



# H I M A L A Y A Y O G A R E T R E A T I N D I A

Join us from 15th - 25th September 2024



# ABOUT US

Avinash Deshpande - I lived a high-paced executive life but it left me tired and unfulfilled. A sabbatical year at a Yoga Ashram transformed me. I realized that yoga connects us to cosmic energy, supported by scientific research.

My journey of self-discovery continued as I began regular treks in the Himalayas around 2001, covering distances of 12 to 25 kilometers a day at altitudes reaching up to 15,000 feet (4,500 meters). Trekking the Himalayas, I learned the importance of breath and meditation. Even at 83, I continue to trek thanks to meditation and Pranayama.

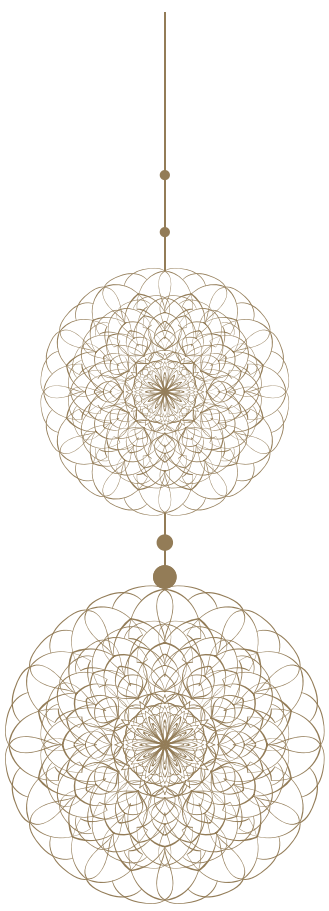
I now conduct 'Yoga for Stress Management' programs for executives in the serene Himalayan environment, where nature's divinity shines.



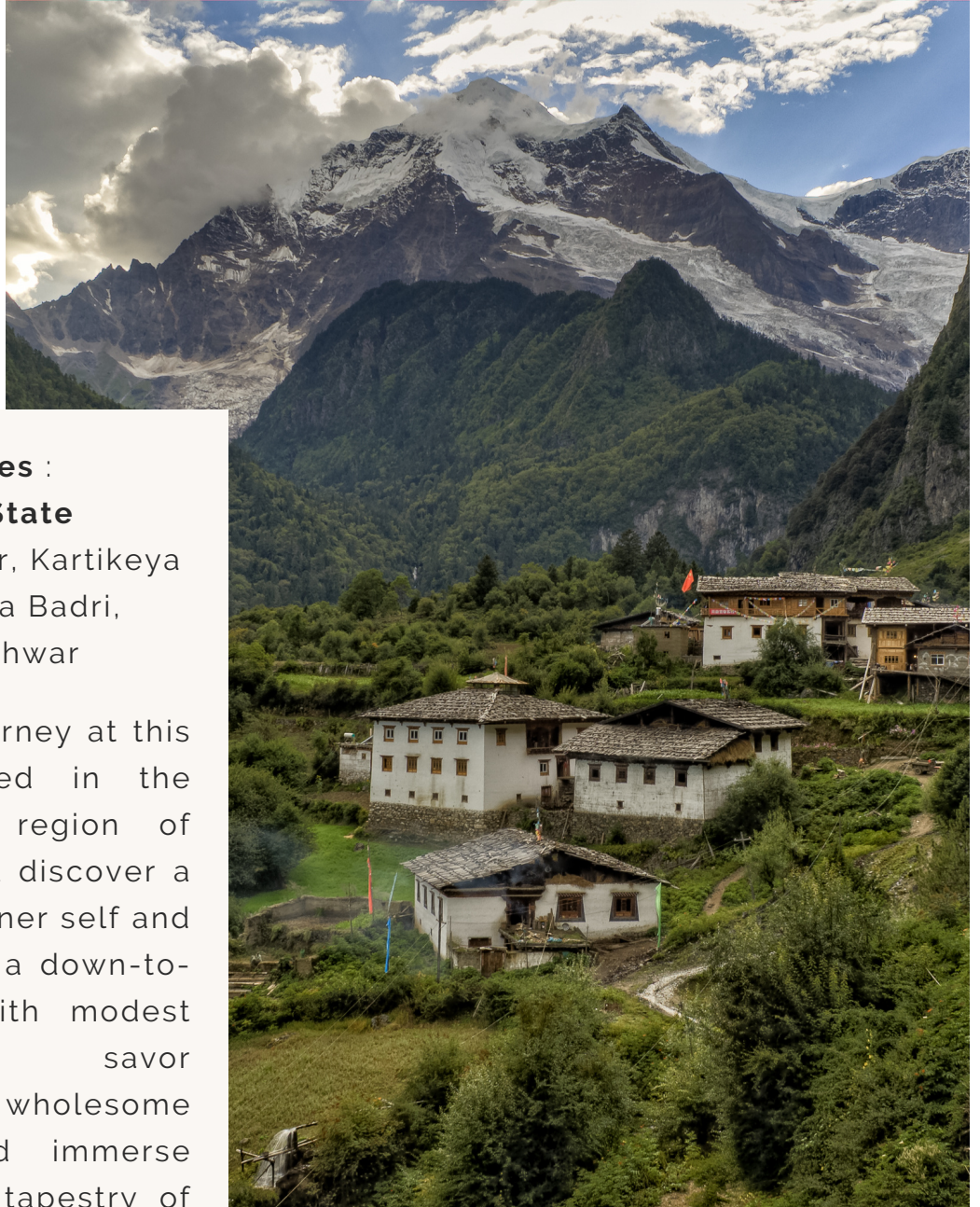
Noopur Matous - Welcome to the world of yoga transformation! I'm a certified Hatha Yoga teacher from the spiritual land of India. Guided by my revered Grandfather - Avinask Deshpande, a Yoga Guru, I've devoted my life to sharing the transformative power of yoga. Trained in Hatha Yoga, Vinyasa, Pranayama, and meditation in India, I now lead classes in Lausanne, Switzerland. My extensive training encompasses countless hours, shaping me into a passionate advocate for the holistic benefits of yoga.



