

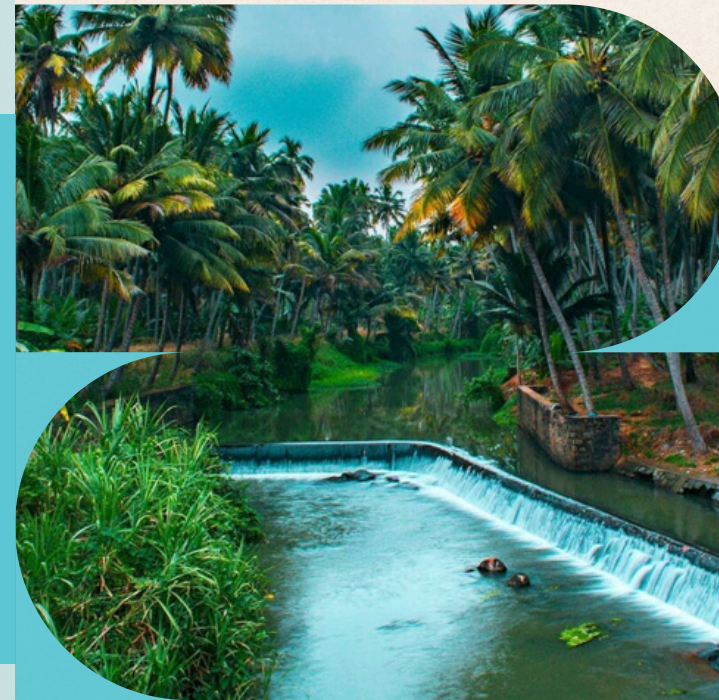


atma yoga shala



# AYS Explorations @ Attapadi

Yoga vacation by the serene Siruvani (Coimbatore)



**Reconnect with nature  
&  
Recharge yourself**



**August  
15th - 18th 2024**

[More Information](#)

+91 9840814811  
[www.atmayogashala.com](http://www.atmayogashala.com)

"Sometimes you need to step outside, get some air, and remind yourself of who you are and who you want to be."



atmayogashala



## Yoga



## Kalari



## Journals



## Learn to make

15/8/2024

- 10:00 am: Arrival and Welcome
- 11:00 am - 12:00 pm: Ice Breaker - Creating Connections
- 12:00 pm - 1:00 pm: Journal - Reflections by the River
- 1:00 pm - 3:00 pm: Lunch and Break
- 3:00 pm - 3:30 pm: Tea Break
- 4:00 pm - 5:30 pm: Kalari
- 6:00 pm - 7:00 pm: Yin and Journal - Evening Yoga & Reflections
- 7:30 pm: Dinner - Dining under the Stars

16/8/2024

- 6:30 am: Wake Up Call
- 7:00 am - 9:30 am: Kalari - Morning Kalari Practice
- 10:00 am: Breakfast
- 11:00 am - 12:30 pm: Pranayama and Talk on Food,
- 1:00 pm - 3:00 pm: Lunch Break
- 3:00 pm - 4:00 pm: Smoothies Workshop - Blend & Refresh
- 4:30 pm - 6:00 pm: Yoga and Journal - Flow & Insights
- 6:00 pm - 7:00 pm: - Evening Reflections
- 7:00 pm: Dinner

17/8/2024

- 6:30 am: Wake Up Call
- 7:00 am - 9:30 am: Kalari - Morning Kalari Practice
- 10:00 am: Breakfast -
- 11:00 am - 12:30 pm: Smoothie & Salad Dips
- 1:00 pm - 3:00 pm: Lunch Break
- 3:00 pm - 4:00 pm: Moorthy Anna - A Session with Moorthy Anna on sustainable architecture
- 4:30 pm - 6:00 pm: Journal & Yoga - Evening Flow & Reflections
- 7:00 pm: Dinner

18/8/2024

- 6:30 am: Wake Up Call
- 7:30 am - 9:30 am: Morning Kalari Practice
- 10:00 am: Breakfast
- 11:00 am - 1:00 pm: Farewell Circle
- 1:00 pm: Lunch and Departure



# RETREAT LOCATION AND ACCOMMODATION

Banithai Attapadi



## PRICE

Early Bird Offer valid till 31st July 2024  
Triple sharing INR 13500/- + taxes per person inclusive of food and accommodation

Price after 31st July 2024

Triple sharing - INR 15000/- + taxes per person inclusive of food and accommodation.

## FOOD AND ACCOMMODATION

- Simple vegetarian Breakfast, Lunch , Dinner included
- Simple sustainable accommodation - Non AC Triple sharing basis



## Note

Participants can directly reach Banithai, Attapadi @ 10 am on 15th August

Option available for a common cab pick up from Coimbatore to Banithai . (Pay directly to driver)