

HO

SOM  
WELL - BEING



WOODS  
AT  
SASAN



in search of

SOM

*With*

**SAMANTA DUGGAL**





# Itinerary

11<sup>th</sup> Feb to 14<sup>th</sup> Feb

## Day 1 // 11<sup>th</sup> February

Time	Session
13:00 - 15:00	Check in & Lunch
16:00 - 16:30	Resort Orientation with an Islander
16:30 - 18:30	Evening practice with Samanta: Opening circle, introductions, setting intentions & goals for the retreat, plus restorative & sound healing.
19:30 - 21:30	Exclusive group dinner

## Day 2 // 12<sup>th</sup> February

Time	Session
07:30 - 09:00	Morning practice with Samanta : Brief introduction to the practice of Yoga and the 8 limbs of yoga, standing poses, aligning, grounding & balancing
09:00 - 10:00	Breakfast
10:00 - 12:30	Time at leisure. Spa treatments can be taken during this time.
12:30 - 13:30	Session with Samanta : Introduction to Pranayam its, benefits and practice
13:30 - 14:30	Lunch
16:00 - 17:00	Introduction to Ayurveda with the spa team from Woods at Sasan, explore the doshas, discover your dosha and discuss possible therapies offered by Woods at Sasan.
17:00 - 18:30	Session with Samanta: Opening the joints, Pawanmuktasana Series with special focus on the neck, shoulders and hips, followed by a Yoga nidra with sound healing.
19:30 - 21:30	Exclusive group dinner



### Day 3 // 13<sup>th</sup> February

Time	Session
07:30 - 09:00	Morning yoga practice with Samanta: Surya Namaskar, the importance of the spine, spinal health and exercises.
09:00 - 10:00	Breakfast
10:00 - 12:00	Time at leisure. Spa treatments can be taken during this time.
12:00 - 13:00	Discover home grown Ayurvedic foods with the team from Woods at Sasan, explore edible garden and Som Udhyan and their produce.
13:30 - 14:30	Lunch
15:00 - 16:00	Session with Samanta: Introduction to the psychology of the chakras.
17:00 - 18:30	Session with Samanta: Outdoor Practice: silent walk in the forest followed by sunset meditation practice with pranayama & mantra practice.
19:30 - 21:30	Exclusive group dinner

### Day 4 // 14<sup>th</sup> February

Time	Session
07:30 - 09:00	Morning Yoga practice with Samanta : Asana Practice, introduction to side bends, spinal twists and a core detox sequence.
09:00 - 09:30	Closing Circle and Sharing with Samanta
09:30 - 10:30	Breakfast
12:00	Check out

#### Add On

If you would like to enjoy a safari then the hotel can arrange for an afternoon safari on 14<sup>th</sup> Feb from 1530 – 1800. There is also the option or spend an extra night and enjoy an evening safari on 14<sup>th</sup> Feb or a morning safari on 15<sup>th</sup> Feb. Please note that all safaris must be pre booked. Additional spa treatments as mentioned need to be pre booked and are on a chargeable basis.

*The Itinerary is subject to change.*