

Yoga Immersion and Yoga Intensive

What are the differences?

	Yoga Immersion Retreat	Yoga Intensive Retreat
Meditation	Once daily	Twice daily
Asanas	Gentle	Intensive
Pranayama	Gentle	Intensive
Philosophy	Once daily	Twice daily
Ayurveda	No	Yes
Yoga Sutras	No	Yes
Detox	No	Yes
108 Sun Salutations	No	Yes
Price (twin share)	\$700 USD	\$1000 USD
Price (private room)	\$900 USD	\$1200 USD
For more information	Yoga Immersion	Yoga Intensive

AyurYoga Eco-Ashram

www.ayuryoga-ashram.com

info@ayuryoga-ashram.com

How to Register

Thank you for your interest in a retreat at AyurYoga Eco-Ashram. To complete your booking, please:

- Visit our [Registrations](#) page to complete the application: www.ayuryoga-ashram.com/book-now
- Read our [Ashram Guidelines](#) and [Payment Policies](#) which you will need to agree to in the application
- Read the [How to get here](#) page to understand the logistics of travel, including flight and visa information
- Have your credit or debit card on hand - applications without the deposit will not be received