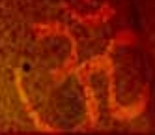


Yoga Sanctuary Retreats



India Retreat 2017



Rishikesh

11th - 22nd March 2017

Come and join the Sanctuary Sangha as we embark on a sacred journey to the heart of mystical India. This life changing 10-day Yoga immersion offers you the opportunity to deepen into your practice whilst drawing from India's timeless spiritual heritage.



"A 10-day Yoga immersion of utter inspiration and devotion that took the experience way beyond what i could have ever imagined!"

Retreat Location

Our retreat takes place in the small North Indian town of Rishikesh nestled in the foothills of the Himalayas beside the turquoise waters of the River Ganges. Rishikesh has been held sacred by the countless Yogis who have sort out her soothing solitude and powerful spiritual resonance. Over time numerous ashrams have arisen along the beach lined banks of Ma Ganga producing an atmosphere of tranquility that melts the heart of all those who visit in search of the soul.



Ashram Accommodation

Our simple but comfortable ashram accommodation, Yoga Niketan, is set amidst lush gardens on a small hilltop above the town overlooking the flow of the River Ganga. The ashram is an easy walk away from the centre of town, but far enough away to maintain a feeling of peace and solitude. Retreat participants will enjoy shared accommodation, all with en-suite bathroom, electricity and fan. The spiritual heart of the ashram is the Mahasamadhi Shrine of Swami Yogeshwaranand, Premananda's Guru. This is a place of profound stillness and energy as the great Yogi's vibration continues to uplift all who come to the ashram. Other ashram facilities include a spiritual library, communal food hall where we will eat together, Yoga and Meditation Halls. Please note this is a traditional ashram where respectful dress is required.





Daily Sadhana

Yoga, meditation and inspiration flow through each day of the Retreat as naturally as the Ganges flows through the valley. Sunrise and sunset Living Yoga Sessions are the backbone of each day. The emphasis during the immersion is to cultivate an openness and receptivity in body, heart and mind that allows us to draw from the spiritual atmosphere of this sacred place.

Retreat Prices Includes:

- 10 nights ashram accommodation
- 2 ashram meals per day
- 2 Yoga sessions each day
- Taxi from Dehradun to Rishikesh
- Daily Satsang and Kirtan inspiration

Price Does Not Include:

- Flights (international & domestic)
- Taxi from Rishikesh to Delhi
- Travel insurance
- Visa application
- Taxi fares for day trips
- Extra optional activities
- Meals eaten out of the ashram

Inspiration

Prem will offer satsang on most days of the retreat at either the ashram or at various ancient shakti centres or places of natural beauty in and around the valley of Rishikesh.

These are wonderful opportunities to bathe in the rich spiritual history of the Himalayas, take scenic walks, visit other ashrams and meditate in ancient caves.



Retreat Practicals

The retreat begins on the afternoon of Sunday 12th March with a welcome satsang at the ashram followed by an evening yoga practice. The retreat concludes on the evening of Tuesday 21st March.



Travel Details

You are required to apply for your own Indian visa and book your own international and domestic flights.

It is recommended that you fly to Delhi on the evening of Saturday 11th March to arrive in Delhi the morning of Sunday 12th March, and then book a domestic flight from Delhi to Dehradun (30 minutes from Rishikesh) for the afternoon of 12th March. Unless you plan to extend your trip after the Retreat, it is recommended you book your international return flight to leave Delhi on the afternoon of Wednesday 22nd March.

Once you have booked your place we will provide further recommended flight and travel information, so you can travel with Prem and Satyamayi if you so wish.

We have found the following websites useful for booking flights:

www.southalltravel.co.uk for international flights,
www.makemytrip.com for indian domestic flights.

Pre-Trip Gathering

You may have a few questions about the retreat, the India experience, visas, etc, before we leave, for this reason we will hold a Pre-Trip Gathering a few weeks before departure.

Price of the Retreat

The price of the Retreat is £550 per person.

A non-refundable deposit of £250 is required to secure your place.

Final balance will be required by 1st February 2017.



Email to book your place and arrange deposit payment:
yoga@yogasanctuary.co.uk