

SYCG

SIVANANDA YOGA CENTRE, GURGAON



International Residential

KIDS and PARENTS YOGA RETREAT

Madhuban, Ramgarh
Uttarakhand, India

20 - 27 June 2026



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

20 - 27 June 2026

Arrival is on 20th June, Saturday. 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 7.30 pm.

We will begin early morning at 6.00 am on 21st June, Sunday. Departure is on 27th June. The programme will officially end on the night of 26th June with a graduation ceremony.



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Retreat Location

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

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

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 | brunch | 10.00 am | brunch |
| 11.00 am | karma yoga | 11.00 am | karma yoga |
| 12.00 noon | lecture | 12.00 noon | lecture |
| 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.

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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 (for adults only)
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.

The same curriculum will be adapted for the children to suit their age and temperament. The philosophy lectures will be accompanied by storytelling, arts and crafts activities to help them understand and retain the learnings. The asana and pranayama classes will be conducted with various themes making it fun for children so that they continue the practices later, and do not find it boring or difficult.

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Donations

| retreat cost per room in INR | | | |
|------------------------------|--------------|--------------|--------------|
| (p+c) | (p+c+c) | (p+p+c) | (p+p+c+c) |
| | | | 15000 |
| | 15000 | 18000 | 15000 |
| 18000 | 15000 | 20000 | 20000 |
| 22000 | 22000 | 20000 | 20000 |
| 40000 | 52000 | 58000 | 70000 |
| p=parent | c=child | | |
| | | | |



Please note:

* children who are 13 years and above will be charged as adults.

* there is an additional 5% gst on the above quoted fee.

How to apply

Please complete the application form with details of all participants on the website.

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 10 June.

Cancellation policy: There is a penalty for cancellation.

25% deposit is non refundable and non adjustable. For cancellation after 10 June, 50% of the total fee is non refundable and non adjustable. Cancellation on or after 15 June, there will be no refund, or if you leave in the middle of the retreat.

For registration: <https://www.yogashowsttheway.com/kids-retreat-registration>

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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

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 20 June, Saturday.

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.

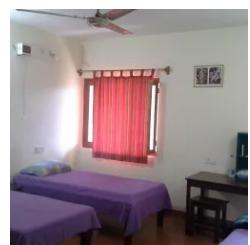
<https://maps.app.goo.gl/HXrpVt8wJYrBw3DPA>

Local taxi operator : Madan Taxi +91 98372 43640; Naveen Taxi +91 90122 19158

Please note: As with any destination, there are various modes of travel to Madhuban Ashram.. 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. The name and number of a trusted local taxi operator is given above for pick up and drop off.

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.



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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.

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
- 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 (adults)
- 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).

Yashika 9878445850

Preeti 9818990014

Anita 9811155549

Or email us at yogashowsttheway@yahoo.com

Website www.yogashowsttheway.com

Try a yoga retreat. It will be wonderful.

