

WINTER 2017
YOGA RETREATS
INDIA



RISHIKESH DHARAMSALA

www.yogacabin.ca



RISHIKESH

MARCH 4-11 2017

Come to the Yoga Capital of the world to immerse yourself on a yoga trip of a lifetime. Perfect for yoga lovers, spiritual seekers, and the curious at heart this is your chance to immerse into the culture and practice of yoga. This guided retreat and week in Rishikesh will help you dive deep within, while exploring the outdoors and colours of Rishikesh. Hassle free retreat in modern accommodations.

\$750 CAD

EXCLUDING FLIGHTS &
TRANSPORT TO RISHIKESH

WHAT'S INCLUDED

SINGLE ACCOMMODATION
WITH PRIVATE BATHROOM

3 VEGETARIAN MEALS DAILY

2 HATHA YOGA CLASSES DAILY

MEDITATION & PRANAYAMA

SELF-HEALING WORKSHOPS

RISHIKESH EXPLORATION

GROUP ENERGY HEALING



RISHIKESH

SCHEDULE

7:00-8:00 am	Meditation
8:00-10:00 am	Morning Asana Class
10 -11am	Breakfast
11-1 pm	Group Activity
1:00-2:00 pm	Lunch
2:00-4:30 pm	Free Time
4:30-6:30 pm	Evening Asana Class
7:00-8:00 pm	Dinner

This schedule is a basic outline of the daily routine. There will be changes and activities based on group interest and seasonal availability. Activities include attending spiritual lectures, kirtan, concerts, yoga festival activities, Visiting shopping spots, meditating at the Ganges cooking courses and more.....

MEALS

A light healthy satvik breakfast, lunch and dinner will be included.

Fresh fruit, porridge, Muesli and fresh curd ,upma (south indian delicacy) ,toast ,eggs ,butter/honey, herbal tea ,fresh juice will be served.

A buffet style lunch consisting of Delicate Indian dishes like lentils, papad ,raitha (made with fresh curd), rice, chapatti along with fresh seasonal vegetables , soups and salads .

Dinner will be similar to lunch and will be served 6 days a week .



MARCH 4-11 2017

Reserve your spot

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DHARAMSALA

MARCH 12-19 2017



Nestled in the heart of the Himalayas, and home to the largest Tibetan community worldwide, Dharamsala (McLeod Ganj) is a magical place to explore nature, Buddhism, see the Dalai Lama, explore ancient healings and shop. Immerse yourself in a guided retreat that will include regular yoga, meditation and self-healing. Learn about buddhism, volunteer at a grassroot organization or simply come, learn and breathe on this hassle free retreat.

\$600 CAD

EXCLUDING FLIGHTS &
TRANSPORT TO DHARAMSALA

WHAT'S INCLUDED

SINGLE ACCOMMODATION
WITH PRIVATE BATHROOM

BREAKFAST DAILY

2 HATHA YOGA CLASSES DAILY

MEDITATION AND PRANAYAMA

SELF-HEALING WORKSHOPS

CITY EXPLORATION

GROUP ENERGY HEALING



DHARAMSALA

SCHEDULE

7:00-8:00 am	Meditation
8:00-10:00 am	Morning Asana Class
10 -11am	Breakfast
11-1 pm	Group Activity
1:00-4:30 pm	Free Time
4:30-6:30 pm	Evening Asana Class

This schedule is a basic outline of the daily routine. There will be changes and activities based on group interest and seasonal availability. Activities include visiting the Dalai Lama temple, Taking a hike in the Himalayas, Visiting shopping spots, volunteering, cooking courses and more.....



MARCH 12-19 2017
Reserve your spot

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YOGA TEACHER TRAINING

FEBRUARY 2 - 28 2017



Are you ready to take your yoga practice to the next level? Join in on a 200 hr Teacher training course in the yoga capital of the world, Rishikesh. Fully accredited with the Yoga Alliance, this four week course will teach you all the fundamentals for teaching your own classes. This course is not only for those wanting to teach, but also for those who want to dive deeper into yoga and learn everything from alignments, to cues, to philosophy and anatomy. Join this all inclusive experience of a lifetime.

\$2000 CAD

EXCLUDING FLIGHTS &
TRANSPORT TO DHARAMSALA

WHAT'S INCLUDED

SINGLE ACCOMMODATION
WITH PRIVATE BATHROOM

3 VEGETARIAN MEALS DAILY

2 HATHA YOGA CLASSES DAILY

MEDITATION & PRANAYAMA

ANATOMY CLASSES

HISTORY & YOGA PHILOSOPHY

200 HR TEACHER CERTIFICATE



SCHEDULE

6:30 am	Wake Up
6:45 am	Ayurvedic Tea.
7:00-8:00 am	Meditation
8:00-10:00 am	Morning Asana Class
10 -11am	Breakfast
11-12 pm	Philosophy
12:00-1:00 pm	Anatomy & Physiology
1:00-2:00 pm	Lunch
2:00-3:30 pm	Self-Study
3:30-4:30 pm	Adjustment & Teaching Method
4:30-6:30 pm	Evening Asana Class
6:30-7:00 pm	Mantra Chanting & Pranayama
7:00-8:00 pm	Dinner
9:30 pm	Lights Out

MEALS

A light healthy satvik breakfast, lunch and dinner will be included in all our training packages.

Fresh fruit, porridge, Muesli and fresh curd ,upma (south indian delicacy) ,toast ,eggs ,butter/honey, herbal tea ,fresh juice will be served.

A buffet style lunch consisting of Delicate Indian dishes like lentils, papad ,raita (made with fresh curd), rice, chapatti along with fresh seasonal vegetables , soups and salads .

Dinner will be similar to lunch and will be served 6 days a week .

ACCOMMODATION

Single Modern Room with private bathroom
 Free WIFI - 24 HRS
 Filtered drinking water - 24 HRS
 Running hot and cold water - 24 HRS
 Power back Up – 24 HRS

Yoga Cabin is partnering with Hatha Yoga World to host a Yoga Teacher Training Course in Rishikesh India. Join Sharon as she co-teaches with the amazing Pankaj ji in this All-Inclusive Hatha yoga experience.

INCLUDED IN COURSE FEE

Printed bag	Satsang
Books on yoga	Kitran
Course manual	Movie night
Note book	(Yogic and spiritual movies)
Stationary	Concerts
Neti pot	Cooking class
Rudraksha mala	Registered yoga alliance
Cleansing process materials	USA certificate



**Registered
Yoga School**



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