

# ART YOGA SURF RETREAT



August 10 – 18th, 2024

PONDICHERRY, TAMIL NADU  
INDIA



[cbaworks42@gmail.com](mailto:cbaworks42@gmail.com)



[00 91 8800368735](https://www.whatsapp.com/message/00918800368735) (*whatsapp message only\**)



## **INNER STRENGTH & FOCUS**

Combine yoga and dedicated surf sessions, cultivating physical and mental stability while pushing your boundaries.



## **CREATIVE EXPRESSION**

Unleash your inner artist in our supportive campus setting, fostering self-discovery and emotional balance through various mediums.



## **CONNECTED COMMUNITY**

Find a like-minded community of yogis, surfers, and artists at our idyllic 35-acre campus, fostering a sense of belonging.



## **HOLISTIC HEALING**

Experience the healing power of yoga, art, and dedicated surf excursions, achieving a holistic sense of well-being.



## **OCEANIC ADVENTURE**

Embark on exhilarating surf adventures, embracing the rhythm of the waves and finding inner peace in the vastness of the ocean.



## **CREATIVE SANCTUARY**

Immerse yourself in artistic exploration within our eco-friendly campus, drawing inspiration from the beauty of nature and anticipating your next ocean adventure.



# **Find Your Bliss: A Transformative Yoga, Art & Surf Retreat in Pondicherry**

This retreat is holistically designed to enhance your mental, physical, emotional, and spiritual well-being through a unique blend of yoga, art exploration, and invigorating surf sessions.



# YOGA

FOCUS ON INNER BALANCE & PEACE

SIVANANDA YOGA CENTRE, GURGAON

- **Daily yoga sessions** under the guidance of experienced teachers will provide a stable foundation for your journey
- **Pranic meals**, designed to nourish your body and mind, will complement your practice
- As your practice progresses, you'll delve into **self-reflection and awareness techniques**, fostering deep inner connection in a safe and supportive environment
- **Dyutima** is a yoga teacher par excellence. She has been pursuing a yogic way of life for 13+ years.
- Every student and many teachers look forward to her classes where she guides each student to the next stage in their journey
- No prior experience of Yoga is required



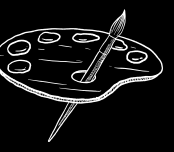
# SURF

EMBRACE THE OCEANS POWER

**KALLIALAY SURF SCHOOL (ISA ACCREDITED)**

- **Dedicated surf excursions** led by qualified instructors will challenge and exhilarate you
- **Learn paddling basics, catch your first wave,** and experience the meditative flow state of riding the ocean's rhythm
- **Embrace the vastness of the ocean,** discovering your inner strength and fostering a deep connection with nature
- **Samay, the founder of Kallialay, is a resident of Auroville and also the India Surf Team instructor**
- **Options available for beginner & confident swimmers**
- *Minimum requirement: to be able to swim a lap of 15 meters*





- Our art workshops offer a **judgment-free space** to explore various mediums like painting, drawing, or writing, regardless of prior experience
- Guided by a skilled art therapist, you'll use art as a tool for **self-discovery**, unearthing hidden emotions and unlocking your inner creative voice
- Varun has led multiple creative teams and recently exhibited 32+ paintings at the Goa Jazz Festival, 2023
- No prior experience of art is required



# ART

## UNLEASH YOUR CREATIVITY

### GOA JAZZ FESTIVAL

ART EXHIBITION BY VARUN BHUTANI



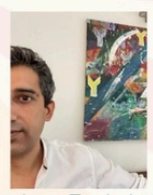
**25, 26**

2:00 PM ONWARDS

**NOV**

Art exhibition with over 20 paintings being exhibited along with other art works which you can take home.

**Varun Bhutani**  
Varun is an army brat and would have been a third generation soldier if he had joined the forces. He didn't. Instead he was found making large wall sketches on the walls of many homes he grew up in and then in the hostels of IT-BHU (IIT - Varanasi), IIM Calcutta and in mud house hotels in Himachal.