# JOURNEY



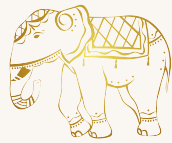
# THE VOYAGE



## Visiting Places : Uttarakhand State

Rishikesh, Kaleshwar, Kartikeya temple, Bhavishya Badri, Mandal/Gopeshwar

Begin a profound journey at this yoga retreat nestled in the pristine Himalayan region of India, where you will discover a connection to your inner self and spirituality. Embrace a down-to-earth experience with modest accommodations, savor traditional and wholesome Indian cuisine, and immerse yourself in the rich tapestry of local culture, history, and traditions, all while meeting the local people and the yogis who call this enchanting place home.



# DETAILS



## STAY

### **Surrounding the mountains**

The yoga retreat in the Himalayas promises a serene and unpretentious experience, embrace a down-to-earth stay with modest accommodations

## FOOD

### **Sattvic food**

Our cuisine will consist of simple, nutritious, locally sourced vegetarian Indian dishes deeply rooted in the tapestry of Indian culinary culture

## ACTIVITIES

### **Traditional Hatha Yoga & Exploring Ancient India and culture**

The yoga retreat offers a transformative journey, encompassing profound yoga practices. Explore ancient temples, holy rivers, and delve into rich history through enlightening conversations. Enjoy serene mountain hikes.

## TRAVEL

### **Travel in India**

The journey starts and concludes in Delhi, where we'll traverse to various destinations via taxi and bus. Get ready to experience the breathtaking views of the Himalayas throughout our travel.

# YOGA ACTIVITIES



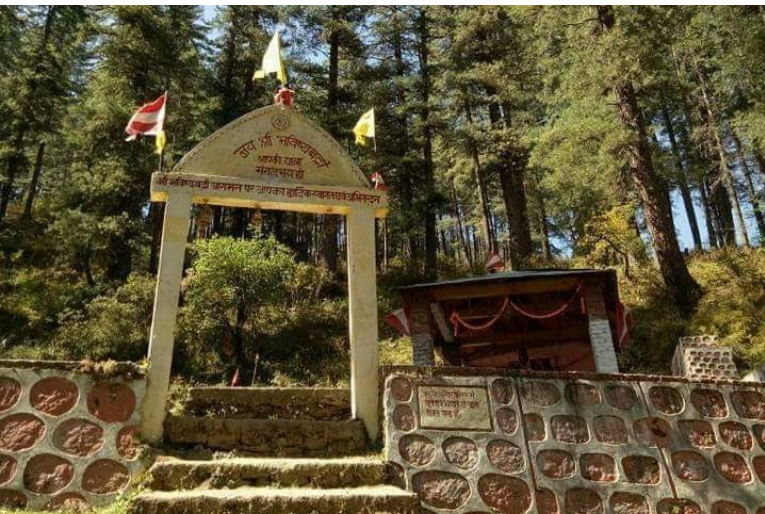
Embark on a journey with us into the heart of the Himalayas, explore India, and discover your inner self amid the stunning wild Himalayan landscape through yoga.



## This retreat will offer:

- Hatha yoga and Hatha yoga flow
- Pranayama, meditation and 'Om' chanting
- Yoga Nidra & Trataka
- Exploration of ancient temples and holy rivers
- Exploring the rich history of temples, cave and yoga by engaging in enlightening conversations and discussions alongside my grandfather.
- Hikes in the serene mountains





# PRICE

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## Retreat Price - 1,290 CHF

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**Deposit of 400chf** to secure your place

Remaining balance of 890chf to be paid by 30TH August 2024

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## Early Booking - 1,170 CHF

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**Pay your deposit by the May 30th 2024**

**Deposit of 400 chf** to secure your place

Remaining balance of **770 chf to be paid by 30th August 2024**

Option to conveniently split payment over monthly installments.

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## Payment method

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**Payment via bank transfer.**

Upon receipt of payment, you will receive booking confirmation

Please complete the sign up form to receive payment details.



# YOGA RETREAT CONTACT

GET IN TOUCH



CLICK BELOW OR SCAN QR CODE TO BOOK YOUR PLACE

SIGN UP FORM

Welcome to Kosha Yoga's  
Himalayan Retreat



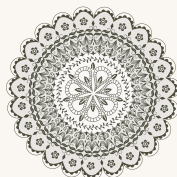
FOR ANY INQUIRY

K O S H A . N O O P U R @ G M A I L . C O M



VIEW INFORMATION ON WEBSITE

<https://www.kosha-iy.com/himalayayogaretreat>



# OM Shanti



# ORGANISERS

NOOPUR MATOUS & LOIS MARIANNE



**KOSHA**  
INTEGRATED YOGA



**LOIS  
MARIANNE**  
CONSULTING



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