



VENUE PARTNER



WELLNESS PARTNER


DECODING


DETOX

TOURISM

BCC&I invites you all to join this unique initiative with an intent to focus on Digital Detoxification for people, who want to refresh their mind, and body and comeback with more productivity.

Meditation & Yoga Retreats

 23 MARCH 2023

 Vedic Village Spa & Resort

JOIN US

For more information contact:

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₹ 1,799 AI /  
Per Person



TIME	ACTIVITY
9:00 AM	Departure from the city
10.30 AM	Arrival at Vedic Village
10:30AM -11:00 AM	Submission of your belongings
11:00AM -11.25 AM	Introduction- Explain the importance of detoxifying both our body and mind. Understanding the need to improve the quality of life by managing the basics of exercise, breath, diet, sleep & mental hygiene.
11.30PM - 12:25 PM	Physical detox <ul style="list-style-type: none"> <li>• Discuss the impact of toxins on the body and ways to eliminate them.</li> <li>• Primary tools for physical detox – Yoga &amp; Diet</li> <li>• Introduction to basic yoga poses (practice session)</li> <li>• Explanation of the benefits of practising yoga in creating a pain-free body that has ease of movement.</li> <li>• The connection between yoga and overall wellbeing</li> </ul>
12.30 PM – 1:25 PM	Mind detox <ul style="list-style-type: none"> <li>• Introductory speech by Dr. Nirmal Kumar Bera, Member of the Tourism Committee.</li> <li>• Mystics Yoga to practically enlighten.</li> <li>• Discuss the impact of extreme emotions like anger, anxiety, and depression on mental health and work performance.</li> <li>• Introduce tools like mindfulness meditation, breathing exercises, and journaling to help participants manage their thoughts and emotions.</li> <li>• Conduct a group meditation and breathing exercise to demonstrate the benefits of mind detox.</li> <li>• Learning deep yogic breathing techniques to create mind-space.</li> </ul>
1:30 PM	Carefully designed sit-in lunch for cleansing the body - veg / non-veg pre-selection
2:00 PM- 2:55 PM	Detox Retreat <ul style="list-style-type: none"> <li>• What is a retreat and how is it different from a generic holiday.</li> <li>• Explain the importance of Detox Tourism and how spending time in nature is a much deeper way to heal and energize yourself.</li> <li>• Trekking, hiking, forest walks, mindful walking by a river or a mountain all are ways to reconnect with yourself. External and inner silence helps develop intuition and creativity.</li> <li>• Understand how to experience nature for inner growth.</li> <li>• How a retreat is also a great way to bring in lasting change in our digital habits.</li> </ul>

3:00 PM– 3:30 PM	<p>Diet and its role in physical and mental detox</p> <ul style="list-style-type: none"><li>• Discussion on the basics of a good diet</li><li>• Introduce tools like detox diets, fasting, and exercise that can help detoxify the body.</li><li>• Importance of conscious eating, planning, tracking, and understanding the scope of practical dieting.</li></ul>
3:30 PM– 3:45 PM	Take back your belongings
4:00 PM	Boarding the bus