



## ASHOK TREE RETREAT SAMPLE ITINERARY

### Sample Itinerary Ashok Tree India

6am Digestive cleansing practices (kriyas)  
6:30 Traditional Hatha Yoga Asana and Pranayama  
8:30 Sattvic Pure Vegetarian/vegan South Indian Breakfast  
11am Lightly Guided Meditation in Yoga shala  
12:30 Pure Vegetarian/Vegan South Indian Sattvic lunch  
4:30 Yoga Asana and workshops  
7pm Vegan South Indian sattvic light dinner

One day of stillness and silence offered

Throughout each day there is time to enjoy traditional Ayurvedic treatments such as Shirodhara, Abyhanga massage, Svedhana, Nasya and many others, with the expert consultation of an Ayurvedic Doctor in residence. There is also time to contribute time or energy to the ongoing charity projects on site, including a 100 student primary school and cultivated land that grows organic veg from field to fork. The ladies in the kitchen are always happy to teach individuals how to cook delicious Indian food and guests can enjoy lazy days in the hammocks or go on local excursions, hikes, pilgrimages and temple visits. Plenty of opportunities to milk cows by hand and then manually make yoghurt to eat on site!

## FAQS

**THE RETREAT COST INCLUDES: YOGA AND MEDITATION CLASSES AND WORKSHOPS.**

**ALL VEGETARIAN FOOD, ACCOMODATION, TRANSFERS, ONE MASSAGE AND  
EXCURSIONS**

**FLIGHTS ARE DIRECT TO CHENNAI**

**ROOMS ARE PRICED AT £850PP**

**YOGI ASHOKANANDA WILL BE TEACHING THIS RETREAT FOR FURTHER INFORMATION  
PLEASE CONTACT [FRANCESCA@YOGOLOJI.COM](mailto:FRANCESCA@YOGOLOJI.COM)**