

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



Introduction

Introducing a programme running successfully for the past 15 years.

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 of 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.

Retreat Dates and Location

22 - 26 November 2025

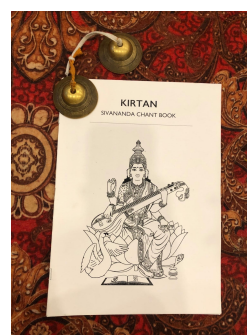
Arrival on 22 November by 12 noon. Departure on 26 November by 12 noon.

SIVANANDA YOGA CENTRE, GURGAON

www.yogashowtheway.com; yogashowtheway@yahoo.com; +91 9810645850, +91 9818865306
M13/23 DLF Phase II, Gurgaon, Haryana.

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.
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.



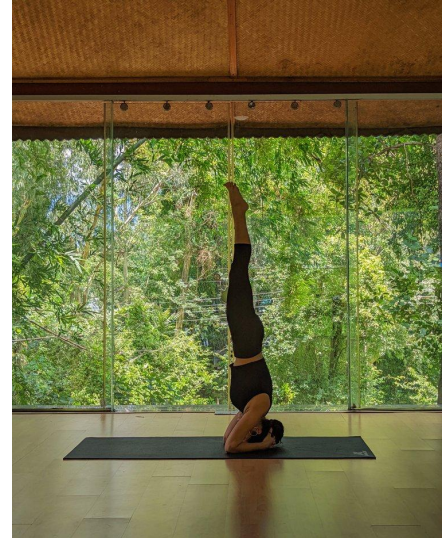
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Daily Schedule

5:30 am	Wake up
6:00 am	Meditation and Chanting
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

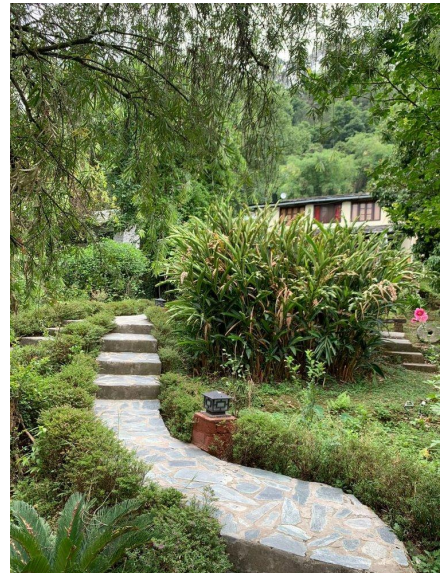


- Attendance at all activities is mandatory. Changes in the programme may occur from time to time

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

- Twin sharing - ₹ 25,000 + 5% GST = ₹ 26,250 per person
- Twin sharing (couple/family) - ₹ 23,500 + 5% GST = ₹ 24,675 per person

How to Apply

Please fill the online application form.

Kindly submit a minimum 25%, non-refundable and non-adjustable deposit of ₹ 6250 to reserve your place in the retreat. The last day for registration with complete payment is 15 November 2025.

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 20 November, there will be no refund, or if you leave in the middle of the retreat.

Accommodation

Accommodation is on twin sharing. Rooms are comfortable, with an attached bath and hot water. The 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.

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 The Mirage Andretta 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.

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Food

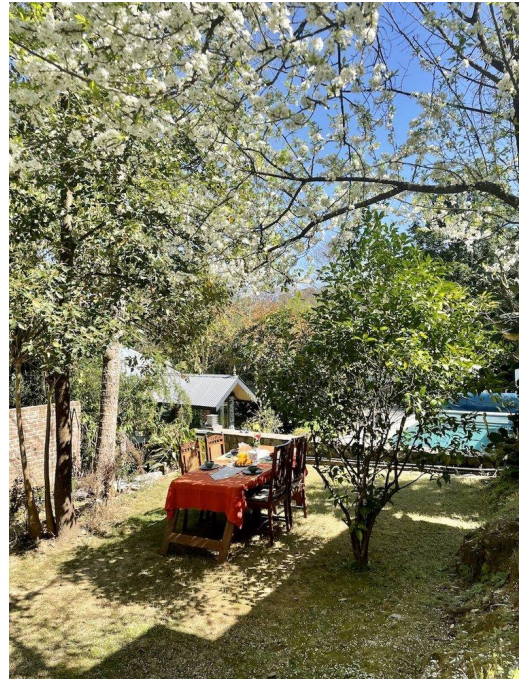
The main meals are provided daily at 10.00 am and 6.00 pm. The food is based on the Indian tradition. Menus are vegetarian, simple, nutritious and good tasting!

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.



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)

Arun 9810645850; Dyutima 9818990014

email – yogashowstheaway@yahoo.com

Try a yoga retreat.

It will be wonderful.



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