



Sri Venugopal Goswami

Bhakti Yoga Acharya from Vrindavan, North India, is a spiritual teacher in a more than 500-year-old family tradition. His father initiated him in the teachings of the Bhakti scriptures in the Radha Raman Temple. Sri Venugopal Goswami spent many years studying under the world-famous Indian vocalist Pandit Jasraj, a master interpreter of classical Hindustani music who has been awarded many international distinctions.



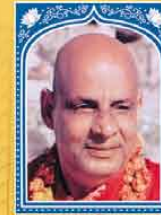
Yoga-Acharyas Swami Durgananda, Swami Sivadasananda, Swami Kailasananda, Swami Atmaramananda and many other swamis from the Sivananda Yoga Vedanta Centers in Europe will be sharing this unique event with you.

Pilgrimage schedule

Wed., 29 February	9 am Yatra bus departs from Shanti Airport Hotel, New Delhi By road to Ramnagar (250 km), Hotel Tiger Camp
Thu., 1 March	Wildlife visit by Jeep By road to Ranikhet (120 km), West View Hotel
Fri., 2 March	Light yoga programme
Sat., 3 - Fri., 9 March	Bhagavata Saptaha, with daily satsang and asana classes
Sat., 10 March	Day excursion to Bhageswar or Jageswar temple (80 km)
Sun., 11 March	From Ranikhet by road to Ramnagar (120 km), Hotel Tiger Camp
Mon., 12 March	By road to Rishikesh (190 km), stay in Swargashram Guest House
Tue., 13 March	Darshan and Sadhana at Sivananda Ashram Divine Life Society
Wed., 14 March	Day excursion to Haridvar, visit to bazaar and Ganga Arati
Thu., 15 March	Darshan and Sadhana at Sivananda Ashram Divine Life Society
Fri., 16 March	By road to Delhi (220 km), stay at Aurobindo Ashram
Sat., 17 March	Satsang at the Sivananda Centre in Delhi; sightseeing; late evening or early next morning; flights depart

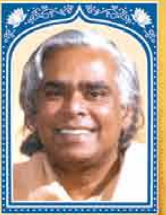
There may be occasional changes to the schedule depending on the circumstances.

Himalaya Yoga Retreat and Pilgrimage



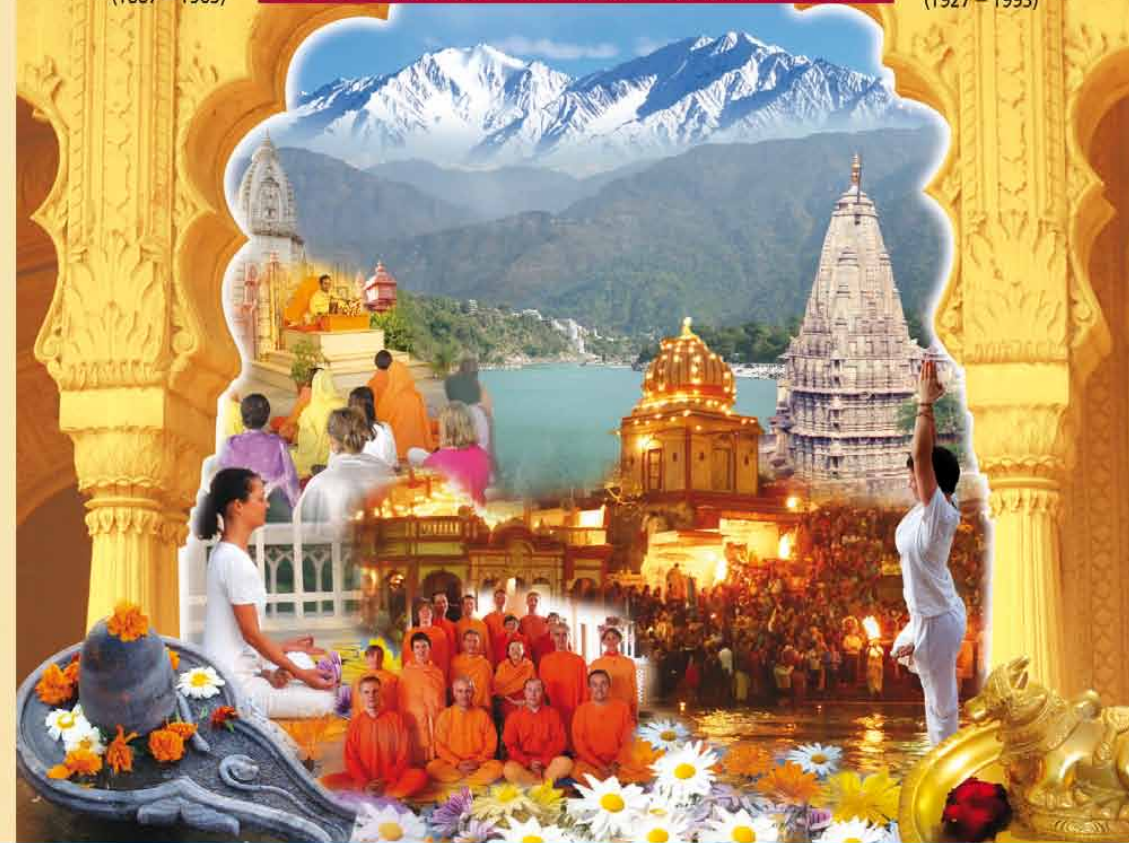
Swami
Sivananda
(1887 – 1963)

