





## Develop healthy habit through traditional practices of Yoga

### **HATHA YOGA**

(Beginner / Intermediate / Expert) (Various asanas (yoga poses), pranayama (yogic breathing technique), and hatha – style meditation.)

### **VINYASA YOGA**

(Stretch, balance and flow through challenging, intermediate – level postures that connect movement and breath. Build endurance, flexibility and strength.)

### **ASHTANGA YOGA**

(A dynamic system of yoga.)

### **FIT YOGA**

(Full yogic dynamic workout; a full hour of bodywork with energetic mantra music to burn your negativity and build up strength within.)

### **KUNDALINI YOGA**

(Its primary purpose is to awaken the kundalini energy present at the base of the spine)

### **YIN YOGA**

(Release deeply held tension in this quiet contemplative class which takes a Taoist approach to yoga asana, focusing on seated, supine, and prone postures for up to five minutes.)

### **RESTORATIVE YOGA**

(Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported process).

## Mindfulness through Meditation

### **ZEN MEDITATION**

(The deepest purpose is spiritual, as the practice of Zen Meditation uncovers the innate clarity and workability of the mind.)

### **MINDFULNESS MEDITATION**

(Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training.)

### **KUNDALINI MEDITATION**

(Its primary purpose is to awaken the kundalini energy present at the base of the spine.)

### **TRANSCENDED MEDITATION**

(This meditation practice involves the use of a mantra and is practiced while sitting with one's eyes closed.)

### **TIBETAN BOWL MEDITATION**

(The practice of meditation in Buddhism and Buddhist philosophy).

### **TRATAKA MEDITATION**

(Trataka is a method of meditation that involves staring at a single point such as a small object, black dot or candle flame)

### **YOGANIDRA MEDITATION**

(Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, like "going – to sleep" stage).

## Conserve, Sustain & Heal through Shillim Experiences

### **ROCKS & CRYSTALS**

(Experience the healing powers of Rocks & Crystals at Shillim)

### **BIRDING TRAILS**

(Enjoy a bird watchin stroll across the retreat. Binoculars provided.)

### **TREK TO SHILLIM PLATEAU**

(Test your endurance with an intermediate trek to the famous Shillim Plateau)

### **WESTERN GHATS DISCOVERY HIKE**

(Walk along with our naturalist and learn more about the UNESCO declared "World Heritage Site", "The Sahyadri Ranges & Western Ghats", the flora, fauna, their very existence and many more.)

### **SHILLIM CONSERVATION WALK**

(Live, experience and learn about the story of the evolution of Shillim, in this hike)

### **SHINRIN YOKU**

(Bask in the mindfulness and healing qualities of forest in this slow paced meditative activity)

### **SUNRISE TRAIL**

(An early morning hike to the point overlooking the serene pavna lake, with the western ghats in the background and experience the magnanimous view of sunrise).



## Breathe Healthy

### **PRANAYAMA with MANTRA CHANTING**

(It is a yogic discipline with origins in Ancient India.)

### **ETABOLIC BREATHING EXERCISE**

(Breathing exercise that combines stretching and isometric / static exercise to stimulate metabolic weight)

### **BODY AWAKENING**

(This class brings you more in tune with your physicality by teaching you the correct way to move for proper body alignment)

### **NEUROBIC EXERCISE**

(Learn how to use your five physical sense as well as your emotional sense to shake up your everyday routine.)

## Creative Expression

### **CLAY THERAPY**

(Give shape to your own pound of clay, to turn it into a beautiful piece of pottery.)

### **MOLDING INTO MEDITATION CLOUDS & CANVAS**

(Lay down or stand under the clouds, and express your thoughts onto canvas, to turn it into your own masterpiece )

## Dharana Wellness Talk

### **ACUPUNCTURE**

(Learn about the benefits of Acupuncture from the experts)

### **AYURVEDA**

(Learn about the benefits and healing qualities of Ayurveda from the experts.)

### **FADS of WEIGHT LOSS**

(Learn Fads of weight loss from our dietician.)

### **GUT HEALTH**

(Take experts advise on how to improve your gut health.)

### **NATUROPATHY**

(Learn the natural way of healing)

### **DIMENSIONS OF NUTRITION**

(Practical approach to diet and nutrition in your daily life)

### **EMOTIONAL HEALING**

(Learn how to balance your emotions).



**Hilton**

SHILLIM ESTATE RETREAT & SPA