



India Retreat

Yoga and the wonders of Tiruvannamalai, India

8th-17th March 2020

Zephyr Mercer & Emily Lacy

Ashtanga Yoga & Jivamukti Yoga

Join Zephyr and Emily for this 10 day/9 night adventure in Southern India. The retreat will be held at Ashok Tree, a yoga ashram/Yogiville located between Bangalore and Chennai in the rural surroundings of Tiruvannamalai (1 of 32 districts in the state of Tamil Nadu).

Away from the hustle and bustle, Ashok Tree is surrounded by nature, farmland and precious wide open space, with breath taking views of the holy mountain of Arunachala. The Ashram places a strong emphasis on promoting natural living through home grown produce, Ayurvedic vegetarian food and wellness treatments, allowing this beautiful and natural sanctuary to encourage rejuvenation, exploration and relaxation.

We are fortunate to offer this retreat at Ashok Tree, which was established in 2005 by Yogi Ashokananda. Originally based in Vrindavan, the ashram relocated to the warmer climate of Paliapattu, Tiruvannamalai, Southern India in 2011. As a result, the ashram now enjoys more space, peacefully found in rural surroundings of around 12 acres of land outside of town. Over the years the founder, Yogi Ashokananda has been committed to developing community projects amongst his students and spearheading charitable work. The Ashok Tree ashram is an extension of Yogi's vision to create a place of authenticity in his homeland of India.

A Jivamukti and Mysore programme will run in conjunction in the mornings, giving you the opportunity to immerse yourself in either one of these practices for the duration of the 10 days. This allows Emily or Zephyr the opportunity to work intensively with you during the retreat depending on your wish to explore/begin your Ashtanga or Jivamukti practice. Beginners are welcome but would choose which practice they wanted to develop over the course of the retreat and work with one teacher in the morning sessions.

Daily meditation and afternoon sessions will bring both groups together to consider the insights and gifts of yoga practice. These will be a mix of mantra, chanting, pranayama, yin/restorative approaches, philosophy talks and technique sessions. They will be tailored to be beneficial for everyone regardless of which morning practice you choose.

In between time spent on the mat, Emily and Zephyr are also very excited to share with you some of the mystery and magic of India. Highlights include a trip to the French colonial town of Pondicherry, set on the Bay of Bengal, visiting local temples and meditation caves, the Sri Ramana Ashram, a sunrise hike (bring walking shoes) and much more. At the retreat there will also be plenty of opportunity to enjoy traditional Indian Ayurvedic massage, to wander and explore the orchards and organic vegetable gardens or simply chill out in a hammock under a tree or relax by the pool. (Yes there is a pool!)

Jivamukti Programme

Jivamukti Yoga is a physical, ethical and spiritual practice, involving a challenging yet stimulating asana (physical) practice, which utilises the vinyasa form, consisting of the integration of a specialised breath with movement. Jivamukti's core philosophy is expressed through 5 tenants which form the foundation of Jivamukti Yoga: Ahimsa; a non-violent and compassionate lifestyle, Bhakti; acknowledgment that God/Self-realization is the goal of all yoga practices, Dhyana; meditation, Nada; the development of a sound body and mind through deep listening and Shastra; study of the ancient yogic teachings.

Each class is structured around 14 main points, supported by chanting, the integration of ancient philosophical teachings, pranayama (breathing), alignment exploration, hands on assists, meditation and relaxation.

Over the course of the retreat, morning sessions will investigate a different focus while still maintaining the 14 point framework. This gives students the opportunity to experience the creativity and diversity of the Jivamukti method, while still giving insight of how one can deepen their own practice and develop an independence.

Emily is an advanced (800hr) certified Jivamukti teacher based in London at Sangye Yoga School and has been teaching the method since 2013. Influenced by many from the method and through her continuous studies and practice, she looks forward to serving you during your time together. All levels are welcome. Please contact Emily if you have any questions.

Ashtanga Mysore Programme

Ashtanga Yoga is a dynamic and fluid practice that uses a special breath technique and yokes this to a set sequence of movements to invite purification and encourage a moving meditation that strengthens the body, reduces tension and provides clarity for the mind and heart. Traditionally this sequence is committed over time to the student's memory allowing them to practice independently in accordance with their own pace and breath rhythm. This self-practice format is known as mysore-style and enables a range of practitioners to all come together in the same class under the watchful eye of a teacher (in this case Zephyr) who provides encouragement, guidance through difficulties and physical adjust-

ments to help the body navigate new more efficient and supportive pathways of movement.

During the retreat, morning classes will be a mix of both the guided and self-practice format to support all students and those new to Ashtanga can expect to leave with a mini-practice they can continue on with at home or within class. Morning class will also include elements of meditation, pranayama, chanting and philosophy, which will be further explored through afternoon sessions.

Zephyr is a Level 2 Authorised Ashtanga teacher and has had a daily Ashtanga practice for the past 15 years, making many trips to study in Mysore, India and completing the 3rd series under the guidance of her dear teachers Dena Kingsberg and Hamish Hendry. Zephyr currently leads a Mysore program at Triyoga Ealing in London and has also taught extensively internationally. Zephyr hopes to share her passion for yoga with all levels of student and offers gentle adjustments and compassionate encouragement. If you are unsure or have questions, please feel free to contact Zephyr.

