

Sadhana Stay In Holy India

When: 14.11.15 - 29.11.15: / 30.01.16—14.02.16

Where: Tiruvannamalai, Tamil Nadu, South India

Price: 16 days incl. Course, food & accommodation & flight: from 16.000 kr.

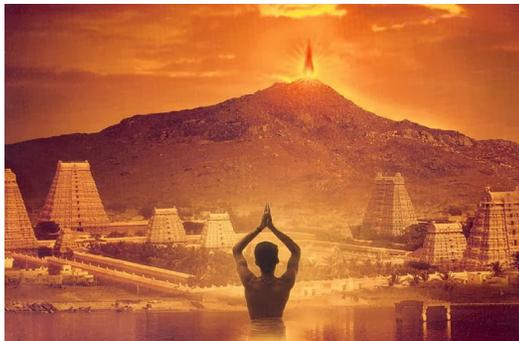
Early bird: Save money and get a 600 kr. yoga bonus! Info on: www.santhyoga.dk

What: A spiritual retreat with a daily yoga & meditation routine and time for self-discovery through personal guidance. The focus is on your *sadhana* (spiritual praxis) and the frames are made to support a sadhana routine based on your experience and inner call.

You will be inspired by satsangs with enlightened masters, reflective talks and spiritual classes by Govind. But most of all you will be touched by one of India's most holy pilgrimage places: Tiruvannamalai, the city with Arunachala; the sacred mountain of fire, and Ramana Ashram; the center for "searching the higher Self" as showed by the saint Ramana Maharshi.

Self Practice

You have come to a holy place — we will help you to use of the unique vibrations to boost your sadhana: meditate in the ancient caves on the mountain, visit temples, chant and witness ancient rituals in ashrams as suggested in your personal sadhana plan.



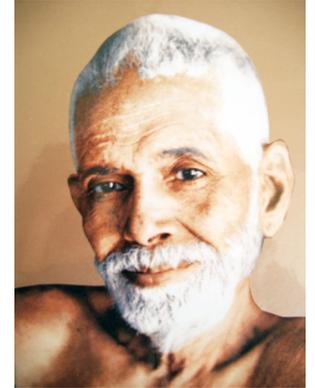
Vibrations beyond words

The rays of spirituality are unique here and we take you direct to the sources: guided tours to ashrams, amazing temples, face to face meeting with enlightened masters and of course: walking the famous pilgrimage route around the holy mountain Arunachala during the full moon in a group of millions of pilgrims.

"Happiness is your nature.
It is not wrong to desire it.
What is wrong is seeking it outside
when it is inside"

"Your own Self-Realization is the greatest
service you can render the world."

Ramana Maharshi (1879—1950)



Who can attend?

Any spiritually interested person who equally seek group guided inspiration and individual practice are welcome. You should be: motivated for longer meditation, open to learn from both religious and non-religious spiritual masters & cultures, disciplined enough to follow the guidelines of Self-Practice and able to adjust cultural dress and behavior codes of holy pilgrimage places.

Santhi Yoga

We, Govind from South India and Anna Marie from Denmark, started Santhi Yoga together in Denmark and India when we in 2007. We always felt spiritually connected to Ramana Maharshi and Arunachala and now we live part time in this unique place. We open our Guest House for spiritual seekers asking our guidance for yoga, meditation and spiritual support.



Visit as our guest—not as a tourist

We invite you to "our India" and open an opportunity for you to learn from the inside of an ancient, rich and very different culture.

Together we cross the usual tourist border lines and make you feel as a participator rather than a spectator. All guest teachers—including swamis and other light-giving personalities - are people we are personally connected to. The places we take you to are places that inspire us the most whether it's an amazing temple or a poor farmer in his hut. They all have stories to tell. And this is what often inspires our guests the most: the direct contact.

Invite simplicity by your side as your teacher and friend. We have chosen to stay away from soft hotel cushions, room service and wifi. Give yourself a materialistic break—its more rewarding than you may think!



Your Daily Sadhana Program

05.00—07.00: Yoga & Meditation*
07.30—08.00: Breakfast
09.30—11.30: Spiritual Class**/ Self practice
11.30—12.30: Lunch
15.00—17.00: Self practice**
18.30: Dinner 20.00—20.30: Group reflection

* Weekly 3 guided classes & 3 self-practice
** weekly 3 spiritual classes or satsangs with Govind and/or guest teachers.

Individual Guidance: Each person will have one weekly individual session with Govind.

Guided tours: 4-5 guided tours to meditation caves, ashrams, temples and introduction to the area.

Extend your Sadhana Stay: Stay longer for individual practice: from 1500 kr. per week

Spiritual Approach

The classes and guidance is based within the frame of the ancient Advaita (one-ness) philosophy. We use the tools of yoga and meditation to reach a deeper understanding or experience of the essence of the frame of Self-Realization as Ramana Maharshi exemplified it.

Classes are non-religious but relate to different approaches of the divine aspects of life. Subjects will differ according to the group's experience, challenges and interest and the guest teachers available.



Practical information

Included in the Retreat price: Transportation to and from Tiruvannamalai—Chennai. Sadhana Program. Accommodation (double room with basic facilities and shared toilet & bath). 3 daily meals (South Indian vegetarian food) & purified water.

Not included in the price: Internet, laundry service.

Language: English (occasionally Danish).

What to bring? Vaccinations? Visa?- Get advice and more in FAQ on www.santhyoga.dk

How to register: contact us on mail@santhyoga.dk and we will send you a personal course submission page. After returning the submission Grace Tours will contact you to make your booking.

Save Money: Book your flight early and save money on the flight fair.

This package tour is sold by the travel agency Grace Tours and covered by "Dansk Rejsegarantifond" (m. no. 776).



Santhi Yoga

mail@santhyoga.dk

Testimonials, further info & inspiration on

www.santhyoga.dk