

# YOGA DIWALI INDIA

A Cultural Immersion

## The Mount Madonna & Sri Ram Ashram Experience

**Oct 18 - 30, 2019**

*For decades Babaji, his students, and interested visitors made an annual journey to Sri Ram Ashram. There they continued their study of yoga, furthered their practice of Karma Yoga, and deepened their understanding of community through group practice, study, and play. Experiencing the ancient culture of yoga, exploring the auspicious temples and sites, and supporting and playing with the children and family of Sri Ram Ashram; this journey transforms the lives of those who share it. We look forward to sharing this experience with you!*



*“Yoga is not one particular method. As soon as a person starts thinking, ‘I want to be a better person,’ —that’s the start of yoga.” ~Babaji*

**YOGA DIWALI INDIA 2019** welcomes participants to join us as we celebrate the light of India at Sri Ram Ashram.

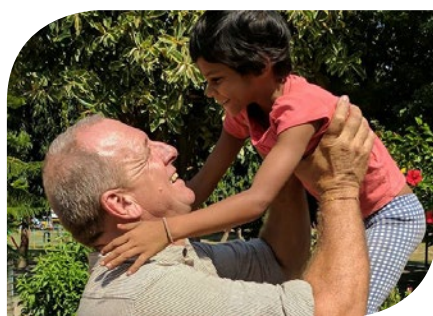
- 🌸 **Begin in Delhi** with a comparative religions tour as we visit a Muslim mosque, Hindu temple, and Sikh Gurudwara. Travel by train to Sri Ram Ashram, situated outside the holy city of Haridwar.
- 🌸 **Experience the ancient ritual of Arati** in Haridwar, one of the holiest cities in India, immerse yourself in the surrounding temples and the culture of rural northern India.
- 🌸 **Our time at Sri Ram Ashram** includes the celebration of Diwali. Join in the festivities with the ashram and surrounding villages as lighted clay lamps, flowers, and sweets are offered in celebration.

Please contact us at [YogaIndia@mountmadonna.org](mailto:YogaIndia@mountmadonna.org) for an application



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*A typical day will include*



### **MORNINGS**

Yoga, daily pranayama, meditation, and asana classes.

### **AFTERNOONS**

Afternoons provide an opportunity to steep ourselves in the culture of India. There is free time to just be and play with the children. Afternoon activities include:

- 🌸 **Theme discussions** connect our practice and deepen our understanding of practices such as Ashtanga Yoga, and the culture around us.
- 🌸 **Har Ki Pauri** is a sacred ancient site where a unique aarti ceremony is offered to the river Ganga. Candle lit flower boats are offered by millions of pilgrims who visit Haridwar annually and during auspicious festivals.

🌸 **Rishikesh** known for its natural beauty and dedication to Yoga.

🌸 **Daksha Mahadev Temple** located in Kankhal, the site of this Shiva temple is described in the ancient story told in the Mahabharata.

🌸 **Ananda Mayi Ma Maha Samadhi**, the final resting place of Anandi Mayi Ma, a revered saint who attained Maha Samadhi and left her body in 1982.

### **EVENINGS**

Join the children in their daily Arati ritual, relax and experience India and Ashram life.

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### *Yoga Instructors and Facilitators*

#### **YOGA PRACTICES**

In our daily yoga sessions we practice pranayama, meditation and asana with brief discussions of philosophy and theory.

Our foundation is the classical eight-limbed (ashtanga) system as taught by Baba Hari Dass. All practices are done in a supportive and non competitive environment.

#### **Chetna Tracy Boyd, Yoga Instructor**

Chetna has been studying and practicing yoga in its many aspects since the mid 1990's. She began teaching in 2003 and is a graduate of the Salt Spring Centre of Yoga, where she was certified in classical ashtanga and hatha yoga systems and is registered with the Yoga Alliance. She has completed the 1000 hours Yoga Therapy training through Integrative Yoga Therapy and achieved certification through the International Association of Yoga Therapists (C-IAYT). Chetna joined the faculty of the SSCY Yoga Teacher Trainings in 2007 and in 2018 assumed the role of YTT Program Director. Chetna teaches private yoga therapy sessions for specific conditions and specializing in yoga for cancer. As well she teaches public and corporate classes in Victoria, BC Canada. Her compassionate approach to teaching promotes an environment that is relaxing and encouraging, empowering and fun.

#### **Yogeshwar Will Humphrey, Yoga Instructor**

Yogeshwar has been teaching yoga for a decade, with 500 hours of teacher training in the tradition of Baba Hari Dass. He also earned an MA in Religious Studies from the University of Calgary, with a focus on Indian philosophy and religion and a thesis on meditation in the Yogasūtra. He loves bringing the breadth and depth of the yoga tradition into the felt experience of practice and everyday life, and he does so with both deep reverence and a good sense of humour.

#### **Rashmi Cole, Director**

Rashmi has lived at Sri Ram Ashram since 1988. She has participated in all phases of Sri Ram Ashram, from inception, to chasing elephants out of the fields, raising babies, supervising education, facilitating college admissions and arranging marriages for our young adults. She is director of the Yoga Diwali India program, a successful Yoga immersion program at Sri Ram Ashram and has hosted many visiting groups from around the world. Her passion is to share Sri Ram Ashram and the Haridwar area with the world and is happiest when our Sri Ram Ashram family gathers for milestone events.

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**TUITION:** \$1,850.00 includes two nights in Delhi; ten days of all inclusive stay at Sri Ram Ashram; all land travel and tours, including, bus tours, trains, and airport transfer on arrival (not departure); all meals except 2 lunches in Rishikesh and Delhi.

**Ask us about our Early Bird (deposit by June 1st) and Alumni discount.**