Instagram: @lvanabond\_42

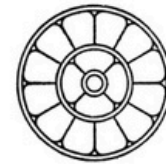
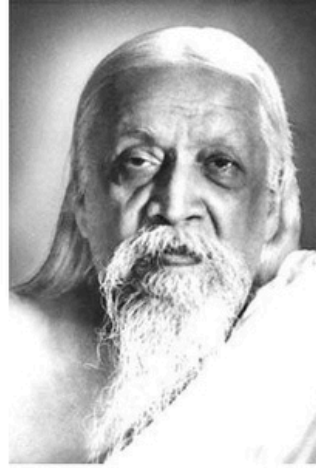


# AUROVILLE

## A journey of Oneness

SPECIAL DAY TRIP

- One day during your retreat will be dedicated to visiting Auroville, a unique city built upon the vision of Sri Aurobindo and The Mother (Mirra Alfassa)
- Explore Auroville's experimental township, a testament to human unity and aspiration for a better world
- Experience the Matrimandir, a symbol of man's quest for perfection, where tranquility is maintained for inner exploration
- Immerse yourself in the Peace Area surrounding the Matrimandir and discover your own "place to find one's consciousness."



# BEYOND THE RETREAT

Explore Pondicherry

- Discover the vibrant charm of Pondicherry during your free hours
- Explore the city's rich history and French colonial architecture
- Sample the delicious local cuisine and immerse yourself in the unique culture



*This retreat offers a transformative experience that goes beyond the ordinary. It's a journey of self-discovery, connection, and adventure, leaving you feeling revitalized, inspired, and ready to integrate these practices into your daily life*



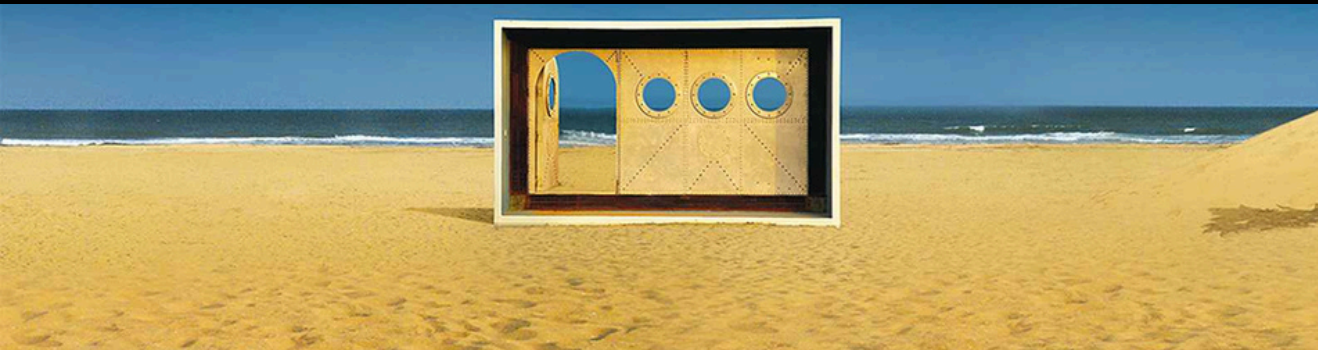
# STAY

## Lap of Nature

DUNE ECO RESORT



The Dune Eco Village & Dune Healing Center is an eco friendly beach resort in Puducherry sprawling across 35 acres of rich gardens and untouched nature, located just by the beach.





Tentative Daily Schedule. This may change\*

### **Batch 1**

0630: Yoga

0930: Breakfast

1030: Art

1230: Lunch

1700: Surf

1930: Dinner

### **Batch 2**

0630: Surf

0930: Breakfast

1030: Art

1230: Lunch

1700: Yoga

1930: Dinner

# FOOD

## Pranic Ayurvedic Meals



The food served will be healthy, gourmet fresh food, using vegetables straight from the organic garden. The property also maintains a dairy farm.

