



Swami Krishna Priya Yoga School

announces:

YOGA RETREAT in Shimla, Himachal Pradesh, India

April 20 to May 4 - 2019

Shimla, located on the south-western ranges of the Himalayas, is a beautiful city with lots of historical sites and a nice climate.

We'll be staying in an authentic ashram where vegetarian meals will be served.

Price is € 1200,-

including the flight to Delhi and back, transport to and from Shimla, stay in the ashram plus meals and a complete yoga program (see below). Visa for India is not included and also see below for what to bring on this amazing yoga adventure.



Example of daily program:

- 06:00-08:00 Asana and pranayama (Harsa or Petri)
- 08:15-09:15 Meditation (Krishna Priya Didi)
- 09:30-10:30 Breakfast
- 10:45-11:45 Philosophy: Gita Pravachan, Patanjali, Yoga Darshan, questions & answers (Krishna Priya Didi)
- 12:00-13:00 Lunch
- 13:00-16:00 Free time
- 16:00-17:30 Lecture: Ayurveda and/or yoga (Harsa or Petri)
- 18:00-19:00 Dinner
- 19:30-20:45 Kirtan & satsang (mantra reciting, questions & answers)
- 20:45-21:30 Meditation (Krishna Priya Didi)

Teachers:



Krishna Priya Didi



Harsa Sunderji

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info@yogastudioharsa.nl

Last day of registration is January 15, 2019.

Limited number of places, register soon!

Registration is official when your payment has been received.

Practical information and payment details will follow after your declaration for participation.

Bring your own: yoga mat, towel(s), cushion cover, bed sheet, writing materials.

You are responsible for the request and payment of a tourist visum for India in time for traveling.

For registration (email please) and questions contact Harsa or Petri, contact details on the right.

Come and join us for this complete yoga immersion!



Petri Barten

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