



SAMDARSHI RETREATS

SAMDARSHI RETREATS PROGRAMS **SCHEDULE**

Yoga

Satsang

Accommodation

Food and lodging

Satsang

Meditation

One session of philosophy/ sharing

Trekking /rafting



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YOGA PRACTICE

During the retreats session we will provide two yoga session in morning & in evening for beginners and for intermediate (Hatha yoga & Astanga Yoga) .

PRANAYAMA

We are teaching both type of breathing exercise that is active and passive for 3 days in a week, classical and modern breathing.

YOGIC PURIFICATION

3 DAYS in alternate days, we will doing some purification of body with the help of Jal neti, Rubber neti , Vaman etc.

With the help of yogic practice there is many whole body detoxification techniques so during the 3 days we trying to practices few of techniques

SATSANG

Every day in our ashram you can set in the Satsang (Satsang means, where you can set in the presence of your being without any object) MASTER (The master is the only phenomena in the world, in his divine presence, where we can get the hidden huge impression of the vast existence. With his energy and grace, he co-operates us to lighten up the hidden darkness present inside us.)

MEDITATION

Every day we have three session of meditation so you can participate in that, we are teaching both type of mediation classical & modern , with the help of these techniques you can purified your unconscious mind & all sorts of emotions (suppression, anger, lust ,depressions, stress, greed, attachments etc.)

By the help of meditation techniques you can transform your personality.

Accommodation in Ashram

We have good accommodation in our ashram with good view & nature

Make sure Ashram is not a personal property of someone special; ashram is our own house, but big house in spite of all Faisonallty, we have to taking care of that property and if we get any deification there, so we have to accepts like in our house.



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FOOD AND LODGING

We have a beautiful natural pantry area where you can have food (Indian, continental & raw food) 3 meals in a day according to your practice.

One session of philosophy and Sharing session

When master is available in ashram in satsang time you can ask directly any kind of question about your life, inner journey, all sorts of sharing, if he is not in ashram then we have a separate group discussions session during that days.

Trekking / Rafting

For 14 days participants we are giving end of the week one trekking in Himalayan site seen/ 16 km river rafting in Ganga.

YOGA RETREATS TIME TABLE

6:00 a.m	WAKE UP
6:30 to 7:15 a.m	PURIFICATION (Mon, Wed, Fri)
6:30 to 7:15 a.m	PRANAYAMA (Tues, Thru, Sat)
7:15 a.m	HERBAL TEA or FRUIT JUICES
7:30 to 9:00 a.m	YOGA CLASSES
9:00 to 10:00 a.m	FREE TIME
10:00 to 11:30 a.m	SATSANG TIME
12:00 to 1:00p.m	DANCE MEDITATION
1:00 to 2:00 a.m	LUNCH TIME
2:00 to 5:00 p.m	FREE TIME
5:00 to 6:30p.m	YOGA CLASS
7:00 to 8:00p.m	PASSIVE MEDITATION
8.30 p.m	DINNER TIME



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UPCOMING PROGRAM DATES

7 MARCH TO 13TH MARCH 2016

14TH MARCH TO 20TH MARCH 2016

11TH APRIL TO 17TH APRIL 2016

18TH APRIL TO 24TH APRIL 2016

9TH MAY TO 15TH MAY 2016

16TH MAY TO 22ND MAY 2016

6TH JUNE TO 12TH JUNE 2016

13TH TO 19TH JUNE 2016

11TH JULY TO 17TH JULY 2016

18TH JULY TO 24TH JULY 2016

8TH AUG TO 14TH AUG 2016

15TH AUG TO 21 AUG 2016

5TH SEP TO 11TH SEP 2016

12TH TO 18TH SEP 2016

10TH OCT TO 16TH OCT 2016

17TH OCT TO 23RD OCT 2016

7TH NOV to 13 NOV 2016

14th NOV to 20th NOV 2016

5th DEC 2016 to 11th DEC 2016

12th DEC to 18th DEC 2016