

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

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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 Session
1:00 PM: Lunch
3:00 PM: Jungle Safari
5:30 PM: Pranayam in the forest

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



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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



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in MAHUA VANN
Pench Tiger Reserve



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

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Last date of registration: **25th March, 25**

