

7 Days yoga introduction course & Varanasi Tour

Yoga program :

1. 7 group classes	10,5 Hours
2. 1 class yoga philosophy	1,5 Hours
3. 2 class pranayama & meditation	2 Hours
4. 2 class yogic cleaning (Neti)	2 Hours
Total	16 Hours

Varanasi Tour :

1. Sarnath
2. Banaras Hindu University, Indian art museum
Bharat Kala Bhawan , New Kashi Vishwnath
Temple, Monkey Temple, Tulasi Manas Temple,
Bharat Mata Temple (Mother India Temple).
3. Morning boat trip on holy Ganga.
4. Evening boat trip and Arti darsan on boat.
5. Cultural Program & Handicraft.

Fee for this course is 15000 Indian rupees for each student.

Accommodation (in dormitory), 2 meals per day & all transport are included in the course fee. Some places need entry fee etc. that is not included in this price.

Please send us an e-mail for more inquiries and booking.