



# Retreat Center Add-ons

We have up to 30 different add-ons for you to choose from to enhance your retreat and your groups' experience for a nominal fee. Gather your group around a campfire by our Sunset Pond, indulge in an afternoon chai and cookie party social, or let one of our experienced teachers provide a 90 minute session focused on a yoga, meditation, or wellness topic. See the complete list below for more details.

### **90 Minute Practicums for All Levels**

Each experiential 90 minute session is led by a Himalayan Institute faculty member or teacher.

### **YOGA PRACTICE SERIES**

#### **Himalayan Institute Master Practices**

Yoga Practice: All Levels

Develop suppleness, stability, relaxed breathing, and focused inner awareness in a typical Institute yoga class. Includes standard asana sequence, systematic relaxation, diaphragmatic breathing, and seated breath awareness meditation.

#### **Yoga for Vitality and Core Strength**

Yoga Practice: All Levels

Get access to the hub of energy and vitality at the navel center. Includes strengthening and activating practices for the pelvic floor and abdomen, and the master practice agni sara.

#### **Yoga Sequence for Meditation**

Yoga Practice: All Levels

A basic yoga routine introducing asanas, mudras, and bandhas to cultivate relaxed breathing and pelvic/abdominal strength and stability.

### **Sitting Postures for Pranayama and Meditation**

Yoga Practice: All Levels

Learn the components of a good sitting posture, and explore three options to find a comfortable, stable pose.

### **PRANAYAMA SERIES**

#### **Yoga's Most Powerful Tool: Diaphragmatic Breathing**

Pranayama Series: All Levels

Explore the dynamics of diaphragmatic breathing—understand why this technique is so important in yoga and how it supports good mental and physical health.

#### **Establishing a Pranayama Practice**

Pranayama Series: All Levels

Learn how to develop and sustain a daily pranayama practice. Includes prerequisites, instruction in kapalabhati and nadi shodhanam (alternate nostril breath), and guidelines for home practice.



### **Pranayama for Meditation**

Pranayama Series: Experienced Students  
Learn pranayama techniques to develop and support meditation. Includes nadi shodhanam, bhastrika, and other practices, with suggestions for sequencing, progression, and home practice.

### **Pranayama for Experienced Yoga Practitioners**

Pranayama Series: Experienced Students  
Includes instruction for anuloma, viloma, pratiloma, bhastrika, surya bhedi, and refining nadi shodhanam; plus prerequisites, precautions, and suggestions for sequencing, progression, and home practice.

## **MEDITATION SERIES**

### **Turning Inward with Systematic Relaxation**

Meditation Series: All Levels  
Includes theory and technique to deeply rejuvenate and refresh body and mind, develop essential skills to regulate the nervous system, and support the meditative mind.

### **Establishing a Meditation Practice**

Meditation Series: All Levels  
Meditation is made easy with a step-by-step technique for stilling the body, regulating the breath, quieting the mind, and developing an inner focus. Includes recommendations for setting up a home practice.

### **Refining Meditation: A Program for Progress**

Meditation Series: Some Experience with Meditation Required  
Suggestions for deepening practice, developing the observer, staying inspired, and addressing common problems like physical and mental discomfort, recurring thoughts, sleepiness, and procrastination.

### **Working with Mantra in Meditation**

Meditation Series: Experienced Students  
Includes theory and practice of mantra meditation, types of mantras, and how to work with the universal mantra so ham, plus an introduction to the great cleansing mantras of the Vedic tradition.

## **YOGA LIFESTYLE**

### **Yamas and Niyamas: Reclaiming the Power of Your Mind**

Yoga Lifestyle: All Levels  
The ten principles of conduct are the foundation of yoga psychology which guide inner and outer life, developing self-awareness and reshaping habits and behavior.

### **Five Pillars of Yoga Lifestyle**

Yoga Lifestyle: All Levels  
A healthy life is built on a regular daily routine in harmony with natural rhythms of life, healthy eating habits, regularity in sleep habits, right exercise, and a code of conduct to regulate relationships.

