

# The **great** escape For the Seniors

season **2022**  
**SYCG**



## Sivananda Yoga SHORT HOLIDAYS

Welcome to a special vacation designed for our senior citizens. A holiday for them, like no other! Welcome to a Sivananda **GOLDEN** yoga retreat!

Yoga is meant to give our life a boost, instigate positive thinking, improve and provide radiant health and inner peace through the practice of ancient techniques for balanced living.

The **GOLDEN** 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 our seniors, now having a more limited ability with the body, to focus on themselves. The vacation is designed to give older people (maybe over 60 years of age) a deeper experience yoga, and to help develop a set of simple, doable practices which can be incorporated back into their daily life at home. The full daily schedule is given here.

In the **GOLDEN** retreat, seniors will have an opportunity to practice yoga asanas, relaxation, pranayama, and guided meditation. In addition to this, they will be introduced to the yogic theory and its practical application in their 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 **GOLDEN** retreat to give the seniors 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 of joy.

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

## 9, 10, 11 November 2022

Zorba The Buddha, MG Road, New Delhi, India

## SIVANANDA YOGA CENTRE, GURGAON

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

M13/23, DLF Phase II Gurgaon, Haryana. Contact numbers: 9810645850; 9818865306

### 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 (all modified to suit the needs of the seniors)
2. **Pranayama** • The basic practices: kapalabhati, anuloma viloma (alternate nostril breathing)
3. **Yoga for health in daily life**
4. **Yogic diet in daily life**
5. **Meditation** • Twelve-step guideline to meditation • The benefits of meditation
6. **Kirtan (Chanting)**
7. **Rest, reflection, walk around the premises, being outdoors**

### SCHEDULE

6:30 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

### SPECIAL NOTE

Chairs or Moodahs will be provided for sitting  
Adequate time to rest and recharge  
Nothing difficult or extraordinary will be expected or taught in the two days  
Well-trained teachers will assist the seniors at all times



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## ACCOMMODATION

Zorba The Buddha, 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 televisions 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 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.

## ARRIVAL & DEPARTURE

Please arrive no later than 4.00 pm on Wednesday 9 November and departure will be after dinner on Friday 11 November, around 7.30 pm

## 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

(2 days, 2 nights, accommodation, food and yoga programme. Travel is not included)

- ★ Twin sharing - ₹ 12,500 plus tax (There is discount for couples. Please check)

Please pay 20% non-refundable deposit and submit the application form to reserve your place at the retreat. Full payment should be made by 5 November 2022.

If you have any questions about the retreat

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.

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