What's included

- Group / Individual Return Transfers between Chennai Airport & Ashok Tree (You will be notified closer to the time to send your flight details so transfers can be arranged to and from Ashok Tree)

PLEASE NOTE: There is an additional fee for Group / Individual Return Transfers between Bangalore Airport & Ashok Tree

- 7 morning classes with either Zephyr or Emily
- 8 afternoon sessions with Emily and Zephyr - this will vary throughout the course of the 10 days, including: yin/restorative, pranayama, yoga philosophy, meditation, chanting and workshop/technique exploration
- Mid day guided meditation with Karita (Casananda retreat)
- 3 fresh vegetarian/vegan meals
- Morning Sunrise Hike to top of Arunachala mountain (one of the five main shaivite holy places in India)
- Tour of local temples
- Day trip to Pondicherry w/ Guide, shopping & Aurobindo Ashram
- Sri Ramana Ashram and cave trekking
- A 60-minute Ayurvedic workshop lead by Dr Radhika Agrawal.
- A 60-minute Ayurvedic Massage tailored for your constitution.
- Full moon festival and circumambulation of Arunachala.

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NOTE: THERE IS AN ADDITIONAL FEE FOR TRANSFERS BETWEEN BANGALORE AIPIORT AND ASHOK TREE.

FLIGHTS, VISA and TRAVEL INSURANCE ARE NOT INCLUDED. You will need to purchase your own flights and arrange a visa in advance.

Cost/Accomodation

rooms are basic but comfortable-this is india :)

Price is per person in GBR (early bird price is £100 discount up until 1st November 2019)
Non-refundable deposit (to secure space): £300 for a shared room/ £400 for private room
Balance/full payment due by: 6th January 2020*

Basic Room Shared £1195 early bird *£1095

Twin bed shared/ shared bathroom
125sq ft rooms

Basic Room Shared £1235 early bird *£1135

Best low cost option for couple only/ ensuite bathroom
178sq ft rooms

Basic Room Private £1300 early bird *£1200

Private room with ensuite bathroom
178sq ft rooms

Standard Room Shared £1275 early bird *£1175

Shared room with ensuite bathroom
256sq ft rooms

Standard Room Private £1400 early bird *£1300

Private room with ensuite bathroom
256sq ft rooms

Superior Shared £1325 early bird *£1225

Share room with ensuite bathroom
325 sq ft rooms

Superior Private £1485 early bird *£1385

Private room with ensuite bathroom
325 sq ft rooms

Refunds

*To secure the early-bird price the non-refundable deposit must be paid before 1st Nov 2019. The early bird (red price) can then be applied to the balance, with the remaining payment due by 6th Jan 2020. If booking after 1st Nov 2019 non-refundable deposit payment of £300 shared/400 single and then please refer to prices in black for the balance due on 6th Jan 2020.

Full balance must be paid by 6th Jan 2020 to secure your space on the retreat. After this date if you choose to cancel you will receive 50% of the balance payment back (excluding the non-refundable deposit)

Flights

The retreat begins morning of the 8th March, so if flying in from International destination, you may fly overnight 7th March or early morning 8th March. The last full day of the retreat is 17th March so if flying internationally the early morning flight on the 18th is recommended, or a late night flight on 17th depending on your destination. The retreat is tailored to the UK flights, so if you are coming from elsewhere and unsure please contact first before booking a flight.

If flying directly to the retreat:

From London there is only one direct flight: British Airways departs from London 14.15pm on 7th March and arrives into Chennai airport 5.35am on 8th March

Other flights fly through, Delhi, Dubai, Qatar, Bahrain, Abu Dhabi or Muscat depending on airline

If flying directly back from the retreat:

British Airways departs from Chennai 18th March 7.30am and arrives back into London 13.15pm on 18th March

(We will contact you closer to the time for your flight details so we can arrange transfers)

Insurance

It is your responsibility to ensure you are covered by comprehensive travel insurance (including cancellation, flight delays, loss and damage to baggage and other property and medical expenses including evacuation and repatriation coverage).

Visa

All foreign nationals entering India are required to possess a valid international travel document in the form of a national passport with a valid visa obtained from an Indian Mission or Post abroad.

The suggestion below gives the option to apply for an E-visa or a regular visa application.
Recommended visa: Tourist visa

<https://indianvisaonline.gov.in/visa/index.html>

Address of residence in India:

Ashok Tree
583/5, Maduravaniyam Badi Road, Paliapattu,
Tiruvannamalai, Tamil Nadu
India, PIN- 606704

Phone : 0091- 8940484154

+447900 343 135

Reservations

To secure the early-bird price the non-refundable deposit must be paid before 1st Nov 2019.
The full payment due date: 6th January 2020.

Payment methods: Cash or bank transfer

Bank transfer details:

Miss E.V.Lacy
Account No: 46195368
Sort Code: 30-63-47

Reference: Retreat India

Please clarify on the booking form the exact room you are wishing to book (ie basic, standard or superior). First come, first served, upon booking we will let you know if the room you request is no longer available should you need to choose another option.

Please complete and sign the attached booking form and return it with your deposit of £300/400* or full payment. Reservations will be based on a first come first served policy. There are limited number of en-suite and single rooms.

Any questions please contact: emily.jivamukti@icloud.com / zephyrlilymercer@gmail.com

*non-refundable