

HEALTH TOUR IN MIAMI



Seller Info

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United States
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Listing details

Common

DESCRIPTION:

Miami is one of the most luxurious and attractive resort cities in America. This is the place of concentration of the most popular, famous and rich people of the whole world and the center of creative and talented personalities.

Miami is famous for its golden coast, beautiful sunny weather all year round, a variety of exotic plants and an entertainment structure for all ages and interests.

The atmosphere here has the ability to put aside the fuss, the obsession and monotony of everyday life and plunge into the world of the ocean, the cry of seagulls, the smell of salty wind, joy and happiness. All conditions contribute to the recovery and recovery of forces, the nervous system and the acquisition of energy and health. Your vacation will make more organized and effective yoga practices that are offered in this program. The classes cover all aspects of your recovery and are aimed at improving the spine, strengthening the muscles, working out joints in all directions of mobility, improving the respiratory system, activating the digestive system, and also include techniques of concentration, relaxation, immersion in your inner world to achieve harmony and balance with by ourselves and the world around us.

You will be offered both classical and author's methods of the organizer of the group. Individual approach to each participant and informative comments during the classes for a deeper understanding of important aspects of yoga and everything that happens on the program. This makes it more efficient and effective. Upon request, vegetarian meals will be offered. There will be an

opportunity to get acquainted with the introduction to the basics of Mandala Yoga and the creative construction of complexes of asanas and pranayamas. Classes are held in a warm and friendly atmosphere under the guidance of an experienced, qualified and certified teacher [Galka Irina](#) (14 years of yoga teaching experience, higher medical education - Department of Sports Medicine).

The tour program will allow you to discover new talents and abilities, which you did not know about before, will be remembered for a long time and will positively change your health and quality of life!

There is a choice of additional classes and compilation of personal yoga complexes, which you may use after the program.

TOUR PROGRAM:

DAY 1 FRIDAY

1. Arrival in Miami. Meeting at the airport
2. Transfer and accommodation at the hotel.
3. Rest
4. Evening practice of yoga
5. Dinner
6. Meditation on the shore of the ocean

DAY 2 SATURDAY

1. Morning practice of yoga
2. Breakfast

3. Swimming
4. Lunch
5. Rest
6. Aromatherapy, Qi-Gong, Meditation
7. Evening practice of yoga
8. Dinner
9. Drawing

DAY 3 SUNDAY

1. Morning practice of yoga
2. Breakfast
3. Excursion around Miami
4. Dinner
5. Meditation in the park

DAY 4 MONDAY

1. Morning practice of yoga
2. Breakfast
3. Swimming
4. Lunch
5. Rest
6. Aromatherapy, mantra yoga (chanting mantras), meditation
7. Evening practice of yoga

8. Dinner

9. Drawing chakras

DAY 5 TUESDAY

1. Morning practice of yoga
2. Breakfast
3. The Kennedy Space Center.
4. Dinner

DAY 6 WEDNESDAY

1. Morning practice of yoga
2. Breakfast
3. Swimming
4. Lunch
5. Rest
5. Seminar "Asanas on the Chakras"
7. Dinner
8. Meditation on the candle (Trataka)

DAY 7 THURSDAY

1. Morning practice of yoga
2. Breakfast
3. Swimming
4. Lunch
5. Rest

6. Aromatherapy, Qi-Gong, meditation

7. Dinner

DAY 8 FRIDAY

1. Morning practice of yoga

2. Breakfast

3. Swimming

4. Lunch

5. Rest

6. Aromatherapy, Mantra yoga (mantras of health, longevity, success, etc.),
meditation

7. Evening practice of yoga

8. Dinner

9. Meditation on the candle (Trataka)

DAY 9 SATURDAY

1. Morning practice of yoga

2. Breakfast

3. Swimming

4. Lunch

5. Rest

6. Seminar "Mandala of Desires"

7. Dinner



8. Group Energy Practice

DAY 10 SUNDAY

1. Morning practice of yoga
2. Breakfast
3. Swimming
4. Transfer to Miami airport

The program of the tour can vary and adjust depending on the wishes of the group

Departure city:

Miami

Posted:

Feb 19, 2018

calendar

Pricing

TOUR PRICE

Location

Country:

United States

Region:

Florida

Important

WHAT IS INCLUDED:: The tour program includes:

1. Transfer from Miami airport and back
2. Transfer under the program provided in the description
3. Stay in hotel
4. Meals as part of the package
5. Classes and seminars according to the program schedule
6. Excursion to Kennedy Space center
7. Miami tour

NOT INCLUDED::

1. Flights to Miami and back
2. Tips for hotel staff, guides and drivers (optional)
3. Mats for classes (please let us know if you need a yoga mat, \$50 rental cost of professional ECO Mat for all classes or free of the regular one)



4. Additional classes and preparation of personal yoga programs