

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

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## Introduction

**Introducing a programme running successfully for the past 40 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

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**SIVANANDA YOGA CENTRE, GURGAON**

[www.yogashowstheaway.com](http://www.yogashowstheaway.com); [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com); +91 9810645850, +91 9818865306  
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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 one week programme, 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 programme gives you the methods, the knowledge and the understanding on how yoga can become a practical way of life.

This one week programme, 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.

## Programme dates (One week)

**19 - 25 June 2022**

Arrival on 18th June evening or 19th June early morning.

Departure on 25th June morning.

## Course location

Pops Hotel, Village Chachian, Palampur Tehsil, (Dharamasala)

District Kangra, Himachal Pradesh, Himalayas, (INDIA) PIN 176059 (please see travel and location details below).

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Palampur, at a height of 1219 mts., is a main spot in the beautiful valley surrounded by tea gardens and pine trees, 30 kilometers from the popular tourist destination Dharamsala. It is surrounded by the Dhauladhar range - mountains and Himalayan peaks are visible in the foreground.

During the day it is pleasant but in addition to a simple tee shirt, you may need light woollens. Mornings and nights will be cold. It is advised to carry a jacket, shawl and cap.

## 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 programme 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.yogashowstheaway.com](http://www.yogashowstheaway.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) • 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).

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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.

## 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
10.45 am	Seva time – selfless service (60 mins)
12:00 noon	Lecture
1.30 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
- There is one day off in the week, Wednesday, 22nd June.  
Participants are required to attend morning and evening satsangs and to complete their

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Seva duties. A special trip to local places of interest will be organized on this day off.  
The day is free for personal introspection and activities.

## Prerequisites

This course 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.

Due to government protocols, and the safety of all participants and staff, **COVID VACCINATION (2nd dose)**, is mandatory for all those attending the yoga retreat.

## Course Donations

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

- Twin sharing - ₹ 16,000 + 18% GST = ₹ 18,880 per person
- Single occupancy - ₹ 28000 + 18% GST = ₹ 33,050

## 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, along with your final covid vaccination certificate. Kindly also submit a minimum, non- refundable deposit of ₹ 3200, to reserve your place in the course. The balance can either be paid immediately, or by latest 10 days before the commencement of the retreat. There is a penalty for late cancellation. Kindly ask us for details. Once the retreat begins, there will be no refund, or if you leave in the middle of the programme.

## How to Reach

POPS HOTEL AND RESTAURANT DHARAMASALA

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VILLAGE CHACHIAN PALAMPUR TEHSIL DISTRICT KANGRA HIMACHAL  
PRADESH, HIMALAYAS,  
(INDIA) PIN 176059

The village Chachian, is 23 kilometers from the world famous Dharmasala, and 34 kilometers from Mcleod Ganj. Pops Hotel is 550 kilometers from New Delhi, the capital of India. Most foreign students are likely to fly into the International airport at New Delhi. From here you can drive 9 hours or take an overnight train to Pathankot. From Pathankot one can take a taxi to the location in the morning.

### **By air**

The nearest airport is in Kangra (DHM), Dharamsala, 27 kms from the ashram. It is connected to major international airports like Delhi, Mumbai, Chennai and Bangalore.

### **By train**

The closest railway station is in Pathankot and Pathankot Cantt, 100km from the village of Chachian. You are advised to book rail tickets as soon as possible.

Train e-tickets can be booked up to three months in advance via [www.irctc.co.in](http://www.irctc.co.in).

### **By bus**

There is an excellent Volvo bus service run by Himachal Tourism which leaves from Connaught Place, the centre of New Delhi at 6.30 pm, and arrives in Dharamasala at 5.00 am next morning. A taxi will take you in 30 minutes to Pops Hotel 23 kilometers on the Palampur road. This journey is recommended.

If you have any difficulties and need advice on travel, please contact us at the numbers given below.

We will help to organise a taxi pick up from the bus stop/airport/railway station if you need. The cost can be split with other participants traveling together.

## **Accommodation**

The ashram has 30 beds for students and another 10 more for staff. 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

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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.

Pops Hotel and Sivananda Yoga Centre, Gurgaon 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 7.00 am and 1.00 pm.

## Things to Carry

- Yoga mat (will be available for purchase at the ashram)
- Essential toiletries
- Essential medicines
- Comfortable yoga clothes
- Bath towel
- Light woollens for the day. Thicker option for mornings and nights.
- Good walking shoes
- Slippers
- A cap

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- Cushion to sit for meditation if you need (will be available for purchase at the ashram)
- Bedsheets (if you want to carry your own)
- 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
- Chargers, or batteries.
- Mask for use during travel and outings. (not compulsory in the ashram premises)
- Water flask which can be refilled during the day.

**Please note:** In case you experience any symptoms of cold, cough, fever or unease, kindly inform the director of the course and cooperate with the course of action.

### **Other facilities:**

All the facilities shown below are charged and payment is made in cash in Indian rupees only.

#### **Boutique**

The boutique stocks many items including spiritual books, yoga mats, yoga clothing, toiletries and simple snack foods.

#### **Network**

Mobile phone signals from companies – Idea, Reliance, BSNL, Vodafone and Airtel are available in the ashram compound. However, guests must keep email and telephone communications to a minimum. Use of mobile phones in all classes and dining areas are prohibited.

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;**  
**deeksha 9818865306; dyutima 9811855855**  
**email – [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com)**

**Try a yoga retreat. It will be wonderful.**

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