For the super health-conscious, many vegan, gluten free, Ayurvedic and low carb recipes will be offered.

# GETTING TO / What to bring / Weather



## **BY AIR AND ROAD**

*The closest international airport is Chennai.*

*The scenic East Coast Road (ECR) links Dune to Chennai, and it takes roughly two and a half hours from the Airport to reach. We are 9 Km after the ECR Anumandai Toll Gate. You will see a Dune sign board at the road crossing on the left side toward the beach. From Puducherry, take the ECR road to Chennai. We are 14 km away from Puducherry. You will see our sign board at the crossing on the right-hand side after the church.*

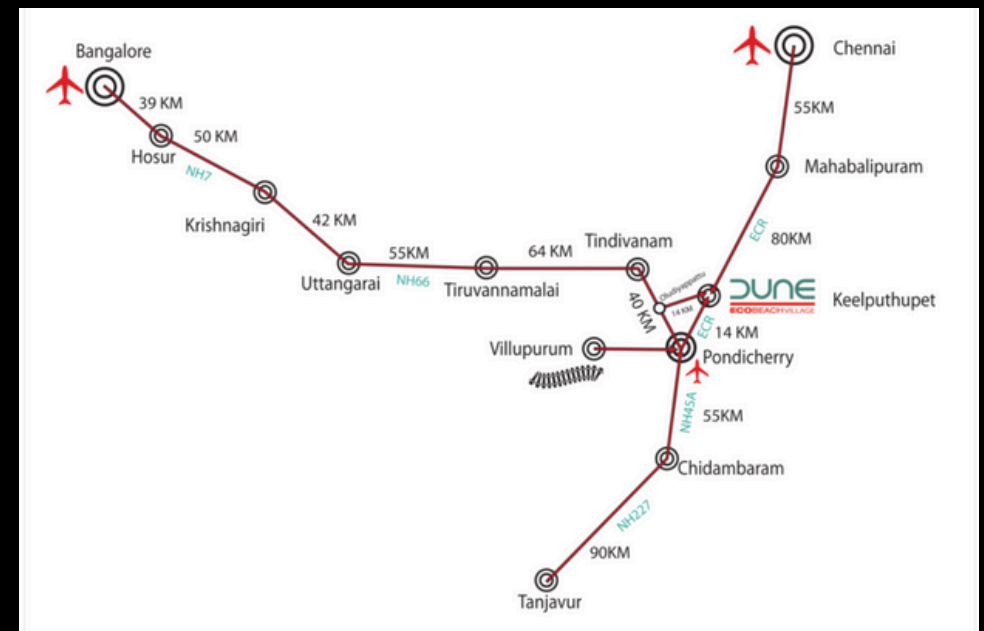
## **BY TRAIN**

*Chennai and Bangalore are both well connected to Villupuram station, it will take you around 1 hour to reach Dune.*

*You can coordinate with the property for transfers for a cost.*

## **WHAT TO BRING**

*Short trousers, short sleeve shirts, hat, sunscreen, mosquito repellent, tennis shoes, torch light and swim wear.*



## **WEATHER**

*Weather is pleasant throughout the year. Temperature ranges from 20 C to 40 C. Summer monsoon is from June to August with moderate rainfall in the evening. Winter monsoon is from October to end of November.*



# Contribution

The below program fee includes all elements of the immersive retreat - your stay, meals, snacks, herbal teas, transfers to surf spot, surfing lessons, art workshops, art canvas and paints and a personalised kit. You will be provided with two sets of attire for the yoga sessions.

