



SIDDHANT SCHOOL OF YOGA

Siddhant Ashram, Rishikesh, Himalaya, Uttarakhand
249201, India

We would love to hear you: +91-8449-785755
Write us at: siddhantschoolofyoga@gmail.com



The Philosophy Of SIDDHANT School Of Yoga

CLARITY

FOCUS

GRATITUDE

SELF COMMITMENT

NON COMPLAIN

WILL POWER

UNDERSTANDING

RIGHT PRACTICES

SIDDHANT SCHOOL OF YOGA



www.siddhantschoolofyoga.com

YOGA & DETOX RETREATS

Cleansing for Change

7 Days Detox Retreat In Rishikesh By Most Experienced Experts For Services To The Health Industry.

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Yoga & Detox Retreats

During this detox retreat, you detoxify your body, mind and whole Personality to get a healthy body, focused mind and a balanced personality. : Siddhant

IMPORTANCE AND BENEFIT OF YOGA AND DETOX RETREAT

Detox retreat is most important for everyone because it purifies your body, mind and other systems and makes you healthy and clean. This retreat teaches you some purification methods by practicing you can maintain your health, feel lighter and happier than before. You can free from different kinds of physical, mental and chronic diseases by different kinds of yogic detox methods. Moreover, you can protect yourself from all kinds of negativities and get some more practical benefits during and after this detox retreat.

- ❖ Get a healthy body and mind by Yoga and Detox Retreat.
- ❖ Learn some practical detox methods for your practical use.
- ❖ Know about some breathing exercise which detoxifies your body.
- ❖ Find some breathing techniques helps to detoxify your mind.
- ❖ Detoxify your mind by some unique meditation techniques.

- ❖ Experience the disciplined lifestyle through Detox Retreat.
- ❖ Get a yogic schedule for your daily practice after this Detox Retreat.
- ❖ Discover your wrong habit patterns, you should not follow ever.
- ❖ Learn the attitude of thankfulness as it is the real detox practice, can solve all your problems

SYLLABUS FOR YOGA AND DETOX RETREAT

- ❖ Yogic purification for detox
- ❖ Pranayama for detox
- ❖ Bandha for detox
- ❖ Mudra for detox
- ❖ Meditation for detox
- ❖ Yoga nidra
- ❖ Relaxation
- ❖ Mantra for detox
- ❖ Philosophy
- ❖ Hatha yoga for detox
- ❖ Ashtanga Vinyasa for detox

SYLLABUS FOR YOGA AND DETOX RETREAT

- ❖ Purify yourself by yogic methods
- ❖ A specific diet for a detox retreat
- ❖ Easy purification methods to detoxify your body
- ❖ Special meditation for a detox retreat
- ❖ Two personal detox sessions
- ❖ Understand the nature and importance of detox
- ❖ Get some easy detox methods for your self-practice at home
- ❖ Basic knowledge of yoga and its practical implementation
- ❖ Get support after this retreat