

utopia FARMSTAY

YOGA

GETAWAYS

8th & 9th December (2-day)

Ashtanga Yoga with Preeti Acharya from INR 10,000*

INR 20,000 per couple

INR 12,500 per person (Single occupancy room)

www.utopiafarmstay.com

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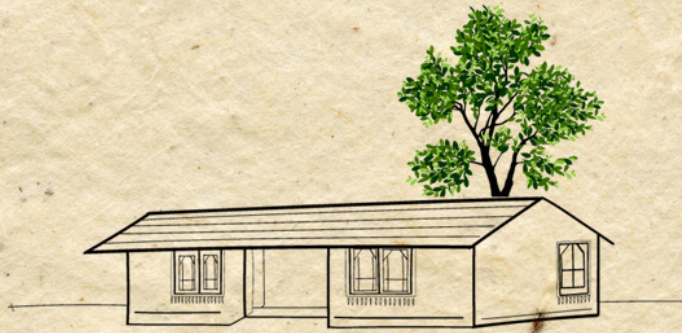
FARMSTAY

Rejuvenate your body & mind on a weekend!

Escape the city and gain some strength, flexibility and inner peace with Preeti Acharya, a certified Ashtanga Yoga teacher.

WHEN: 8th & 9th December,
WHERE: Utopia Farmstay, Nashik





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ABOUT THE INSTRUCTOR

The workshop will be conducted by Preeti Acharya, a certified Ashtanga Yoga teacher. She discovered Yoga at the age of 13, and after a masters degree in Computer Science and seven years of corporate experience, she decided to pursue her passion to help people achieve their fitness goals.

Preeti has conducted many corporate workshops and shared her expertise in army camps and marathons. She has also taken focused training sessions for athletes, sports artists as well as people with different medical conditions. Her enjoyable and challenging sessions are accepted widely by the people.

She believes that Yoga is about channelizing prana and opening oneself to new horizons. One feels invincible, capable and connected when practicing Yoga.

You can check out her work at https://www.instagram.com/guiding_lyght/





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SCHEDULE

Saturday, 8th December

10.30 AM - Arrival

11 AM - 1 pm: Passive stretches & Pranayama

1 pm - 2 pm: Lunch

2 pm - 4.30 pm: Rest

4.30 pm to 6.30 pm: Yoga Workshop

7.30 pm to 8.30 pm: Dinner

Sunday, 9th December

5.30 am: Wake up call

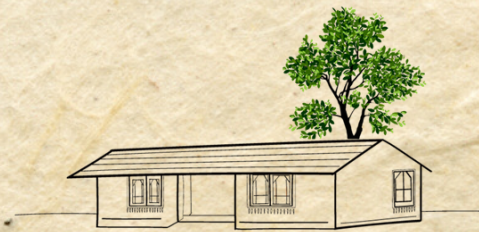
6am to 8 am: Ashtanga Primary Series

8.30 am to 9.30 am: Breakfast

9.30 am to 11 am: At leisure

11am to 12 pm: Parting session

1PM - 2PM: Lunch



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1. What does the cost include?

The cost includes your stay at Utopia Farmstay for one night, all your meals (Lunch & Dinner on Saturday + Breakfast & Lunch on Sunday) Taxes are included as well.

2. How many participants will be present?

We would need 6 participants minimum to conduct this workshop. In the unfortunate circumstances that we do not have 6 participants, the full amount will be refunded. At the moment, we're restricting the workshop to 10 participants only.

3. What do I need to carry?

Please do carry your own Yoga Mat and comfortable clothing.

4. What are the different sessions being conducted?

1. Passive stretches & Pranayama:

Passive stretches are assisted stretches when one stretches their muscles from a place of complete rest. Such stretches are always restorative and useful in relieving muscle spasms that are healing after an injury, increases flexibility, and helps with relaxation. Pranayama is control of breath and practice of Pranayama achieves the balance in the activities of pranas – the vital energy of life, which results in a healthy body and mind.

2. Yoga Workshop:

Preeti will take you through four major spinal movements which are lateral movements, twists, forward bends, and backbends. One will learn various techniques to practice these movements with effective asanas.

3. Ashtanga Primary Series:

Ashtanga Yoga is a practice for body and mind. This practice ignites our dormant flame of vital life energy. The Vinyasa system works in synchronization of deep, rhythmic breathing and movement. The linkage of postures creates a continuous flow of energy that heats up our body, bringing oxygen to the blood, nourishing the glands and internal organs, cleansing and purifying the nervous system and releasing unwanted toxins through perspiration. This burns our toxins and, create a lighter and stronger body with a clear mind.

5. I want to participate, my friend doesn't. Can he/she come?

Of course. These are the charges:

2 participants: INR 20,000 per couple

1 participant: INR 10,000 per person (Single occupancy room)

1 Participant + 1 Non-participant: INR 14,000 per couple

This includes the stay + food for non-participants

For more information, please email utopiafarmstay@gmail.com / Call: +91 8779621583