

SANGAMA 2011  
Yoga Retreat in the Himalayas  
September 21, 2011 – October 1, 2011

YogaVahini in association with Yoga Therapy Toronto and Yoga Therapy Australia is once again bringing together a special group of yoga enthusiasts from around the world to spend 10 quiet days in the laps of the Himalayas, the spiritual power centre of the Universe, on the banks of the holy Ganges.

*So that we may...*

*deepen our yoga sadhana re-discovering the joy of movement and breathing, stillness and silence*

*learn to live in the moment, simply and joyfully*

*expand our horizons and break through our limitations*

*explore the uncharted inner territories through study and dialogue*

*experience the power of a conscious community - living together in harmony, working towards a common purpose*

*engage in meaningful cultural exchange between the East and West.*

*If you are open and willing, this retreat could accelerate your pace of inner growth, perhaps, the only meaningful way to grow ☺*

## Our retreat site

Maneri is a small scenic hamlet situated 17 kms from Uttarkashi (1300 mts altitude) on the route to Gangotri. Our camp is situated on the banks of the

river Bhagirathi, the source stream of the sacred River Ganges. It is an ideal base to explore the higher Gangetic Valley. At Maneri we will be staying in a Luxury camp - in tents.

## **The retreat schedule**

### **Day 1: Wednesday 21 September 2011**

Arrive in Delhi, transfer to hotel and rest

### **Day 2: Thursday 22 September 2011**

Delhi to Haridwar to Rishikesh

6:55 am by Shatabdi Express (Air-conditioned chair car train) to arrive at Haridwar @ 11:30 am.

One hour drive from Haridwar to a hotel in Rishikesh. Rest of the day at leisure to explore the Ashrams on the river banks.

Our first session starts this evening in Rishikesh, getting to know each other, setting the intention for the retreat, orientation.

### **Day 3: Friday, 23<sup>rd</sup> September 2011**

Rishikesh to Maneri

After breakfast drive down to Maneri (1300 mts altitude, 180 KM) 6 - 7 hours drive.

We will pass through the town of Uttarkashi on the way to Maneri. Situated at an altitude of 1158 meters Uttarkashi is a modern Himalayan town and the district headquarters. In spiritual importance and sanctity it is equated at par with Benaras alias Varanasi, housing the temple of Lord Vishwanath. The source of the Ganges, and the river Yamuna, Gangotri and Yamunotri - the two important pilgrimage centers, are situated in this district.

### **Day 4 - 9: Saturday, 24<sup>th</sup> – Thursday, 29<sup>th</sup> September 2011.**

Camping at Maneri – Retreat time.

### **Day 10 – Friday 30<sup>th</sup> September 2011**

Maneri to Haridwar

205 KM, 6-7 hours drive.

We drive down to reach Rishikesh in time for lunch enroute to Haridwar. Stay in Haridwar that night.

## Day 11 – Saturday 1<sup>st</sup> October 2011

Haridwar to New Delhi

Board the Jan Shatabdi express from Haridwar at 6:22 am to arrive at New Delhi @ 11:15 am.

Direct transfer to Airport or rest in Hotel and transfer to Airport for late night flight October 1<sup>st</sup> or 2<sup>nd</sup>, 2011.

## Who can come?

This workshop is open to everybody – beginners interested in exploring practical and spiritual aspects of yoga and advanced yoga practitioners alike. It is particularly suitable for teachers and dedicated practitioners wishing to deepen their personal practice and understanding of yoga as a tool for personal mastery.

Two groups travel to India for this retreat, from Canada & Australia. If you are from one of these countries, please contact the respective organizers for information on costs and travel arrangements:

We welcome Indian students to join this retreat, please write to us for details on cost and registration.

Ante Pavlovic, Yoga Therapy Toronto:

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

## Facilitators

**Saraswathi Vasudevan**, Founder of YogaVahini and **Ante & Felicia Pavlovic**, Founder-Directors of Yoga Therapy Toronto will facilitate the retreat.

## Retreat cost

For International participants outside Canada & Australia.

US \$2250 (for registrations after March 15, 2011).

Early bird offer: US \$2100 (for those registering before March 15, 2011).  
Prices inclusive of taxes and bank /on-line transfer charges.

A **non-refundable deposit of \$500** must be made to YogaVahini by no later than **March 15th**, 2011 in order to secure your spot.

*Included in this cost are:* All travel Delhi to Delhi (A/C bus & train), all meals (vegetarian), all accommodations (double-occupancy), and all study sessions & materials.

To find out more about this wonderful study opportunity or register, please call or e-mail us:

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