

# India Yoga Retreat 2016



with Natalie Snooke  
and Atul Mulji  
13-26 January 2016



## Sacred India

Discover the joy, colour and spirituality of southern India on this 14-day retreat. You'll experience an authentic taste of India and the transformative essence of Yoga and Vedic practice - guided by two highly experienced yoga teachers who share a passion and love for India.

- Experience the beauty and sacredness of Indian culture
- Deepen your yoga with daily asana, pranayama and meditation practice
- Relax in tranquil, eco-friendly resort accommodation
- Savor the spiritual energy of ashrams and holy temples
- Learn about Yoga and Vedic philosophy
- Be rejuvenated by Ayurvedic massage and treatments
- Share the journey with a group of like-minded others
- Enjoy a balanced, slow-paced program.

Yoga has its roots in ancient India. For over 5000 years, the science, philosophy and practice of Yoga, has been handed down through lineages from teacher to student. A journey to the source enables students to appreciate the values and nuances of Indian culture that underpin the yogic path. Today, although influenced by modern western culture, much of India's daily life remains steeped in spirituality and ritual as it has done to thousands of years.

Due to the concentration of spiritual devotion, a visit to India often has a profound and lasting impact on one's sense of being. It can charm, shock, challenge and uplift all at the same time! With poverty and wealth lying side by side, India is full of contrasts and paradoxes. Their temples, deities and worship are colourful, with a vibrancy unsurpassed. Prepare to expect the unexpected!

## Yoga Sadhana

The purpose of our retreat and the intention of our daily practice is Yoga Sadhana. *Sadhana* is at the heart of yoga and means spiritual practice. It involves discipline, devotion and ongoing self-inquiry in our daily activities and interactions. Our journey together will be about enhancing meaningful connection, both individually and collectively, whilst being sensitive to local culture and customs.

Each morning we will greet the day with guided practice of meditation, pranayama, yoga asana (Hatha, Vinyasa flow and Yin) open to students of all levels and abilities. Natalie and Atul offer light-hearted inspiration, steady guidance and diverse themes for each practice. Sessions for chanting, satsang (spiritual talks), philosophy and fire ceremony will be offered, with interactive time for questions and discussion.

Participants will be supported and guided in their self-growth by teachers Natalie and Atul, who have spent considerable time living in India, immersed in yoga. They well understand the challenges and joys that India offers the sincere yogi! Atul, also a qualified Massage Therapist, and Natalie also a qualified Life Coach, are both available to support your well-being needs whilst on the retreat.

## Accommodation

Accommodation throughout the retreat is in deluxe twin-share/double rooms. Both venues also have on-site Ayurvedic massage and body treatments, as well as a swimming pool.

Our first venue is the Kailash Beach Resort, near Puducherry, located on the Bay of Bengal on India's east coast. Situated on three hectares of tropical gardens with abundant bird life, the eco-friendly resort is run according to sustainability principles and grows its own organic vegetables. Our deluxe twin-share rooms are light, comfortable and spacious with Indian architecture and art deco furnishings. The resort also has walking paths along a river and the sea, as well as quiet courtyards for reflection.

In Tiruvannamalai we will stay at the Sparsa Resort, a serene resort located just outside of the bustling pilgrimage town. Built from eco-friendly materials, Sparsa has beautifully-appointed rooms in a garden setting, with views of the sacred Mount Arunachala.

## Meals

Three wholesome vegetarian meals are included each day. Most meals will be eaten at our hotels' good-quality restaurants in buffet-style, with the occasional lunch or dinner out. South Indian cuisine is mildly spicy, typically with rice, chapatti (toasted flat round bread), dahl, vegetable curries, plentiful fruit and some salads. Some western-style cafes and foods will be available. And there will be plenty of fresh coffee and chai!

## Program and Itinerary

Included is a rich and diverse array of spiritual discourses, blessings and daytrips to sacred temples. There will also be ample time for all the casual site-seeing, shopping, food and exploration that visitors to India enjoy.

Our daily itinerary (subject to change):

**Wednesday 13 January ~ Arrive Chennai.** Arrive by 12 midnight. Airport transfer and check-in to Radisson Blu Hotel. Welcome and introductions.

**Thursday 14 January ~ Travel to Puducherry.** Enjoy a good night's rest and morning practice. Afternoon travel 160km south through serene rural countryside via Mahabalipuram, one of the oldest towns in India. Visit ancient stone carvings.

**Friday 15 January ~ Settle into Kailash beach Resort.** Check-in. Relax. Enjoy a swim or massage. Evening stroll through gardens, along river or ocean.

**Saturday 16 January ~ Visit to Puducherry.** Enjoy the charm of this French-colonial city. Morning bicycle tour around town, visit Sri Aurobindo ashram and bookshop, Ganesh temple and lunch in French quarters. Afternoon shopping at Fab India for crafts and clothing.

**Sunday 17 January ~ Daytrip to Chidambaram and Tanjavour.** Meaning 'seat of the cosmic dance' we'll receive darshan (blessings) at the ancient Nataraja temple in Chidambaram and visit the Brahadeeswaar Temple, a UNESCO world heritage monument in Tanjavour.

**Monday 18 January ~ Relax at Kailash Resort.** Enjoy a swim, massage, Ayurvedic treatment. Stroll through the gardens, by the river or sea. Optional visit to Puducherry and evening Bollywood dance class.

