



The Yoga Holiday Program at Atmanjai

Yoga retreats are setting worldwide popularity records by rewarding participants with tremendous physical, spiritual and emotional benefits. In harmony with this global awareness, Atmanjai Wellness Center proudly presents **The Yoga Holiday Program**.

The Yoga Holiday Program is a health related holiday, leaning primarily on the practice of yoga combined with healthy eating, in a wonderful relaxing beachfront location.

Our group yoga sessions combine strong and gentle exercises, conscious breathing and mental intention. If you wish to experience a new form of conscious body and mind exercise, this is the right program for you.

By creating a greater sense of awareness and self-discovery, yoga practice can rejuvenate the body, clear the mind, and help heal the heart.

Our yoga experts specialize in helping you be successful in your yoga sessions, whether you are a newbie or already practicing yoga.

We help you regulate the pace of your breathing, relax and maintain the steadiness of your body, and lead you toward a clearer mind, better mobility, and coordination.

The Yoga Holiday Program includes healthy, delicious meals, Thai massage, meditation and mindfulness sessions and a Thai herbal steam room to complement your daily schedule and enhance the results of your program.

Some of the benefits of **The Yoga Holiday program** include:

- Losing weight
- Gaining strength
- Toning your body
- Increasing flexibility
- Increasing mobility
- Improving mindfulness
- Improving consciousness
- Creating healthy habits
- Relieving stress
- Healing injuries
- Enriching your inner life

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Yoga is a physical, mental and spiritual practice of asana (physical poses), pranayama (breathing) and meditation. The practice of yoga promotes the flow of vital energy to rejuvenate the body and strengthen awareness to engage clarity. Working at your level of ability, you will practice the postures while focusing on breath and body awareness.

Regardless of your age and lifestyle, our experienced and friendly instructors will help you discover yoga as a complete and balanced approach to health and wellbeing.

The program is open all year round. Join us for this wonderful experience !