

# Adventure Yoga Fitness Camp 2025

*"A confluence of fitness, self-peace and adventure in the lap of nature"*

## Date:

16, 17 and 18 June 2025 (3 days, 2 nights)

Reporting Time: 8:00 AM on 16 June 2025

## Venue:

Adventure campsite Janjehli, District Mandi, Himachal Pradesh

Amidst the picturesque hills and pure environment of Himachal Pradesh.

## Features of the Camp:

1. Yoga in the open air, in the lap of the mountains
2. Trekking and hill walking:
  - Trekking with guides on beautiful natural trails
  - Greenery, and high mountains - a wonderful experience
  - Safe and energetic walking for all
3. Cultural program:
  - Colorful Himachali cultural evening
  - Folk songs, dance
  - Participants also get an opportunity to show their talent

## Accommodation and Food Arrangements:

Clean tents (3 participants sharing, including mattress)

Separate shared toilet and bathroom

Pure, nutritious food three times a day (breakfast, lunch, dinner, evening tea/snacks)

Natural drinking water available

## Eligibility and Conditions:

Age limit: 18 to 60 years (all men and women)

Children above 5 years can participate with parents (full registration fee applicable)

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## Discipline:

All participants must maintain discipline during the camp.

## Registration Details:

Fee: Rs. 3999/- per person

Transport not included

Includes: yoga, trekking, programs, tents, mattresses, food

Seats are limited - first come first served basis

## Important Instructions:

Participant will be solely responsible for any unforeseen event, accident or health problem during the camp.

The organising body will not be liable for any damage or loss.

Participants must come with proper health, clothing, medicines and weather gear.

## Contact & Registration:

Mobile: +91 9211326740

Email: [adventuremastersports@gmail.com](mailto:adventuremastersports@gmail.com)

An experience you will never forget - full of Yoga, Trekking, Culture and the serenity of Himachal!

Join and give your life a positive twist.