

BANGARAM ISLAND, LAKSHADWEEP

SCUBA & YOGA

23rd- 28th November, 2023



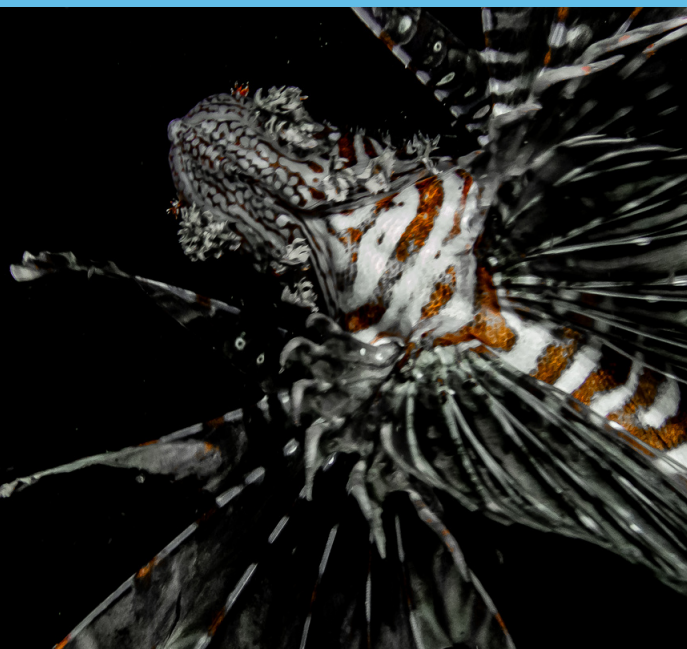
Karo  jaano!

Complete Certifications Or Just Fun Dive!

THE STAY



UNDERWATER



YOGA WITH MYRA KHANNA



A student of Yoga and a teacher, she began her journey of learning in Mysore, Karnataka under the able guidance of her Gurus Yogacharya Bharath Shetty & Vinay Kumar. She spent a substantial amount of her learning years living in Mysore, where she practiced in their respective yoga shalas and explored the traditional ways of Hatha Yoga.

Myra designs each of her classes, building a strong foundation of alignment, strength and an awareness of one's breathing pattern plays a big role in strengthening this foundation further. A special time in Myra's life lay in between these two grounding practices of Yoga and Kathak as well as the time she lived in the Andaman Islands and spent her days teaching Scuba Diving.

The sense of fluidity and movement that all these three skills come with are what Myra holds extremely close to her heart. Meditative in their own unique ways, Kathak, Scuba Diving & Yoga.



- Scuba diving was the most humbling experience as it makes one realise the sheer grandeur of the ocean and therefore nature herself. It is a world neither of us belong to, therefore we must enter it with a high sense of respect, grateful for every opportunity we have to experience and embrace it.
- The practice of yoga is one of developing respect towards ourselves as we explore our unique inner environments. Familiarising ourselves with our movement patterns, with the in and out flow of our breath and therefore befriending our mind is humbling yet invigorating on its own.



Ever since Myra experienced both Scuba Diving and Yoga she has dreamt of bringing the two disciplines together into a common space. From the physical muscles of the leg and extensors around the spine that are required to fin and propel forward underwater, to the sheer calmness that one yearns to experience in order to keep fears at bay and truly enjoy the world underwater. This is where the magic lies and it is this experience Myra works towards curating for all those who are interested in coming along on the trip.

Each day will begin and end with a 90 minute yoga session led by Myra.

- The sessions in the morning will focus more on physical asanas and concepts of breathing that can enhance the diving experience further. Articulation of different joints of the body, the support they provide each other and their individual range of motion.
- The sessions in the evening will focus not only on unwinding from the day of diving but also absorbing all the experiences and truly reflecting upon each of them. Basic pranayama practicing help immensely to gather our thoughts and centre ourselves so that every part of our body can recall and remember all the beauty it has experienced through the rest of the day.



These sessions are open to absolutely anyone including those who have no prior experience in yoga or scuba diving. The combination of the two practices is ever complimenting of each other.

COST FOR 5N / 6D

SCUBA & YOGA : INR 1,28,000/- + 5% GST

ONLY SCUBA: INR 1,13,000/- + 5% GST

ONLY YOGA / NON DIVER PACKAGE: INR 93,000/- + 5% GST

INCLUDES:

SCUBA & YOGA PACKAGE

- Accommodation on twin sharing basis
- 9 Yoga sessions
- 10 Dives with Equipment rental
- Permits and All meals
- Transfers to/from Agatti Airport to Island
- Orca Dive Club handling fees
- Orca Dive Club + Yoga - Instructor
- Trip after movie and t-shirt

ONLY SCUBA PACKAGE

- Accommodation on twin sharing basis
- 10 Dives with Equipment rental
- Permits and All meals
- Transfers to/from Agatti Airport to Island
- Orca Dive Club handling fees
- Orca Dive Club traveling Instructor
- Trip after movie and t-shirt

ONLY YOGA / NON DIVER PACKAGE:

- 9 Yoga sessions
- Accommodation on twin sharing basis
- Permits and All meals
- Transfers to/from Agatti Airport to Island
- Orca Dive Club handling fees
- Orca Dive Club Team Member and Yoga Instructor

EXCLUDES:

SCUBA & YOGA PACKAGE

- Flights and 5% GST
- Costs such as extra meals, additional dives, dive computer rental, water sports activities or any items purchased
- Alcohol & Other soft drinks.
- Additional yoga sessions
- Tips & Gratuity
- Travel & Dive Insurance

ONLY SCUBA PACKAGE

- Flights and 5% GST
- Costs such as extra meals, additional dives, dive computer rental, water sports activities or any items purchased
- Alcohol & Other soft drinks.
- Tips & Gratuity
- Travel & Dive Insurance

ONLY YOGA / NON DIVER PACKAGE:

- Flights and 5% GST
- Costs such as extra meals, water sports activities or any items purchased
- Alcohol & Other soft drinks.
- Tips & Gratuity
- Travel insurance

ADDITIONAL COSTS FOR THOSE COMPLETING SCUBA COURSES

- PADI Theory, Pool Training & Instructor fees for the PADI Open water certification course @ INR 19,000/- pp + GST
- PADI Advanced Open water theory + Instructor fees @ INR 10,000/- pp + GST

PAYMENT & CANCELLATION :

- 100% payment required to confirm your spot
- Payments made are non-refundable

PLEASE DO NOTE:

- Only PADI courses will be conducted during this trip
- PADI Medical form needs to be duly filled and signed
- In case of any medical condition Doctors clearance is mandatory
- Knowing how to swim is mandatory requirement to dive



DISCLAIMER:

Orca Dive Club will not be responsible for no diving due to weather conditions, for civil unrest, terrorism, strikes, illness, epidemics, accidents, injuries, damage, loss and theft, quarantine, customs regulations, changes in flight itinerary, delays, deportation or refusal of entry by immigration authorities and in case of any cancellation or changes to itinerary by the Local Government. For qualified divers, you are expected to be able to dive to a standard as per the certification and experience requirements outlined. You are responsible for your own and your buddy's safety during the dive.