



SIVANANDA YOGA CENTRE, GURGAON



International Residential **KIDS and PARENTS** **YOGA RETREAT** Palampur, Dharamsala **1 - 8 June 2025**



Welcome to a unique programme – a children and parents yoga summer retreat. Sivananda Yoga Centre, Gurgaon is organizing a residential six days, seven nights yoga camp, a retreat meant for children between age 5 and 12. This wonderful programme, with parents in tow, goes back many decades, with an idea to inculcate yoga to people from an early age.

The kids and parents yoga retreat combines the discipline of yoga and the fun of a camp. The programme allows children to understand the principles of vegetarianism, respect for all religions, develop a love and respect for nature. Children are able to identify with the inner self within a group setting by practicing yoga. Yoga asana, meditation, breathing, relaxation, yoga based activities, games, chanting and lectures are part of the daily routine. There is a day off, where parents and children can also visit nearby places of interest.

Retreat Dates

1 - 8 June 2025

Arrival is on 1st June, Sunday. This day is to relax and settle in. Dinner will be served in the evening at 6.00 pm followed by a brief orientation at 7.00 pm.

We will begin early morning at 6.00 am on 2nd June, Monday. Departure is on 8th June. The programme will officially end on the night of 7th June with a graduation ceremony.





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Retreat Location

Pops Resort, Village Chachian, Palampur Tehsil, (Dharamsala)

District Kangra, Himachal Pradesh, Himalayas, (INDIA) PIN 176059 (please see travel and location details below).

Palampur, at a height of 1219 mts., is a main spot in the beautiful valley surrounded by tea gardens and pine trees, 30 kilometers from the popular tourist destination Dharamsala. It is surrounded by the Dhauladhar range - mountains and Himalayan peaks are visible in the foreground.

During the day it is pleasant but in addition to a simple tee shirt, you may need light woolens. Mornings and nights will be cold. It is advised to carry a jacket, shawl and cap.

Daily Schedule

In the retreat, the parents and children will observe different schedules, and will meet up briefly a couple of times during the day. The overall schedule is given below. This is not rigid, and may change slightly depending upon the need and situation as decided by the staff.

children		parents	
6.00 am	wake up	5.30 am	wake up
6.30 am	milk and snacks	6.30 am	satsang, meditation
7.00 am	meditation, chanting, silent walk	7.30 am	tea
8.00 am	hatha yoga class	8.00 am	asana class
10.00 am	breakfast	10.00 am	breakfast
11.00 am	karma yoga	11.00 am	karma yoga
12.00 noon	lecture	12.00 noon	lecture/video
1.00 pm	juice and snacks	1.30 pm	tea
1.30 pm	arts and crafts	2.00 pm	yoga nidra
2.30 pm	time off	2.30 pm	time off
4.00 pm	yoga class & games	4.00 pm	asana class
6.00 pm	dinner	6.00 pm	dinner
7.30 pm	silent time - reading/writing	7.30 pm	satsang, meditation
9.00 pm	lights out	9.00 pm	lights out

The programme is taught by trained staff who are available throughout the retreat to care for the children's needs. Children learn the value of karma yoga (selfless service) as they help to maintain the ashram with their daily task. Yoga asana and meditation help to keep the body healthy, flexible and the mind focused. Your child will have fun with new friends and discover new interests. A unique and exciting way for your child to spend the summer.

Certificate

A course certificate is awarded to the children on successful completion of the course.

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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Donations

retreat cost per room in INR			
(p+c)	(p+c+c)	(p+p+c)	(p+p+c+c)
			12500
	12500	15000	12500
15000	12500	17000	17000
19000	19000	17000	17000
34000	44000	49000	59000
p=parent	c=child		



Please note – there is an additional 18% gst on the above quoted fee.

How to apply

Please email us for the application form, fill in all details including signature, scan it and send it back to us.

Kindly also submit a minimum, non- refundable and non-adjustable deposit of 25 percent of the programme fee, to reserve your place. The last day for registration with complete payment is 20 May.

Cancellation policy: There is a penalty for cancellation.

25% deposit is non refundable and non adjustable. For cancellation after 20 May, 50% of the total fee is non refundable and non adjustable. Cancellation on or after 28 May, there will be no refund, or if you leave in the middle of the retreat.



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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.

How to reach

Pops Resort, Dharamsala
Village Chachian, Palampur Tehsil, District Kangra
Himachal Pradesh, Himalayas
(India) Pin 176059



The village Chachian, is 23 kilometers from the world famous Dharamsala, and 34 kilometers from McLeod Ganj. Pops Hotel is 550 kilometers from New Delhi, the capital of India.

By air

The nearest domestic airport is in Kangra (DHM), Dharamsala, 27 kms from the ashram. It is connected to major international airports like Delhi, Mumbai, Chennai and Bangalore.

By train

The closest railway station is in Pathankot and Amb Andaura, 100 km from the village of Chachian. You are advised to book rail tickets as soon as possible via www.irctc.co.in. You can take the Vande Bharat train from New Delhi to either of these stations.

By bus

There is an excellent Volvo bus service run by Himachal Tourism which leaves from Connaught Place, the centre of New Delhi at 6.30 pm, and also from Gurgaon, and arrives in Dharamsala at 5.00 am next morning. A taxi will take you in 30 minutes to Pops Hotel 23 kilometers on the Palampur road.

Local taxi operator : Monu +91 98163 97580

Please note: As with any destination, there are various modes of travel to Palampur. Please look at the best options and book early. We do not offer any support or advice on travel related



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matters, other than the details already mentioned above. The name and number of a local taxi operator, who has helped in the past, is also given above.

Accommodation

Children stay with their parents in the same room. If parents wish to send their children without going for the retreat themselves, then the children need to be age 13 or more. 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.
- Children are not allowed to have the following items in the ashram: Tabs, Ipods, radios, electronic games, mobile phones or teen magazines, in order to maintain the serenity and atmosphere of the ashram.
- There is no partial stay, children and parents must stay for the entire duration of the week.
- A laundry service is available at a nominal cost.

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 1.30 pm. For children milk/juice/snack is available at 6.30 am 1.00 pm.



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Things to carry

- Yoga mat (will be available for purchase at the ashram)
- Essential toiletries
- Essential medicines
- Comfortable yoga clothes
- Bath towel (if you want to carry your own)
- Light woolens 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 (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.

Please note: kindly avoid carrying packaged food/snacks/juices for the kids.

Payment

Donations include the yoga programme, accommodation, and meals. They do not include transport to and from the ashram.

Network

Mobile phone signals are good. However, guests must keep email and telephone communications 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.

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Contact us

For more details, help with travel, and any other information, please call the following numbers (international callers please add +91).

Renu 9878445850

Preeti 9818990014

Anita 9811155549

Or email us at yogashowstheaway@yahoo.com

Website www.yogashowstheaway.com

Try a yoga retreat. It will be wonderful.

