

Yoga and Ayurveda Retreat, India, 2014-15 (Sacred Himalayas and the Ganges)

This retreat offers you a life time learning opportunity in sacred environs of the Himalayas and the sacred Ganges, both associated with Metaphysical aspects of Indian spiritual life. It is believed that any activity if conducted in the vicinity of these two becomes thousands times more effective and fruitful. Keeping in mind these strong beliefs location of the retreat is chosen to be close to the Ganges in Utrakhand state of India. This retreat is a balance of learning, recreation and encourages participants to understand life a divine opportunity provided to us to realise something eternal within us and within the world around us.

India is known for its hidden treasures and in every field the possibilities are endless. Yoga and Ayurveda are two such treasures given by Indian Rishies (experienced Sages) to the world. If you are planning to explore this country in these two aspects, we suggest you to follow the suggested programme with a focus on learning traditional Indian systems. The programme is intended to give a firsthand experience to you along with a study of authentic texts/systems which are the basis of these sciences. You will surely be revitalised and bring something back with you for the rest of your life.

First week: Haridwar, Rishikesh

Day	Learning objectives	Activities
01 Day	Introduction to Indian customs , society , food habits , Gods and goddesses ,Geography and food habits	Ganga Aarti (Celebrating Prayer of the Holi river Ganges at Haridwar/Rishikesh)
02 Day	Introduction to Indian Philosophy (Six systems of Thoughts , Jainism and Buddhism)	Exploring Ashrams ,Indian cooking
03 Day	Introduction to Yoga as a school of thought and practice of few Asana, Introduction to popular types of Yoga	Visit to few prominent Hindu Temples,
04 Day	Introduction to Ayurveda (As a system of medicine) and trial of a massage	Visit to Sanskrit University to know developments in Ayurveda system
05 Day	Introduction to Meditation as a step within Yoga practice and Yoga as a means of overcoming Samskaras	Visit to a Gurukul (School for Children to study Sanskrit)
06 Day	Introduction to Panchkarma	Visit to Ghats (Banks) of the Ganges to know importance of the Ganges in the customs of Hindu Society
07 Day	Introduction to wellness therapies of Ayurvedic and Yogic Systems	Visit to Ghats (Banks) of the Ganges to understand cultural rituals associated with the Ganges water

Second week: Haridwar, Rishikesh, Uttarkashi

Day	Learning objectives	Activities
08 Day	Introduction to Panchkarma	Free Ayurvedic consultation
09 Day	Panchkarma practices	Free Ayurvedic consultation
10 Day	Introduction to Bhagavad-Gita	Learning theory of Karma Yoga
11 Day	Introduction to Indian Astrology	Free Astrological consultation

12 Day	Yoga: A way of overcoming Samskaras	Activities of your choice
13 Day	Identification of suitable yoga type for yourself	Activities of your choice
14 Day	Self reflection, revision and strengthening of the learnt concepts	Activities of your choice

Third week (15th Day to 21st Day)

This week will be dedicated to detail study of the subject of your choice, you can ask consult us about the possibilities). In this week we will also explore some of the sacred Himalayan towns). This week will be planned according to your natural interests, which are sometimes not known in advance. You can also decide contents of this week after first week of the retreat. We believe that each individual also have some special interests and intellectual needs and that need to be addressed like any other basic need.

Fourth Week (Optional) Journey to Agra, Jaipur and Varanasi or to the destinations of your choice.

22 Day	Jaipur
23 Day	Jaipur
24 Day	Agra
25 Day	Overnight Train
26 Day	Varanasi
27 Day	Varanasi
28 Day	Overnight Train to Delhi or to destination of your choice

This optional trip is suitable for those who are looking forward to experience most important tourist destinations of India and will be organised on request only.

Timings (Approximate)

lessons	Breakfast	Lunch	Dinner	Excursion
7-8:30 AM and/or 5-6:30 PM	8-9 AM	12 Noon - 1 PM	7:30 to 8:30 PM	During free time available between lessons and on days specially kept for the purpose

Year	Dates /Month	Weather	Venue of the Retreat
2014	20 August to 11 Sept	Monsoons	Haridwar/Rishikesh
2014	08 Sept to 29 Sept	Monsoons	Haridwar/Rishikesh
2014	01October to 22 Oct	Winters	Haridwar/Rishikesh
2014	11 October to 01 Nov	Winters	Haridwar/Rishikesh
2014	25 Oct to 15 Nov	Winters	Haridwar/Rishikesh
2014	08 Nov to 29 Nov	Winters	Haridwar/Rishikesh
2014	03 Dec to 24 Dec	Winters	Haridwar/Rishikesh
2015	07 Jan 2015 to 21 Jan	Winters	Haridwar/Rishikesh
2015	17 Jan to 07 Feb.	Winters	Haridwar/Rishikesh

2015	28 Jan to 18 Feb.	Winters	Haridwar/Rishikesh
2015	11 Feb. to 04 March	Winters	Haridwar/Rishikesh
2015	25 Feb to 18 March	Winters	Haridwar/Rishikesh
2015	11 March to 01 April	Winters	Haridwar/Rishikesh
2015	25 March to 15 April	Summers	Haridwar/Rishikesh
2015	08 April to 29 April	Summers	Utterkashi / Rishikesh

Cost

This retreat is organised to provide participants an in-depth understanding of Yoga, Ayurveda and some important aspects of Indian philosophy. Participation cost is 1265 USD per person and includes Accommodation, meals and participation in all the activities of programme. Please advise us on cleanganges@gmail.com , if you are two or more than two persons participating together to provide you a special offer.