayan foothills, Ananda is located on a 100 acre Maharaja's Palace Estate. Surrounded by graceful Sal forests, overlooking the spiritual town of Rishikesh and the Ganges river valley, Ananda integrates traditional Ayurveda, Yoga Meditation, Vedanta with Oriental and International wellness therapies and healthy cuisine to restore balance and harmony.