THE YOGA OF SILENCE

YOGA RETREAT AT **ANAND LOK** ON THE GANGES

Near Rishikesh, India

23rd to 30th March 2019

The River Ganges has been the source of inspiration and a place for reflection for saints and seekers alike for millennia. Anand Lok "The Abode of Bliss" on the Ganges is a place of tranquil beauty, situated 20km away from the hustle and bustle of Rishikesh, providing an ideal setting for introspection, exploration and learning.

The retreat becomes an opportunity to recognize awareness, to enter more deliberately into the asana and meditation practice, and to sharpen the capacity to understand Indian philosophy through the study of selected sacred texts.

The program includes twice daily yoga and pranayama, meditation and study periods. This practice is relevant and accessible to both the beginner and more advanced practitioner since it is not something to be qualified or quantified but simply experienced. Body and mind open naturally to relaxed states, effortlessly entering the underlying, ever present Silence.

Yoga Teacher MANSOOR

MANSOOR was born and raised in New Delhi, India. He began his spiritual guest at the early age of 17 when he per chance picked up and read books of Ramana Maharshi. These teachings were later to have a profound influence on him. Shortly thereafter, he set off traveling through Europe, studying and working along the way and eventually settling in the USA. There he spent the next 24 years exploring and being actively involved with a wide range of spiritual traditions, namely, Vedanta, J. Krishnamurti, Zen, Catholicism, Transcendental Meditation and EST.

On moving back to India, he found his way to Vipassana meditation, and then to Yoga. Mansoor received his yoga teacher training in classical Hatha Yoga through the Sivananda Vedanta tradition in Kerala, India. This opened the door to his deep study and love for scriptures. Over the years of teaching he has developed his own teaching style, having drawn on the experience of several teachers and traditions, and incorporating his knowledge of the scriptures to guide the class. Mansoor has been teaching and conducting yoga retreats in India and Europe for the last 18 years. His multi-facetted background, and his openness to embrace and to experience Knowledge from many different sources, has given him a unique approach. He has stirred and motivated students from all over the world. He teaches with humor and focus.

The practice draws on several different sequences in pranayama to explore subtle states. The set of asanas, while not physically demanding, are powerful in their effect in balancing the body and mind. The primary focus is on Awareness, in preparing body and mind to be receptive to sitting for meditation, and open to hearing the subtle teachings of Yoga. A typical two hour class would contain about 30 minutes of preparatory exercises in chakra balancing, 45 to 50 minutes to asana practice and 45 minutes devoted to pranayama and deep relaxation. This combination can vary according to the student's capacity.

His **two books: Chup Sadhana** (Lulu.com 2009) and **Ashtavakra Gita** - translation and commentary (Lulu.com 2010) highlights his great talent to convey the messages with extraordinary simplicity and beauty.

Yoga Teacher SUSIE ROY

SUSIE ROY: Susie was born in Prague, Czech Republic, in 1945. Her family fled the communist rule in 1949 and found their way to South Africa where she spent her childhood and completed her studies.

In 1974, the family immigrated to the USA. For the next 18 years Susie lived the life of an American homemaker; raising the children, taking leadership roles in several charitable and art related organizations, assisting in the administration at her husbands sports medicine clinic, and actively involved in tennis, long distance running, aerobics, and mountain climbing.

Her life changed drastically in 1992 when her husband chose to enter voluntary service in India. What began as her husband's journey, turned out to be the journey of her life - a life of learning about and adventuring through the wisdom of India. It opened in her the love of Indian scripture and culture, and to the honor of sharing what she has been taught and experienced in the practices of Yoga.

Initiated to Yoga through the International Sivananda Yoga School in Kerala, India, Susie completed the basic and and advanced yoga teacher training programs. Since her initial training in 1998, she has been inspired and taught by many international yoga teachers and spiritual masters in India, USA and South Africa. Her teaching experience covers individual and group classes, workshops, residential retreats and teacher training programs. Susie is currently in her tenth year as visiting faculty member at the School of Inspired Leadership, Gurgaon, India where she formulated and conducts a course in Wellness through Yoga and basic Ayurveda. She has been with the Global Leadership Program – a senior executive training for ten years and also teaches foreign students from USA, Australia and UK on India Immersion program offered by IndoGenius.

Susie holds a BSc. (Hons.) Dietetics degree from the University of Stellenbosch, South Africa and a Diploma in Hospital Dietetics from the University of Iowa Hospitals, Iowa USA.

"I practice and share in gratitude to the many teachers who, continue to guide and inspire me, the amazing world community of like minded people I am surrounded by, and a joy that can't be measured."

