

DETOX _____ YOGA RETREAT ** in MAHUA VANN

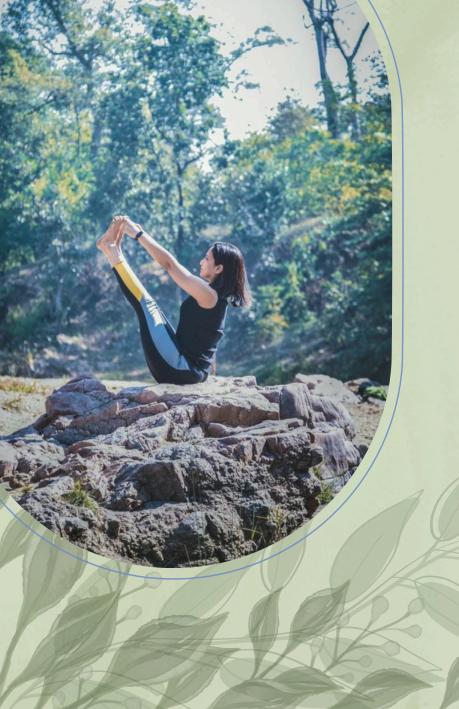
Pench Tiger Reserve

April 17th - April 20th

- -Yoga and Meditation
- -Tiger safaris
- -Delicious & Nutritious meals
- -Visit to Kohka Lake
- -Tribal village visit

Other Activities

Nature walk | Cycling in Wilderness | Bonfire | Pottery Sessions | Pool Activities |Kids Activities



Our Teachers

Achal Mehra - A seasoned yoga instructor with 30 years of practice, specializes in Hatha-Vinyasa, integrating breath, awareness, and mindfulness for holistic well-being.

Satavisha - An ERYT 500 Yoga Alliance certified yoga instructor, advocates holistic, injury-free practice, integrating breath, alignment, and mindfulness to promote healing and balance



Price per Person

Rs 30000 for Double shared occupancy (twin beds) Rs 40000 for Single occupancy All inclusive Package (food, safaris, yoga class, transportation from Nagpur to Pench and all activities*) Excluding Airfare/Trainfare

*Prices are exclusive of Taxes *Excluding Water Sports in Kohka Lake

How to Reach: Pench is a tiger reserve at a 2 hour drive from Nagpur which is well connected by Air and Rail from all corners of the country. At Nagpur Airport/ Train Station you will be greeted by a Mahua Vann vehicle & transported to the resort.

Schedule

DAY 1 - April 17th

Morning - Arrival at Nagpur & transit to Mahua Vann (Recommended - early morning Flight)

12:00 PM Welcome Session1:00 PM: Lunch3:00 PM: Jungle Safari5:30 PM: Pranayam in the forest

6:30 PM: Yoga (A Journey into Backbends) 8:00 PM: Yogasutras over Barbeque 9:00 PM: Dinner





DAY 2 - April 18th

5:30 AM: Morning Jungle Safari 8:00 AM: Pranayam in Pench Tiger Reserve 11:00 AM: Yoga (Hatha Morning Flow)

1:00 PM Lunch 3:00 PM: Evening Jungle Safari

6:30 PM: Yoga (Detox with a Twist) 8:00 PM Bonfire & Reflections 9:00 PM: Dinner

DAY 3 - April 19th

6:00 AM: Sunrise at Kohka Lake 7:00 AM: Guided Meditation & Yoga 11:00 AM: Yoga (Ashtanga Fusion)

1:00 PM Lunch 4:00 PM: Tribal Village Visit 5:00 PM: Pottery Session

6:00 PM: Rest/ Optional Activities 8:00 PM Bonfire & Reflections 9:00 PM: Dinner





DAY 4 - April 20th

6:00 AM: Sunrise at the Buffer Zone 7:00 AM: Forest Walking Meditation 8:00 AM: BreakFast by the Pool 11:00 AM: Checkout & Drop to Nagpur Airport/ Railway Station

About the Resort: https://mahuaresorts.com/

Mahua Vann is one of the top rated resorts in Pench with certificate of excellence by tripadvisor. Set in 11 acres of actual forest, it is a natural setting for experiencing Yog in its deepest dimension. Supported with organic and farm fresh food, you will come back deeply relaxed and in sync with your deepest core.

Booking

+91 9989188366 +91 9753900000

Last date of registration: 25th March, 25