### **All About the Yogic Diet**

Yoga Lifestyle: All Levels  
Learn the importance of diet for a clear mind, components and benefits of a yogic diet, elements of the vegetarian diet, and how to manage eating habits in modern life.

### **Building Your Home Practice**

Yoga Lifestyle: All Levels  
Explore the components of daily practice, develop a sustainable personal practice schedule, and enjoy tips for cultivating an enjoyable and nurturing home practice.

## **YOGA WISDOM AND WORLDVIEW**

### **Eight Limbs of Classical Yoga**

Yoga Wisdom and Worldview: All Levels  
The Yoga Sutra describes eight aspects of practice to develop a comprehensive, systematic approach to spiritual life. Learn how the eight limbs comprise a complete path to self-mastery.

### **Anatomy of the Mind**

Yoga Wisdom and Worldview: All Levels  
The yogic model of the mind is a practical frame for spiritual practice, and a map for working with every aspect of ourselves. Learn how the senses, the unconscious mind, the ego, and intelligence work together to create freedom and wisdom, or ignorance and suffering.



### **Lessons from the Bhagavad Gita**

Yoga Wisdom and Worldview: All Levels  
Karma yoga, bhakti yoga, jnana yoga, and the meditative path are delineated in this much-beloved spiritual classic.

### **Overview of the Yoga Sutra**

Yoga Wisdom and Worldview: All Levels  
The complete scope of yoga theory and practice is laid out in the “bible” of yoga. Take a look at what it says, and see why this timeless text is as relevant for us today as it has ever been.

### **Sanskrit Basics for Yoga Students**

Yoga Wisdom and Worldview Series: All Levels  
Learn the Sanskrit alphabet in transliteration. Includes how to use the alphabet pronunciation guide, and correctly pronounce commonly used words.

### **Four Prayers from the Himalayan Tradition**

Yoga Wisdom and Worldview Series: All Levels  
Read, recite, and understand the meaning of the four invocations recited morning and evening in the Sri Vidya Shrine.

## **HEALTH AND WELLNESS**

### **Ayurveda and Health Basics**

Health and Wellness: All Levels  
Understand your constitution and how lifestyle choices based on the characteristics of your constitution can help maintain balance in body and mind.

### **Daily Yogic Cleansing Practices**

Health and Wellness: All Levels  
Help the body and mind cleanse. Learn the theory and technique of nasal wash (neti wash), and an early morning inner cleansing routine.

### **Yoga and Stress Management**

Health and Wellness: All Levels  
Recognize symptoms of stress, what happens to the mind, body, and nervous system, the consequences of chronic stress, and how yoga can help.

However big or small, our expert Retreat Center team would be happy to help you plan and execute your event. **Call us at (570) 253-0551** for more information or **visit us at [www.himalayaninstitute.org/retreat-center/host-your-event-here](http://www.himalayaninstitute.org/retreat-center/host-your-event-here)**.

## **OUTDOOR LOCATIONS**

**Forest Pavilion**—Perfect for smaller groups to enjoy activities together, nestled within the boundaries of the forest that covers most of our 400 acres. Located on a small hill and accessed by a stairway.

**Sunset Pond Campfire**—Add a special treat for your group and enjoy a private campfire under the stars next to the pond. Himalayan Institute staff will be provided to care for the fire.

## **CHAI PARTY, SNACK, AND FOOD OPTIONS**

We have ala carte items that may be purchased with a minimum of two weeks advance notice.

### **Chai**

#### **Assorted Cookies**

#### **Specialty Cookies** (Gluten Free, Vegan)

#### **Seasonal Fruit Bowls**

\*Special dietary items may be available for additional cost.

## **OTHER ACTIVITIES**

### **2 Hour Guided Nature Hike**

Our guide will assist you in learning about the native trees, birds, and animals that thrive on our campus. You will explore one of our four groomed hiking trails—that can include the pond, a hike by a creek, through fields, an apple orchard, or through the almost 400 acres of forest on our property. Closed toed shoes, long pants, water, sunscreen, a hat, and insect repellent are recommended. HI Campus and Hiking Trails

### **Volunteer Service Projects**

We are a non-profit organization. Service Projects may be available and can be discussed with our Volunteer Coordinator four weeks in advance.