

# the **Sivananda** **yoga retreats**

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## Introduction

### **Introducing a programme running successfully for the past 14 years.**

Yoga is a vast science. The practice of asanas, or postures, is the most commonly understood, but only one aspect of yoga.

Yoga is meant to give your life a boost, develop positive thinking, radiant health and inner peace through the practice of ancient techniques for balanced living. The yoga vacation is designed to help you develop a strong practice which can be incorporated back into your daily life at home.

Living in the ashram, following a simple, structured daily schedule, allows you to focus on yourself for one week. The term vacation usually implies doing nothing, perhaps lying on a beach. The term 'Yoga Vacation' is adopted because the structured schedule allows you to relax completely in a way a beach or travel holiday doesn't. All you have to do is be here, relax and participate.

The Yoga Vacations are designed to give ordinary people a deeper experience of this ancient science. You can view the full daily schedule of the programme below.

In the programme, you will have an opportunity to practice yoga asanas, relaxation, cleansing techniques called kriyas, pranayama, or the science of breath, and breath control, and guided meditation. In addition to this, you will have an opportunity to practice selfless service and be introduced to the yogic theory contained in the ancient scriptures.

While we all would like to arrive at the destination, we have to follow a process, and also undertake a journey before we can arrive there. For good health, or mental concentration, or a

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## **SIVANANDA YOGA CENTRE, GURGAON**

[www.yogashowstheaway.com](http://www.yogashowstheaway.com); [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com); +91 9810645850, +91 9818865306  
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way of life which is satisfying and fulfilling, we have to take appropriate steps. First the body has to be cleared of impurities, and the mind has to be cleansed of disturbing thoughts.

In the one week retreat, with a specially controlled diet, fresh air, serene surroundings, a relaxed and peaceful environment, mentally and emotionally aligned gathering of like-minded people, educative lectures on yoga philosophy, highly trained teachers and guides, and the practice of pranayama, asanas and relaxation, you slowly become meditative, your health improves, and you have perception of a better way of life.

The retreat gives you the methods, the knowledge and the understanding on how yoga can become a practical way of life.

This one week retreat, while being a wonderful holiday, offers a profound personal experience, builds a firm foundation of inner discipline. The essence of yoga is learned through a combination of repeated practice and inspirational lessons. The approach to teaching is personal, focusing on the individual student.

Among the many benefits participants report are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new found sense of self-discipline, through proper exercise, proper breathing, proper relaxation, proper diet, positive thinking, and meditation.



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## Retreat dates (One week)

**21 - 28 December 2024**

Arrival on 21st December, Saturday. Dinner will be served at 6.00 pm and satsang at 7.30 pm.  
Departure on 28th December, Saturday.

## Retreat location

Sarsoli Dham, Village Sarambal, Kudal  
Sindhudurg District, Maharashtra (INDIA)

(please see travel and location details below).

During the day it is pleasant. Mornings and nights will be cool. It is advised to carry a light jacket, shawl and cap.



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## The Background

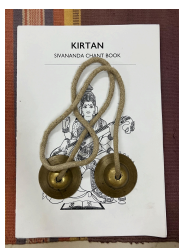
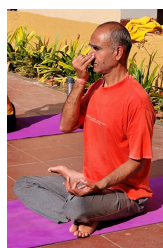
The yoga we teach stems from an illustrious lineage spanning over 50 years around the world, and thousands of years before that in India. It is a retreat suited to modern conditions. It is efficient in its use of time, it is understandable to and enjoyable for a modern audience, and the practices are repetitive, easy to follow and highly beneficial.

More details about the Sivananda programme are given on our website

[www.yogashowstheaway.com](http://www.yogashowstheaway.com)

## Curriculum

1. **Yoga Asanas** • The sun salutation and the twelve basic yoga postures • Advanced variations • Effects of asanas on the physical and astral body • Proper posture alignment, deep relaxation, release of blocked energy • Benefits of Yoga Asanas
2. **Pranayama** • The basic practices: kapalabhati, anuloma viloma (alternate nostril breathing) • Advanced pranayama exercises
3. **Kriyas** • The six classical exercises for purifying the body (theory) and the practice of two - kapalabhati and neti.
4. **Yoga Philosophy** • The four paths of Yoga: Karma Yoga (selfless service); Bhakti Yoga (the path of devotion, including attendance at devotional rituals); Raja Yoga (mind control), and Jnana Yoga (the path of wisdom and realization).
5. **Yogic Diet and Nutrition** • Influence of diet on the mind • Proper diet • Nutrition according to Ayurvedic guidelines • Ethical, health and spiritual reasons for vegetarianism
6. **Meditation** • Twelve-step guideline to meditation • The benefits of meditation • Mantras
7. **Kirtan (Chanting)** • Positive effects of chanting on the emotions • Correct pronunciation and mental attitude • Learning classical Sanskrit chants.