29 February – 17 March, 2012



Swami
Vishnudevananda
(1927 – 1993)

Delhi • Ranikhet • Rishikesh • Haridvar • Delhi



Yoga Sadhana at the Source of Ancient Wisdom



Sivananda Yoga Vedanta Retreat House
Founder: Swami Vishnudevananda

www.sivananda.eu

The Himalaya Yoga Retreat and Pilgrimage is organised by
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Himalaya Yoga Retreat and Pilgrimage

Delhi – Ranikhet – Rishikesh – Haridvar – Delhi
29 February – 17 March 2012

Yoga Sadhana at the Source
of Ancient Wisdom

Yoga Retreat in Ranikhet

Ranikhet is a scenic Himalayan hill resort at an altitude of 1829 meters, 350 km away from Delhi, and also 350 km from Rishikesh. It is a superb setting surrounded by lush green forests and a majestic panoramic view of Himalayan mountain peaks, including the second highest mountain of India, the Nanda Devi (7816 m). The area carries the spiritual thought currents of generations of spiritual seekers who practised deep meditation in these pristine natural surroundings. In more recent times Ma Anandamayi Ma and other saints have established hermitages and ashrams near Ranikhet. Daily satsangs and asana & pranayama classes with many Swamis and senior teachers of the Sivananda Yoga Centres amidst this pure and elevating Himalayan setting will make this retreat a very special event.

Bhagavata Saptaha in Ranikhet

Swami Vishnudevananda was very devoted to the wisdom and devotional love expressed in the ancient scripture Srimad Bhagavatam. During the final years of his life, Swamiji spent many days listening to the reading of this sacred book, becoming absorbed in deep meditation and often being moved to tears of devotion. Listening to the recitation of this yoga scripture by Bhagavatacharya Sri Venugopal Goswami overlooking the majestic Himalaya is a rare spiritual opportunity. Enjoy divine chanting and music in the company of many Swamis and senior yoga teachers from the Sivananda Yoga Vedanta Centers in Europe.

West View Hotel, Ranikhet

Is a charming family hotel on a plateau surrounded by pine and fir forests with a panoramic view ranging from the Bhagirathi peaks in the West to Nanda Kot in the East. The colonial style setting includes heritage buildings dating back to 1918. It offers spacious rooms with 4 beds and private bathroom, lightly spiced yogic vegetarian meals, Ayurveda massage treatments (extra cost). The retreat will take place on the wide hotel lawn in a typical Indian Shamiana festival tent. For further details, please visit www.westviewhotel.com

Swami Sivananda and the Divine Life Society in Rishikesh

Are the spiritual source which has nurtured several generations of yoga practitioners throughout the world. To visit the Ashram is a special blessing for yoga students worldwide. Highlights include: Visit to Mahasamadhi Shrine, Tapas Kutir and Ananda Kutir (private residence), meditations in the Vishvanath Siva Temple, Bhajan Hall and on the banks of the Ganga. We will stay in the Swargashram Guest House on the left bank of the Ganges, where we will have Satsang and asana classes and take our meals. Today Rishikesh is sometimes called the "World Capital of Yoga", with a great variety of smaller and bigger Ashrams on both sides of the Ganga.

One day in Haridvar

Haridvar, one hour from Rishikesh, is regarded as one of the seven holiest places of worship in India. It is one of the locations of the Kumbha Mela, where every 12 years millions of pilgrims congregate to perform ritualistic bathing on the Ghats (banks) of the River Ganges to wash away their sins to attain Moksha (liberation). After time for shopping in the famous Haridvar bazaar, we will participate in the famous Ganga Arati at Har ki Pauri (literally, "footsteps of the Lord"), the most sacred Ghat of Haridvar.

Wildlife visit at Corbett National Park

Corbett National Park is the oldest national park of India and contains 488 different species of plants and is the protected home of the Bengal Tiger. A scenic hotel near Ramnagar will be our halfway stop on our travel to and from Ranikhet. It is located on the banks of the Kosi River, also called Ram Ganga, which is one of the largest tributaries of the Ganga. On 29 February we will have a morning wildlife excursion by jeep into the park. www.hoteltigercampcorbett.com

Practical Information

Minimum donation 1580 EUR

This includes all spiritual programmes, accommodation and two vegetarian meals a day, ground transportation to and from Delhi. Transfer and travel will be by bus, taxi or rikshaw. Tips, laundry service, and any other additional services are not included.

Flight: Please book your own flight to Delhi

Prerequisites for the Pilgrimage

The pilgrimage has been devised as a Sadhana tour to the spiritual sources of yoga in India and will be led by experienced Swamis. The tour requires constant adaptation to local customs, as well as an inner openness and sincere acceptance of the instructions given by the Swamis. Before enrolling, please meet or correspond with any of the Acharyas or Swamis to better understand the spiritual nature of the tour and to get information on clothing, luggage, medical precautions and diet.

For further information, visit www.sivananda.eu or call:

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Enrolment: Please contact: Sivananda Yoga Zentrum Vienna, phone +4315863453, email pilgrimage@sivananda.net

