

Spiritual Retreat in South India

Experience inner India with yoga & meditation

28.12 2010- 17.01 2011

Aims of the trip

With yoga we purify and strengthen our body

With pranayama we energise all layers of the body and calm down the mind

With meditation we create peaceful vibration and open up for intuitional experiences and inner peace

With India we get inspiration and directions to find the inner self

India is so much more than words can express. The spiritual traditions go several thousands of years back and have been kept alive in the many different Indian cultures. We wish to offer you a chance to experience vibrations and to explore Indian spirituality through yoga and meditation in the motherland of yoga. We will arrange sessions with spiritual masters, vedic pandits, artists, astrologers, karma yogis and other inspiring persons. As a group we will share experiences, discuss and learn both from personal experience and group reflections. **In terms of yoga and meditation this retreat will give you an opportunity to intensify your practice with fellow students and inspiring surroundings and teachers. In terms of spiritual development we wish to offer you inspiration to take your own steps on the spiritual path. In terms of India – only experience can explain!**



About Santhi Yoga School

Anna Marie travelled to India the first time as 21 year-old where she lived and volunteered for 3 months in Mitraniketan, near Trivandrum in Kerala. She travelled more than one year in different parts of India but spend most time in the area around the location of the retreat. Here she studied yoga and meditation as well as Indian spiritual theatre and dance. In Denmark she furthermore studies Indology at the university.



Govind was born in Trivandrum, Kerala, but has also lived in Tamil Nadu before he opened a yoga and meditation school in his hometown. He has been a student of different gurus and his preferred places in India are the holy place Arunachala and the Himalayas where his guru lives in a meditation cave. Govind is looking forward to show the favourite places in his home place and to share some of the inexplicable experiences, which words cannot cover such as meetings with an enlightened master.

Since 2007 we have lived together in Copenhagen where we established the spiritual yoga and meditation school Santhi Yoga School. In 2008 we had our first experience with group tours to India since 51 Danish guests came all the way from Denmark to attend our Indian wedding. We find that our different backgrounds are a gift in our teaching and with our Indian-Danish roots and our yoga and

meditation experience we are specially qualified to make a unique spiritual retreat in India. And we have dreamed about doing it for years.

Yoga & Meditation



Yoga is much more than physical exercises. It's a practice and life philosophy for body, mind and soul. In Santhi Yoga School our aim is to provide tools for the individual to take his own steps on the spiritual path. We are all students and we are all on different places on our individual path. On a basic level we work with physical positions, breathing techniques, relaxation, concentration and meditation. Advanced breathing and meditation techniques are given individually with concern of the students aims, lifestyle and condition. On this retreat we are going to work with different kinds of yogic practices and get inspiration from Indian spiritual teachers.

The place

The retreat is held in Kerala, South India – in Mitraniketan - an Indian NGO society that forms a village in itself. It is a beautiful green village with warm people and a very peaceful atmosphere. Mitraniketan educate poor children and youngsters from the surrounding areas and from the tripe areas of Kerala. But they also have Guest House facilities and are used to visitors from different parts of the world. Mitraniketan consists of a school for children, a Danish inspired Folk-high school, a farmer section and other NGO activities. This beautiful village is in reachable distance from the Capital city (1 ½ hours form the airport) and tourist attractions (The famous Kovalam Beach is 3 hours away) but far away from the turisty India with souvenir sellers and beach parties. We are very familiar in the safe environment – which was the first place Anna Marie stayed and worked in India. Mitraniketan is located just 1 ½ hours away from Govinds birthplace and family home in Trivandrum. The rooms are simple rooms with bed, table and toilet with bucket bath. All rooms have fan and mosquito net and most rooms have a balcony. Mitraniketan is a place of many activities and a guest you are welcome to visit the different sections –clay pottery section, see how vanila is harvested and watch silk – wavering and maybe by a handmade silk clothes. International payphone in Mitraniketan and internet is available in the small town nearby.



To read more about mitraniketan see www.mitraniketan.org

The food is local fresh vegetarian South Indian food –spiced in mild version. 3 meals per day served in a cantina placed just below the Guesthouse. All food is fresh and made on local vegetables and traditional recepies. A typical menu would be:



Breakfast: idily (fluffy rice – buns) with curry, cocunut-ginger-paste and fresh bananas. **Lunch:** red rice with 2-5 different curries and sources. Maybe with papadum (crispy bread) and homemade yoghurt. **Dinner:** chapatti (flat bread) with 2 curries



We will provide a selection of fresh drinking coconuts and local fruits such as pineapple, mango and papaya. Biscuits and snacks are available in the small local “kiosk” where you also can buy shampoo, soap and other small things.

Arunachala

After the retreat we will travel to the neighbour state Tamil Nadu to reach the holy mountain Arunachala and stay in Ramana Maharshi's vibrations in Ramana Ashram. We travel by train and make the travel an experience. The journey takes around 12 - 14 hours and we will take a train in sleeper coach at 16.00 and arrive early the next morning. We will stay in the ashram and you can meditate, read and participate in the daily program as you feel like. In one of the days we will walk around the holy mountain and Govind will explain about the temples around the hill. We will visit the cave where Ramana Maharshi spend years in meditation. In these holy vibrations among loose walking peacocks and naughty little monkeys we will meditate, talk and share "moments of being" together.



