

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

Introduction



Introducing a programme running successfully for the past 15 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

SIVANANDA YOGA CENTRE, GURGAON

www.yogashowsttheway.com; yogashowsttheway@yahoo.com; +91 9810645850
M13/23 DLF Phase II, Gurgaon, Haryana.

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 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.

The 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.



Retreat dates

19 - 26 April 2026

Arrival on 19th April, Sunday.

Departure on 26th April, Sunday.

Retreat location

Madhuban Himalayan Retreat,
Talla Ramgarh Road, Ramgarh,
Uttarakhand 263137, India

<https://sriaurobindoashram.net/camps/#madhuban>

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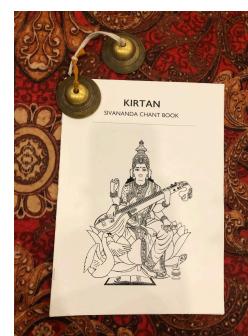
The Background

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.yogashowsttheway.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)
3. **Kriyas** • The six classical exercises for purifying the body (theory) and the practice of few - kapalabhati, jal neti, trataka, agnisar kriya
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 three gunas • Ethical, health and spiritual reasons for vegetarianism
6. **Meditation** • Twelve-step guideline to meditation • The benefits of meditation • Mantras • Different techniques
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
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

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

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

- Twin sharing - ₹ 28,000 + 5% GST = ₹ 29,400 per person
- Single occupancy - ₹ 38,500 + 5% GST = ₹ 40,425

How to Apply

Please email us for the application form, attach a photograph and all details including signature, scan it and send it back to us.

<https://www.yogashowstheway.com/retreatregistration>

Kindly also submit a minimum, 25% non-refundable and non-adjustable deposit of ₹ 7000, to reserve your place in the retreat. The last day for registration with complete payment is 9 April. There is a penalty for cancellation. 25% deposit is non-refundable and non-adjustable.

For cancellation a week before the retreat, 50% of the total fee is non-refundable and non-adjustable.

Cancellation on and after 17 April, there will be no refund, or if you leave in the middle of the retreat.

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.



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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.

Sivananda Yoga Centre, Gurgaon and Madhuban Himalayan Retreat 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.

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)
- Slippers
- Cushion to sit for meditation if you need
- Camera (if you like)
- 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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How to Reach

By Flight: From New Delhi to Pant Nagar then take a cab to Talla Ramgarh, look for Madhuban after the Talla market.

By Train: From New Delhi to Kathgodam or Haldwani, then take a cab.

Suggested train: 12040 - Kathgodam Shatabdi Express on 19 April, Sunday.

By Road: Book a bus or cab from New Delhi to Talla Ramgarh, look for Madhuban after the Talla market. You can follow the google map easily.

<https://maps.app.goo.gl/HXrpVt8wJYrBw3DPA>

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)

Anita 9811155549; Yashika 9878445850, Preeti 9818990014

email – yogashowsttheway@yahoo.com

Try a yoga retreat. It will be wonderful.



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