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А 38 Актуальные проблемы теории и практики физической культуры, спорта и туризма.

Материалы VIII Всероссийской научно-практической конференции молодых ученых, аспирантов, магистрантов и студентов с международным участием «Актуальные проблемы теории и практики физической культуры, спорта и туризма», посвященной 75-летию Победы в Великой Отечественной войне 1941—1945 гг., В 3 т. (24 апреля 2020 года). – Казань : Поволжская ГАФКСиТ, 2020. – том 1 – 532 с.

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BASIC TYPES OF YOGA-TOURS: FOR AMATURES AND PROFESSIONALS

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Relevance: yoga in recent years is one of the most common and highly sought-after types of physical activity.

Going on vacation or travel, some want to continue to maintain an active and healthy lifestyle, as well as travel in order to improve health has long been a motive for the trip. And since yoga is an excellent option for maintaining physical and spiritual form, then, in connection with this, a new and modern direction of tourism has appeared – yoga-tourism.

Yoga-tours are aimed at healing, improving the capabilities of the body, and are intended for people with different levels of physical fitness.

The purpose of the study: to determine the main types of yoga-tours for amateurs and professionals in yoga.

Results of the study and their discussion: all yoga tours are classified according to difficulty levels, have various programs. They can be divided into two groups: tours that are designed for people with an initial level of training, amateurs, and tours that are designed for professionals, people with extensive experience. Before choosing the latter, you should soberly assess your skills; make sure that you are physically ready to practice intensively for a certain period of time [2].

Consider the types of tours for these two groups.

Among yoga tours for amateurs and people with an initial level of training, the following types of tours can be distinguished:

1. Wellness.

The program of such yoga tours includes classes in spiritual practices in a group and retreats. The tour offers a course of relaxing massages, aromatherapy and acupuncture, this will help increase the tone of the body, cleanse it and improve physical well-being in combination with spiritual.

2. Excursion.

These are tours with a rich cognitive program. They include invisiting yourself in energetically saturated places in combination with intensive daily spiritual practice on your own or with a trainer.

3. Beach.

On the tour, tourists are accommodated in a modern comfortable hotel on the first line. Training takes 2-3 hours a day, the rest of the time you can plan as you wish.

4. Weekends.

Weekend yoga-tours are a great option for beginners who want to join yoga and bring their inner state to a state of harmony and peace. They represent a short-term and very effective reboot of the body, which is weakened by stress and constant tension during the working year.

5. Tracking.

These tours take place mainly in the mountains. Includes walking (5-20 km. Per day) Stunning views of the mountain scenery help to completely reboot and relax emotionally. The main physical activity is provided on the route. Yoga practice takes one hour in the morning (articular gymnastics, as preparation for walking) and an hour and a half in the evening (stretching, relaxation and meditation).

6. Combined.

These yoga-tours may include, in addition to the yoga program,excursions are also additional activities, such as: gastronomic tourism, photo tourism, expeditions, language learning, getting to know the local culture and customs, surfing, ayurvedic treatments, massages and so on.

Yoga-tours for professionals and people with great experience can be divided into the following types:

1. Full immersion (intensive program).

This type of tour is primarily focused on the practice itself, so most of the time is devoted to it.

The duration of the full immersion retreat as well as your destination can be completely different. The average duration of about 1-2 weeks, as well as most tours with full immersion adhere to a rather tight schedule.

2. Wellness.

Wellness retreat is a mixture of yoga, healthy eating and others wellness treatments.

In this type of yoga-tours, other body care options will be offered, as well as a specially designed healthy menu, with an emphasis on raw foods, ayurvedic nutrition and / or a diet without gluten, sugar, dairy products and meat.

Daily massage, acupuncture, energy classes, personal growth courses, etc. can also be offered.

3. Pilgrimage (spiritual experience).

It is about traveling to India or another country, allowing you to get rich spiritually. In this type of tour, it is proposed to go through a certain spiritual and philosophical path and take part in various kinds of rituals.

Also in such a retreat will be a deep immersion in the local culture, acquaintance with local healers, with contemplation of the surrounding landscapes, as well as long periods of reflection. Such a tour can truly change your worldview, so they are especially attractive for those who want to change their lives, reunite with themselves and fill their lives with new meaning. [3]

Most of these retreats offer the simplest living conditions and basic vegetarian diet, as they follow the principles of a spiritually pure lifestyle.

4. Silence (meditation).

In such retreats, it is not necessary to practice yoga poses. This type of tour can be organized almost anywhere in the world and offers a duration of stay from 3-10 to 365 days.

You don't have to talk in them, but you will have a lot of time for meditation and reflection until you are completely distracted from the outside irritants, focusing on his inner self.

Many retreats of this type have a list of strict rules, including a ban on talking, gesturing, and reading. You will wake up with the sun, and fall asleep with the moonrise. Be prepared for the simplest living conditions and vegetarian or vegan diet [1].

Conclusions: from the study, we can conclude that there are many different types of yoga-tours.

The first and main difference between them is their orientation to the level of physical and moral preparation of people, that is, certain types of tours for amateurs and professionals.

Second, the number of days of the tour - there are tours designed for the weekend, and for several months.

The third, the content of the tour program itself - it can include not only yoga classes and practice, but also various procedures and entertainment complementing the atmosphere of the trip.

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