Ramana Maharshi was a sage who became enlightened as a teenager and lived by the holy mountain Arunachala until his death in 1950. He has followers from all parts of the world and from all religions. His teachings are based on the "who am I" philosophy which is one of the inspirational foundations of Santhi Yoga School. Read more about Ramana Maharshi, Arunachala and Ramana ashram here www.sriramanamaharshi.org

The retreat program

The program will include daily practice of **pranayama**, **yoga** and **meditation**. In the classes we will work with different kriyas, sound vibrations (mantras) and techniques according to the condition of the individual practitioner. The program will offer both teaching of high quality but also space for reflection and self-study (reading books, discussions, self-observations ect.). India is a place of multi stimulations – even in a village. We will make sure that there will be room to "take in" the Indian surroundings and to mingle with the other participants.

Daily program

06.00 – 07.30: **Yoga and Meditation**

08.00 – 09.00: **Breakfast**

09.15 – 10.45: **Lecture /satsang**

11.00 – 11.45: **tea & fruit/snack break**

11.45 – 13.00: **Mouna vrittam (silent being) / karma yoga / nap**

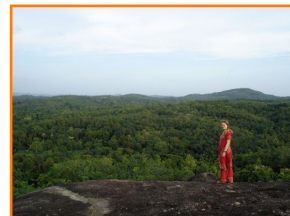
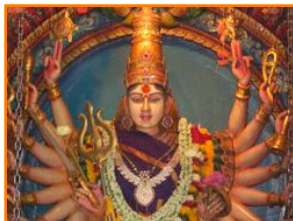
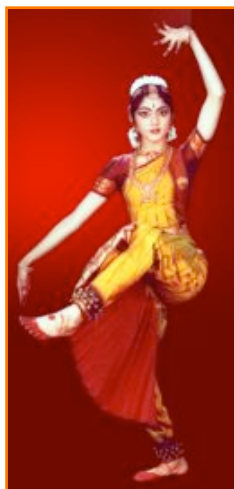
13.00 – 15.30: **lunch and afternoon break**

16.00 – 18.30: **Practice of yogic kriyas/techniques**

19.00 – 20.00: **dinner**

20.00 - 21.00: **Good night group reflection on the rooftop under the stars.**

Culture, Nature and local surroundings



We let the surroundings inspire us both by analysis of the art in the local temples and connect it with yoga philosophy and visiting spiritual places in the neighbourhood. If there is a festival or cultural program suiting with the frames of the retreat (such as fx. Hindu festivals or spiritual dance/theatre) we will attend the program. We will experience Kerala's amazing nature when we visit waterfalls in the forest of herbal medicinal plants and hike in the cool mountains of a beautiful tea estate. Govind will show us ancient temples and together we will visit some of his old masters and have a cup of tea in his family house.



Overview

(27.12 -) 28.12: arrival in Mitraniketan

29.12 - 09.01: 12 days with yoga and meditation including day trip to the medicinal herbal forest and the tea estate, visit to spiritual masters and a spiritual satsangs with guest teachers.

10.12 - 12.12: three days without guided class - program. Time for guided self-practice or for reflection and relaxation. Possibilities to arrange Ayurvedic massage (not included in the budget).

13.01 - 14.01: We travel from 16.00 and reach Ramana ashram in Tamil Nadu next morning

14.01 - 17.01: 3 days in Ramana ashram. The retreat ends here. You are welcome to stay for more days in one of the many ashrams!

17.01: return journey to Trivandrum or departure from the nearest airport Chennai airport. We will assist you in your departure.

Travelling

You are responsible for your own journey from Denmark – Trivandrum and return. However, we expect a larger number of participants to travel together and we will assist to form travel groups. The prices of flight tickets vary and there may be a good amount to save if you travel from London – or other larger cities in Europe. In June we found a price on a flight ticket from London to Trivandrum (also spelled Thiruvananthapuram) for 4500 kr. via www.momondo.com. Send us a mail if you want to be linked with other people who search for flight tickets. Please note that it may be comfortable to book return flight from Chennai (also called Madras) since we end our journey there.

Price, sign up and payment

Reservation, September 15 th	1000 kr.
October 1 st	3000 kr.
November 1 st	3000 kr.
Total	7000 kr.

The price includes

- Accommodation in double room in Mitraniketan from 27.12 – 13.12 and from 14.12 – 17.12 in Ramana ashram
- Food (3 meals per day + afternoon snack)
- All group Transportation and taxi from Airport to Mitraniketan.
- All classes and lectures in the Retreat program

Estimated price including flight ticket 12.000 – 14.500 kr.

Who can join

The spiritual retreat is for all who are interested to discover India from a non-touristy point of view. It is not a luxurious trip with 5 stars hotels and room service – the rooms are simple and the team will participate in small daily duties such as clearing the table after eating, buying fruits in the local market, making fresh juice for the group for afternoon snack etc. You don't have to have experience with yoga and meditation but we recommend you to come for some classes in Santhi Yoga School before the retreat if you are new to yoga and meditation. Interest, enthusiasm and dedication to discover the spiritual yoga and meditation as well as India are the most important things. Since we live in a village it is important to be open-minded for the cultural differences and accept the dress code (women should have knees and shoulders covered in public places).

More information

Hear more about teaching on the retreat in our information evenings:

- Thursday 19th of August 18.00 – 20.00 and
- Saturday 11th of September 14.00 – 16.00

[Remember to sign up by mail](#)

To learn more about Santhi Yoga please visit our webpage or contact us. We also advice you to participate in a free introduction evening in Santhi Yoga School to get a feeling of our approach to yoga and meditation. All introduction evenings starts at 18.00 – 19.30 on Thursdays in alternate weeks. Look at www.santhiyoga.dk or contact us to find the next introduction evening

Aum Santhi (peace), Anna Marie and Govind, Santhi Yoga School