

the **Sivananda** **weekend retreat**



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.

DATES & LOCATION

15, 16, 17 August 2025

Anandgram, Sanskriti Foundation, MG Road, Delhi

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 and benefits asanas • Proper posture alignment, deep relaxation, release of blocked energy
2. **Pranayama** • The basic practices: kapalabhati, anuloma viloma (alternate nostril breathing)
3. **Kriyas**
4. **Yoga philosophy for health in daily life**
5. **Yogic Diet in daily life**
6. **Meditation**
7. **Kirtan (Chanting)**

DAILY SCHEDULE

6:15 am	Arrival
6:30 am	Meditation and Chanting
8:00 am	Tea time
8:30 am	Asana and Pranayama class
10:00 am	Brunch
11:30 am	Lecture
1.00 pm	Tea time
2.00 pm	Yoga Nidra
3:30 pm	Asana and Pranayama class
6:00 pm	Dinner
7:00 pm	Satsang
8.00 pm	Departure

Attendance at all activities is mandatory.



SIVANANDA YOGA CENTRE, GURGAON

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

VENUE

Anandgram, Sanskriti Foundation, is on MG Road, close to the Gurgaon/New Delhi border. It has a wonderful ambience, with lush green areas and water bodies. 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

The main meals daily will be 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. A cup of tea, with light munchies is available at 8.00 am and 1.00 pm.

FEE

Venue cost, food and yoga programme. Travel is not included.

- ₹ 7500 for all 3 days
- ₹ 6200 for any 2 days
- ₹ 3800 for any 1 day
- ❖ An additional 18% GST is charged on the above fee.
- ❖ You can reserve your place by paying a 20% non-refundable deposit and filling the application form. The balance can be paid by 10th August 2025.
- ❖ If you would like to stay overnight, please check with us for availability and fee.
Additional fee per night for stay: ₹ 2500 per person in triple sharing. ₹ 2100 per person for two or more family members.

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**

Try a yoga retreat. It will be wonderful.

SIVANANDA YOGA CENTRE, GURGAON

www.yogashowstheaway.com; yogashowstheaway@yahoo.com; +91 9810645850, +91 9818865306

M13/23 DLF Phase II, Gurgaon, Haryana.