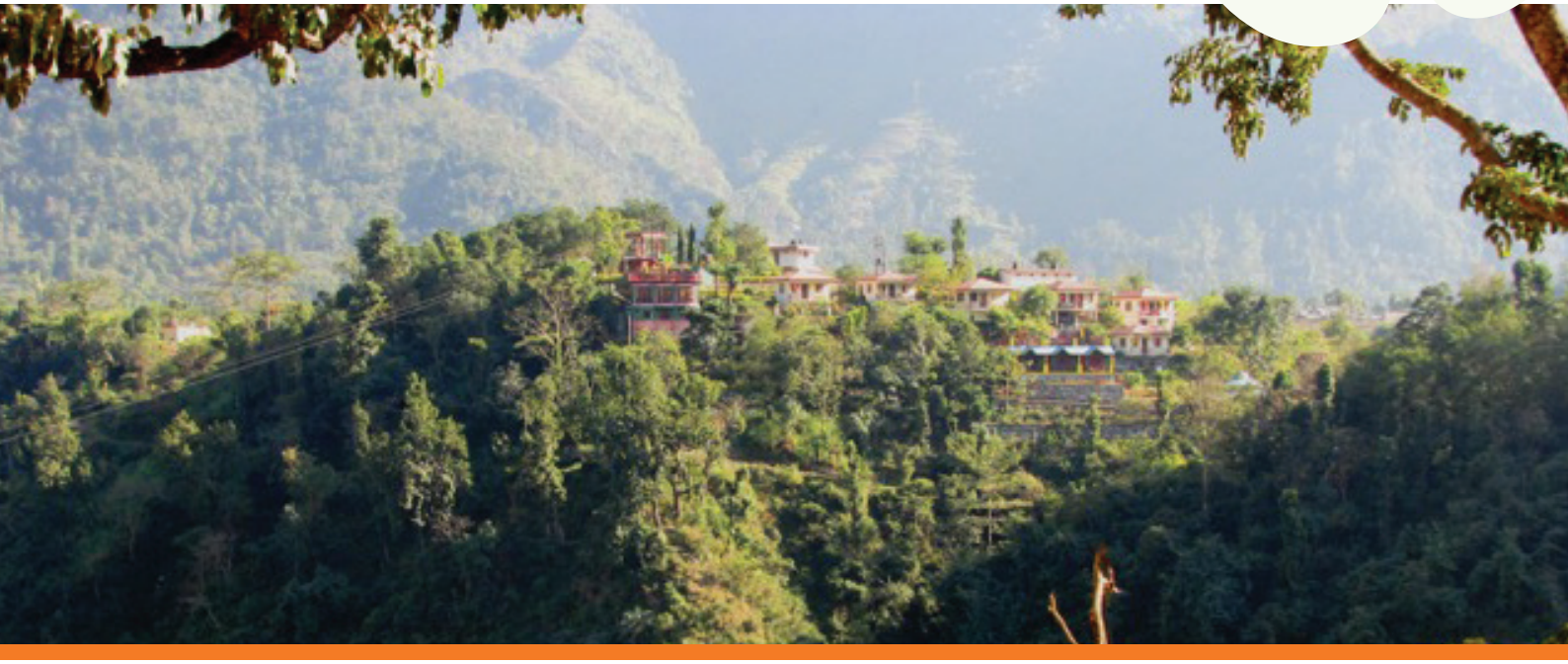
WHAT TO BRING:

- Anand Lok needs your passport and visa details. Bring either a photocopy of those pages or the original passport please
- The weather is gorgeous on the Ganges in March but mornings and evenings may be a little cool. The days will be T-shirt weather
- Wool shawl and socks
- Several sets of comfortable clothes for Yoga asana class (laundry takes two days)
- Walking shoes or sneakers - to reach Anand Lok we have to walk over a rocky path so please wear your walking shoes for the trip.
- Slip on sandals or shoes (yoga hall is “no shoes”)
- Yoga mat - let us know if you need one so that we can bring extras
- Flashlight
- Notebook and pen
- Mosquito repellent
- Swimsuit and sarong for Ganga dip
- Sunscreen
- We are 20km from the nearest shop and while there is a dispensary at Anand Lok be sure to have enough of any medication you may need.

RETREAT DAILY SCHEDULE:

We maintain a daily schedule but keep it somewhat flexible to meet the needs of the group.

5:30 Kriyas
6:00 Pranayama and Guided Meditation
7:00 Tea
7:30 Asana Class
10:00 Fruit / Tea / Free time
11:00 Satsang
12:30 Lunch
3:30 Tea
4:00 Asana Class
5:30 Pranayama and Guided Meditation
6:30 Dinner
7:30 Satsang (optional)
9:00 Rest



RETREAT FEE:

Single occupancy 600 Euro | Double occupancy 450 Euro

The fee includes the yoga program, teaching materials, single or double room accommodation and all meals and beverages. It also includes one group excursion to Rishikesh during the retreat.
300 Euro per person to secure reservation. Transfer details as per request.
The rooms are not all the same size and will be given on first come first serve basis.

TRAVEL ARRANGEMENTS:

Please contact Susie for assistance with travel arrangements.

REGISTRATION

23rd to 30th March 2019
At **Anand Lok** on the Ganges, India

Name: .....

DOB: ..... Gender: ..... Nationality: .....

Address: .....

City: .....

State: ..... Pin Code: .....

Tel (Home): ..... Mobile: .....

Tel (Work): ..... E-mail: .....

Please advise us of any medical conditions or dietary needs that you would like us to be aware of.

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Any other information you would like to share.

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PLEASE NOTE:

All meals will be vegetarian and no alcohol will be served. No smoking is permitted on the premises and we would urge you not to smoke whilst on the retreat. Please do not swim in the Ganges. The current is unpredictable. Ganges dips and paddling is possible in the recommended areas only.

I confirm that I choose to attend this course, and therefore accept any risks inherent in this program. I agree to hold harmless the teachers and organizers from any liability in this regard.

Signature: ..... Date: .....

For further information about the retreat, and registration contact
Susie Roy at: susie70@gmail.com | 91-9811217849

For further information about **Mansoor** please see website: www.chup-sadhana.com
For further information about **Anand Lok** please see website: www.anandlok.info