

YOGA DIWALI INDIA

A Cultural Immersion

The Mount Madonna & Sri Ram Ashram Experience

November 5 – 17, 2020

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 2020 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 for an application



The Mount Madonna & Sri Ram Ashram Experience

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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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 July 1) and Alumni discount.