

# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## **YOGA, WELLNESS AND REJUVENATION PROGRAM (YWRP)** **@NALS Leopard Valley Campus, Manjacombai, Coonoor, TN**

Modern day knowledge workers, housewives and general public go through severe health issues due to poor lifestyle and work stress. This can be corrected easily by making oneself aware, changing a few habits and propel oneself towards wellness. What is well-being? Well-being is not just “being” healthy but “feeling” healthy. World Health Organization (WHO) presents health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. It’s planning to add a fourth aspect which is Spiritual well-being.

Yoga is a spiritual science for integrated and holistic development of an individual’s mental, physical and moral-spiritual aspects. It is a wonderful addition to normal day to day activities. Yoga helps to keep your muscles strong and stretched, maintain balanced strength in your body, keep your mind calm and peaceful. This is what we call an uplifting and nurturing Yoga practice.

### **About the program**

During this program, we direct you on your journey towards self-realisation through the three aspects of Yoga ~ Hatha (Physical aspects), Raja (Mental aspects) and Japa (Mantra chants). Participants will go through theoretical and practical aspects of yoga through the day that will draw them inwards and guide them towards healthy lifestyles and habits for the future. The program is delivered at a pristine environment and participants are assured of fresh air and greenery all around

### **Key Information**

- Duration : 02 Days ~ 02 Nights (48 hrs)
- Location : Coonoor, TN
- Age Group : 12 ~ 70 years
- Intensity : \* \* (Low)
- Batch Size : 10 ~ 40

### **Program Highlights**

- Delivered in a 140 acre plantation surrounded by a vibrant forest and tranquil atmosphere
- Know Yourself & Relationship between body and mind
- Yogic concepts of health and diseases & Yogic principles for healthy living
- Basic Hatha Yoga asanas and their benefits
- An introduction to Raja Yoga
- Yogic chants and basic meditative practices
- Yogic breathing

NALS / PDM – YWRP / 05 Jan 2018

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<b>Head Office:</b> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F
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## **About the Yoga teacher**

Ms Gayathri Jagadish Chablani is a certified Yoga Professional, accredited by Quality Council of India (QCI) as a Level 2 Yoga Teacher. She has 10 years experience in the Outdoors, particularly in the fields of trekking, cycling and motivating oneself towards wellness. This passion has led her to become a qualified yoga teacher and practising professional. She brings motivation, enthusiasm, cheer and inner peace in her training sessions. Personally, she discovered robust health and inner strength through yoga despite going through thyroid disorder and obesity. Over 300 individuals have participated and benefitted from her yoga sessions during the past 4 years.

## **Program Alteration**

It must be borne in mind that the program schedule can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, mountain weather / road conditions are unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

## **Food and Beverages**

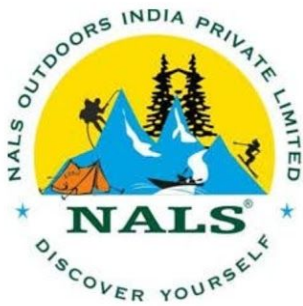
The participant is assured of simple and saattvik vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and will match the needs of the yogi.

## **Fitness and Skill requirements**

Participant may be a beginner and basic fitness and endurance are sufficient to engage in the activities planned. Those who wish to take part in trekking or adventure activities (optional) may require a reasonable fitness. This means he/she must be able to walk 4 ~ 6 kms and ascend moderate gradients without gasping. It is opined that any average person who exercises 30 minutes every day will have basic fitness.

Persons with recent injury to skeletal system are advised caution and may need to consult one's physician before participating in this program.

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## Program Cost Per Head - Dormitory (4 ~ 6 persons per room)

<b>Dormitory</b>	<b>Two days (48 hrs)</b>
Per head	Rs. 5,000

## Program Cost Per Head - Rooms with attached bath (4 bunk beds per room)

<b>Attached bath with bunk beds</b>	<b>Two days (48 hrs)</b>
Per head	Rs. 5,800

## Program Cost Per Head - NALS Pembroke Villa (Guest houses)

<b>Guest house (2 beds per room x 5 rooms + extra beds)</b>	<b>Two days (48 hrs)</b>
Main bed per head	Rs. 8,400
Extra bed on floor	Rs. 6,500

- Additional Meal – Rs. 120 (beyond the allowed 6 meals during the program)
- Note: Accommodation + Meals for Drivers = Rs. 750 per day per head (dormitory only)

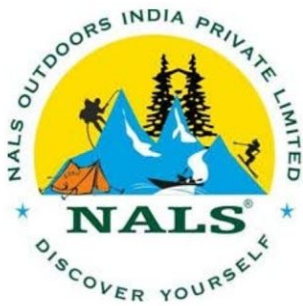
### **Scope & Inclusions - Package Includes:**

- Satvik and Vegetarian Meals and Refreshments (Tea / Juice)
- Accommodation as above
- One night trek to experience silence of wilderness
- Transport by coaches CBE - Campus - CBE
- Certified Yoga teacher throughout the program
- GST

### **Package Excludes:**

- Adventure activity - trekking, high ropes, rock craft > can be provided at an additional Rs. 200 per head per activity

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## General Terms

- The price quoted is valid for a period of three months from date of this offer
- 100% in advance for confirmation of dates and camp availability
- All participants or Head of the family will fill and sign a registration + risk awareness form.
- Please read and disseminate “Campus guidelines” to all participants. This is available on our website [www.nals.in](http://www.nals.in) , select “Downloads” from main menu
- Extended stay of over 6 hours at our campus due to any reason will be charged as per day rate

## Other Information

- NALS is the first entity in South India to be approved for adventure operations by the Government of India.
- NALS uses state of the art equipment and procedures to keep activities safe.
- All outdoor trainers are either ex-servicemen or certified in mountaineering, highly professional and carry high passion for the outdoors.

## Cancellation / Rescheduling terms and charges

1. Rescheduling of program date
  - a. If notice is received more than 13 days before program No Charges
  - b. If notice is received less than 14 days before program 5%
2. Cancellation of Program
  - a. If notice is received more than 13 days before program 15%
  - b. If notice is received less than 14 days before program 25%

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