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## Daily Schedule

5:30 am	Wake up
6:00 am	Meditation, chanting and lecture or silent walk
7.30 am	Tea time
8:00 am	Asana and Pranayama class
10:00 am	Brunch
10.45 am	Seva time – selfless service (60 mins)
11:30 am	Lecture
1.00 pm	Tea time
2.00 pm	Yoga Nidra
4:00 pm	Asana and Pranayama class
6:00 pm	Dinner
7:30 pm	Satsang (meditation, chanting and lecture or special program)
9.30 pm	Lights out



- Attendance at all activities is mandatory. Changes in the programme may occur from time to time
- There is one day off in the week, Wednesday.  
Participants are required to attend morning and evening satsangs and to complete their Seva duties. You can visit local places of interest on this day off. The day is free for personal introspection and activities.

## Prerequisites

This retreat is open to anyone who wishes to deepen their knowledge and application of some of the highest teachings of yoga. Participants do not need to be yoga teachers. No prior experience of yoga is necessary. Mastery of any yoga practice is not necessary.

Only your sincere desire for knowledge and your commitment to personal growth.

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## Retreat Donations

(Seven nights, six days, twin sharing accommodation, food and yoga programme.  
Travel is not included)

- Twin sharing - ₹ 19,000 + 18% GST = ₹ 22,420 per person
- Single occupancy - ₹ 32500 + 18% GST = ₹ 38,350

## How to Apply

Please email us for the application form and submit a minimum, non-refundable and non-adjustable deposit of ₹ 3800, to reserve your place in the retreat. The balance can either be paid immediately, or 15 days prior to the start of the retreat, latest!

There is a penalty for cancellation. 20% deposit is non refundable and non adjustable.

For cancellation on or before 10 December, 50% of the total fee is non refundable and non adjustable.

Cancellation on and after 15 December, there will be no refund, or if you leave in the middle of the retreat.

## How to Reach

Kudal is 95 kilometres by road from Panjim, the capital of India's tourist epicentre, Goa and 21 kilometres from Sawantwadi, on the New Delhi-Mumbai-Goa railway line.

### **By air**

There are two airports in Goa - Dabolim and Mopa. Dabolim is 135 kilometres from the Ashram. Mopa is only 55 kilometres. Please plan accordingly. You can fly in from Delhi, Chennai, Mumbai and Bangalore, and any of the major hubs. Once you land, please take a cab.

### **By train**

The closest major railway station is in Sawantwadi, 21 km from the town of Kudal. There is a train station in Kudal as well, and some important trains stop here. Train e-tickets can be booked up to three months in advance via [www.irctc.co.in](http://www.irctc.co.in).

### **By bus**

There are excellent Volvo bus services between Mumbai and Goa. Kudal is enroute. Similar bus services are available from Goa, and other big nearby cities.

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**Local taxi operator : Anil +91 9637082832**

**Please note:** As with any destination, there are various modes of travel to Kudal. Please look at the best options and book early. We do not offer any support or advice on travel related matters, other than the details already mentioned above. Participants are requested to make their own arrangements to arrive at the ashram on time.

## Accommodation

Accommodation is usually twin sharing. Rooms are comfortable, with an attached bath and hot water. However, the facilities cannot be compared to a spa or a resort, and participants must come with an attitude of simple living. There is no room service, and television services are disconnected. Admission is on a first come first served basis.

To maintain the sanctity of the campus, we accommodate guests on the following conditions:

- No consumption of alcohol & non-vegetarian food
- No smoking either on campus or outside while undertaking the course.
- Should follow the yogic way of life while in the ashram.
- Dress modestly while in the ashram.

Sarsoli Dham and Sivananda Yoga Centre, Gurgaon reserve the rights of admission. Anyone found not following the ashram rules, at any time during the course, will have to vacate the ashram property.

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## Food

The main meals are provided daily at 10.00 am and 6.00 pm. The food is based on the Indian tradition. Menus are vegetarian, simple, nutritious and good tasting!

Prepared with love and care according to yogic dietary principles, two lacto-vegetarian meals are served daily. Absent from the menu are meat, fish, fowl, eggs, garlic, onion, mushrooms etc.

A cup of tea is available at 7.30 am and 1.00 pm.

## Things to Carry

- Yoga mat
- Essential toiletries
- Essential medicines
- Comfortable yoga clothes
- Bath towel (if you want to carry your own)
- Cotton/Summer clothing for day time and jacket/sweater for early mornings/late evenings.
- Outdoor walking shoes
- Slippers
- A cap
- Cushion to sit for meditation if you need
- Bedsheets (only if you want to carry your own)
- Casual clothing for the day off, and during non-yoga practice times, satsangs etc.
- Camera (if you like)
- A shawl or a wrap for meditation
- Chargers, or batteries.
- Water flask which can be refilled during the day.
- Any traditional clothing (saree, kurta, suit etc) for the last night of the retreat.

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## Other facilities:

All the facilities shown below are charged and payment is made in cash in Indian rupees only.

## Boutique

The boutique stocks many items including spiritual books, yoga mats, yoga clothing, toiletries and simple snack foods.

## Network

The internet and mobile network inside the Ashram, except on the terrace, is poor. Guests must keep communication to a minimum, and complete all important work before coming for the retreat. Use of mobile phones in all classes and dining areas are prohibited.

If you have any questions about the course or the ashram please contact  
8.00 am – 8.00 pm Indian standard time – (international callers add +91)

**Priti 9878445850; Dyutima 9818990014; Arun 9810645850**

**email – [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com)**

**Try a yoga retreat. It will be wonderful.**



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