



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.)

METABOLIC 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