



## TATTWA SHUDDHI YOGA RETREAT CENTRE®

**'Himachal Pradesh'**, abode of the Gods, is rightly called "DEV BHOOMI". It abounds with intrinsic beauty of mountains, hills, river, streams and vegetative abundance. The history of ancient Himachal is entirely based on religious literature in Sanskrit. Rig Veda, the earliest Veda throws light on various tribes settled along the Himalayan foothills about 2000 BC which formed the sought after place for Ayurvedic herbs, shrubs and yoga.

The TATTWA SHUDDHI YOGA RETREAT CENTRE at the foot hills of the Dhauladhar Ranges in Dharamshala (*a place where dharma resides*) is blessed by a boundary of temples on surrounding hills, the toll of the bells chime in the valley far and long that will wake you up and announce the dawn, followed by the cockerel's call. See the sun rise from the shoulder of a mountain. Listen to the mountain bird sing as you walk through the pine and cedar trees, watch the world below from top of a hill and inhale the snow kissed breeze. The snowcapped mountains overlook you to the revelation of nature, while you can overlook the brook across and listen to it. It is a place to reclaim and immerse your self in the abode of the blessed.

The Centre is situated far from the maddening crowd in a sleepy hamlet where you can set your own pace of life while appreciating and rediscovering the beauty of simplicities of life in the lap of nature.

### **About the Program**

The Yoga Retreat Centre runs a variety of programs (mainly 5-day) in groups of 15 namely catering to the corporate sector, families and individuals. The duration varies from time to time primarily on the season and weather conditions.

The Centre conducts a regimented “Yogic Lifestyle Program” that commences each day at 0530 hrs and ends at 2130 hrs. which will include Mentor Meditation initiation ,Yoga Asanas, Pranayams, Karma Yoga, Kriyas – Cleansing practices, Bringing practical changes in daily Life and Life situations, Kirtans , Recreational Activities, Natural regimented Organic diet, Nature walks / Trekking, Creativity sessions. Along with this it will also include Stress Management, Time Management, Leadership skills and Managing Interpersonal Relationships and Organizational Behavior that can be customized according to need of the group.

The package includes yoga training, accommodation, organic diet, trekking (conducted by professionals of a leading mountaineering institute), sightseeing, etc.

Arrangements to drop and pick up can be made on request.

The program is being run at Dharamshala, Himachal Pradesh during April – June & September – November.

## **RULES & REGULATIONS**

- Mobiles, Books, Novels, Magazines, Walkman, Discman, etc. will not be allowed.
- No food items will be permitted.
- No cigarettes, tobacco, drinks, or any other form of intoxicants will be allowed during the course.
- [If one brings any of the above then he/she will have to submit it at the counter at the time of registration. It will be given back at the end of the course.]
- All will comply and follow the schedule, which has been designed with a specific purpose.
- Each and every person is expected to participate in all activities. It is not optional.
- “Arya Mauna” i.e. Noble silence will be practiced during meals and from 2130 hrs. – 0630 hrs.
- This is the time to be with oneself so please avoid idle chat.
- During the program if you require something, please see the coordinators.

## **CHECKLIST**

- Torch
- Towels/Napkins
- Toiletries
- Mats for yoga
- Cushions for meditation
- Slippers & Trekking shoes
- Warm clothes and woolens
- Mosquito repellent
- Medicines that you may require
- Raincoats/Umbrellas/Jackets