

# The great escape



## Sivananda Yoga WEEKEND HOLIDAYS

Welcome to a vacation like no other! Welcome to a Sivananda yoga retreat!

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 retreat is a vacation based on age-old tradition and wisdom. Living with trained teachers of yoga and following a simple, structured daily schedule, allows you to focus on yourself. The vacation is designed to give ordinary people a deeper experience yoga, and to help develop a strong practice which can be incorporated back into your daily life at home. The full daily schedule is given below.

In the retreat, you will have an opportunity to practice yoga asanas, relaxation, cleansing techniques called kriyas, pranayama, the science of breath, and its control, and guided meditation. In addition to this, you will be introduced to the yogic theory and its practical application in modern life.

There will also be a special cuisine, a light, tasty, vegetarian menu, fresh air, serene surroundings, relaxed and peaceful environment, a gathering of like-minded people, discussions on yoga philosophy and highly trained teachers and guides.

The larger idea is for the retreat to give you the methods, the knowledge and the understanding on how yoga can become a practical way and part of daily life.

The weekend retreat, while being a wonderful holiday, offers a profound personal experience and builds a firm foundation of inner discipline.

Among the many benefits participants report are increased strength and flexibility, greater spiritual awareness, improved concentration, enhanced self-esteem and a new found sense of self-discipline.

**THE NEXT ONE** (weekend getaway)

# 11, 12, 13, 14 & 15 August 2022

MVT Restaurant and Guest House, Vrindavan

ARRIVAL **11 AUGUST** 12.00 NOON – DEPARTURE **15 AUGUST** 2.00 PM

### CONTENT

1. **Yoga Asanas** • The sun salutation and twelve basic yoga postures • Advanced variations • Effects and benefits of asanas • Proper posture, deep relaxation, release of blocked energy
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 two - kapalabhati and neti
4. **Yoga for health in daily life**
5. **Yogic diet in daily life**
6. **Meditation** • Twelve-step guideline to meditation • The benefits of meditation
7. **Kirtan (Chanting)**

### SCHEDULE

6:00 am	Meditation, chanting & talk
7:30 am	Tea time
8:00 am	Asana & Pranayama class
10:00 am	Brunch
12:00 noon	Lecture
1:30 pm	Tea time
2:00 pm	Yoga nidra
4:00 pm	Asana & Pranayama class
6:00 pm	Dinner
7:30 pm	Meditation, chanting & talk



## SIVANANDA YOGA CENTRE, GURGAON

www.yogashowstheaway.com

Contact numbers: 9810645850; 9818865306



# The great escape

season 2022  
SYCG



## ACCOMMODATION

MVT Vrindavan, just a three-hour drive from New Delhi, offers guests with luxurious rooms with all modern amenities for a memorable stay. All rooms have attached bath and hot water. There is no room service during the yoga vacation, and no television. Admission is on a first come first served basis. To maintain the sanctity of the campus, we accommodate guests on the following conditions during the yoga retreat:

- ★ No consumption of alcohol & non-vegetarian food
- ★ No smoking either on campus or outside while undertaking the retreat.
- ★ Should follow the yogic way of life.

The organisers reserve the rights of admission. Anyone found not following the rules, at any time during the retreat, will have to vacate the property.

## FOOD

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 tasty! Prepared with love and care according to yogic dietary principles, two lacto-vegetarian meals are served daily. A cup of tea is available at 7.30 am and 1.30 pm!

## DONATION

(5 days, 4 nights, accommodation, food and yoga programme. Travel is not included)

- ★ Twin sharing - ₹ 15000 plus GST

For enquiry, or registration, please call, or email us.

8.00 am – 8.00 pm Indian standard time – (international callers add +91)

Arun 9810645850; Dyutima 9811855855

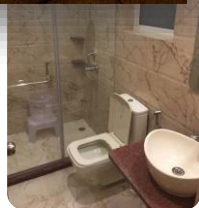
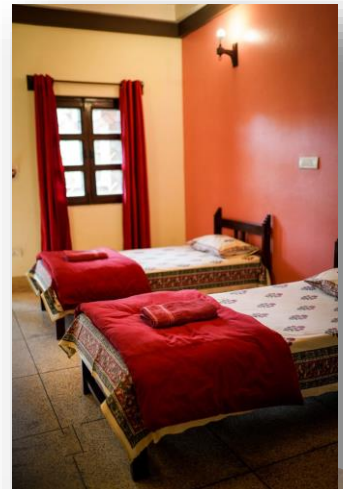
email – [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com)

More details about the Sivananda programme are given on our website

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

No prior experience of yoga is necessary.

**TRY A YOGA RETREAT. IT WILL BE WONDERFUL.**



Special. Intense. Luxurious. Personal. Yoga. Holiday. WEEKEND. GREAT. ESCAPE.

**SIVANANDA YOGA CENTRE, GURGAON**

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

Contact numbers: 9810645850; 9818865306