**Tuesday 19 January ~ Daytrip to Auroville.** Visit this universal, international township established under the philosophy of Sri Aurobindo where men and women live in peace and unity. Explore their yoga, spirituality, eco-sustainability, healing therapies, art and crafts.

**Wednesday 20 January ~ Relax at Kailash Resort.** Optional morning Kolam class. Enjoy a swim, massage, Ayurvedic treatment. Walk in the gardens, by the river or sea. Optional evening traditional Tamil music performance.

**Thursday 21 January ~ Visit Chinmaya Mission.** Satsang with resident Swami and Swami Chinmayanda movie. Visit to SOS Children's Village and other mission projects.

**Friday 22 January ~ Travel to Tiruvannamalai.** Morning pack and afternoon travel 286km northwest through serene rural countryside and villages. Dinner at Sparsa.

**Saturday 23 January ~ Visit Arunachaleswara Temple.** Guided tour through the temple for special puja (blessings). Afternoon/evening relaxation/swim/massage at Sparsa.

**Sunday 24 January ~ Full Moon at Arunachala.** We perform the auspicious Girivalam 14 km circumambulation around the holy Mt Arunachala, home of Shiva, along with thousands of Indian pilgrims. It's an amazing event! Visit to Golden Temple of Sripuram.

**Monday 25 January ~ Visit Ramanashram.** Home of enlightened saint Ramana Maharshi, we visit his ashram and cave home for meditation, chanting and darshan. Lunch at ashram or Dreaming Tree. Afternoon/evening relaxation.

**Tuesday 26 January ~ Travel to Chennai.** Morning departure from Tiruvannamalai and check-in Radisson Blu Hotel dayroom. Airport transfer for flights home or onward travel in India. Retreat concludes.

## Retreat Costs

Our intention is to keep expenses reasonable and the standard of accommodation 'deluxe' ie comfortable but not luxurious. Travel will be in comfortable air-conditioned mini buses.

Retreat deposit:	\$350 AUD nonrefundable
Early-bird by 30 Aug:	\$2500 AUD
Standard:	\$2700 AUD

**All retreat payments are due six weeks prior to the retreat by 1 December 2015.**

## The retreat payment includes:

14 days/13 nights' Deluxe twin-share/double room accommodation  
3 vegetarian meals daily  
Airport transfers and coach transport  
Daily yoga/meditation/philosophy classes  
Sight-seeing activities and excursions.

The retreat does not include airfare travel to/from India.

Participants should allow additional monies for temple donations and tipping drivers and hotel staff, as is customary in India.

A Tourist Visa is required for all Australian and US citizens travelling to India, issued before leaving home. Some other countries now grant 5 years Tourist Visas for India. Visas are valid from the date the Visa is applied to the passport, not the date of entry into Visa. Please check your country's India Visa requirements. Australians should visit: [www.vfsglobal.com/india/australia](http://www.vfsglobal.com/india/australia)

### Health and Insurance

Travelling in India does involve greater risks than most Western countries, therefore some precautions are advisable.

Whilst the areas we are travelling in are considered to be safe, civil unrest is always a potential threat in India. Travelling in India can be unpredictable and disorganised by Western standards. Doing so requires patience, flexibility and humour at all times!

*Retreat participants are recommended to obtain comprehensive travel insurance.*

It is common for first-time travelers to India to receive stomach upset and/or diarrhea (known as dysentery) simply due to the different strains of bacteria present. We will have access to fully qualified doctors at all of our hotels.

Participants taking any prescribed medication should ensure they carry it with full labels attached. Good quality prescription medicine is widely available (and very cheap) in India.

Whether or not to vaccinate is a personal choice. The retreat leaders have found vaccination to be beneficial in their past visits to India. For more information on vaccination go to: [www.travelclinic.com.au/india/](http://www.travelclinic.com.au/india/)

Participants should ensure any dietary restrictions are clearly outlined in their Registration Form.

### Registrations

Places on this India Yoga Retreat 2016 are limited to 18 persons, allocated on a first-in basis once payment is received.

To register your place, please follow the on-line instructions at:  
[www.momentumcoachyoga.com.au/india-yoga-retreat](http://www.momentumcoachyoga.com.au/india-yoga-retreat)

### Refunds

If a participant withdraws from the retreat before the retreat commences, for any reason, the \$350 paid is non-refundable and non-transferable.

The balance of all retreat fees must reach Momentum Coaching & Yoga no later than six (6) weeks before the retreat commences. If not, the participant's place may be offered to someone on a waiting list and the participant will forfeit their deposit.

If a participant withdraws from the retreat before the retreat commences for any reason, and has already paid the full retreat fee, the following policy applies to the balance of the retreat fee (minus the deposit):

- 60 days or more withdrawal - 100% refund, less administration fee of \$100 AUD
- 30-59 days withdrawal - 75% refund
- 14-29 days withdrawal - 50% refund
- 1-13 days withdrawal - no refund.

### Information and Assistance

For further information, advice and assistance about this retreat please contact:

Natalie Snooke or Kylie Holtham at  
+61 8 9330 1988 (Perth GMT +8hrs)  
[info@momentumcoachyoga.com.au](mailto:info@momentumcoachyoga.com.au)  
[www.momentumcoachyoga.com.au](http://www.momentumcoachyoga.com.au)

We look forward to serving you on the India Yoga Retreat 2016.

*Namaste*