(Approx.,  
Exchange rate  
dependent)

<b>Double Sharing (Non A/C / same gender)</b>	<b>INR 134,000/-</b>	<b>(USD 1675)</b>
<b>Double Sharing (AC/ same gender)</b>	<b>INR 154,000/-</b>	<b>(USD 1925)</b>
<b>Private Room (Non A/C)</b>	<b>INR 154,000/-</b>	<b>(USD 1925)</b>
<b>Private Room (A/C)</b>	<b>INR 174,000/-</b>	<b>(USD 2175)</b>
<b>Couple / double booking (Non A/C)</b>	<b>INR 255,500/-</b>	<b>(USD 3187)</b>
<b>Couple / double booking (A/C)</b>	<b>INR 275,000/-</b>	<b>(USD 3437)</b>
<b>Family of 3 (A/C)</b>	<b>INR 403,000/-</b>	<b>(USD 5037)</b>
<b>Family of 4 (A/C)*</b>	<b>INR 508,000/-</b>	<b>(USD 6350)</b>

***\*Most economical***

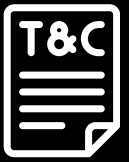
Whatsapp/ Email us to Apply



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# Terms & conditions

## **Participation & Liability:**

- *Participation in this retreat signifies your understanding and acceptance of these terms and conditions.*
- *While our instructors are highly qualified professionals, Surf Soul Art Retreat assumes no liability for any injury or death sustained during the retreat.*
- *You are solely responsible for your health and well-being throughout the program.*

## **Registration & Payment:**

- *The retreat fee does not include airport transfers. Please arrange your own transportation to and from Pondicherry.*
- *This retreat has a minimum participant requirement. In the unlikely event we do not meet this minimum by June 30th, 2024, we reserve the right to cancel the retreat and offer a full refund by the same date.*

## **Medical Considerations:**

- *You are required to disclose any pre-existing medical conditions before registering.*
- *Our instructors hold the right to restrict your participation in certain activities based on your health concerns.*

## **Accommodation & Shared Living:**

- *Shared room options require a sense of responsibility and respect towards your roommate.*
- *The organizers and hotel reserve the right to ask any guest to leave the premises due to disruptive behavior.*

## **Legal Disputes:**

- *Any disputes arising during the retreat will be subject to the jurisdiction of the courts of law in Gurugram, Haryana, India.*

## **Substance Use:**

- *Possession or use of illegal drugs or substances is strictly prohibited on the retreat premises or during workshops.*

## **Meals & Additional Charges:**

- *Vegetarian buffet meals are included in the retreat fee. Room service and any other additional charges will be your responsibility.*

## **Additional Information:**

- *We encourage open communication throughout the retreat. Any questions or concerns should be addressed to the organizers immediately.*
- *Please note:*
- *This retreat program is subject to change without prior notice due to unforeseen circumstances.*
- *We will make every effort to inform participants of any changes as soon as possible.*
- *The organisers reserve the right to notify you by July 15, 2024 and then making arrangements for cancellation of the program and a full re-fund*
- *Program cancellations due to natural or political disasters like a natural calamity or a war are beyond the control. The organisers will take account of the situation and then make partial refunds after accounting for any expenses already made*
- *The organisers can refuse applications*



**SYCG**



Since 2004

ONLINE

OFFLINE

## SIVANANDA YOGA CENTRE, GURGAON

CONTACT US

"Health is wealth. Peace of mind is happiness. Yoga shows the way."

HOME

ONLINE CLASSES

OFFLINE CLASSES

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SPECIAL COURSES

RETREATS

BEGINNER'S COURSE

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We Welcome Donations

*(Tax exemption under 80G available as per Income Tax Act 1961)*

SUBSCRIBE

YouTube 44K

***Namaste, and Swagatam.***

Sivananda Yoga Centre, Gurgaon was set up on 1 April 2004 by *Yogacharyas* Arun Pandala and Deeksha Jain Prasad.

The Centre's main purpose is to spread the teaching and practice of an authentic and ancient system of yoga, thereby promoting health, well being, a stress-free lifestyle and a more balanced and visionary individual.

**We are currently offering ONLINE and OFFLINE yoga classes.**