



MAHA SHANTI YOGA

YOGA HOLIDAY RETREAT INDIA

Varkala Beach, Kerala

A 10 day journey to inner peace

Join us for a transformational journey to inner peace with a 10 day Yoga Holiday Retreat in India, the spiritual birthplace of Yoga.

Relax, revitalise and rejuvenate mind, body and soul by combining daily yoga practice with a truly magical travel experience in Kerala - a place known as "God's own country" for its outstanding natural beauty.

This Yoga Holiday Retreat offers you a wonderful opportunity to:

- Immerse yourself in daily sunrise and sunset Yoga practice of asana, pranayama and meditation
- Experience the uplifting effects of Mantra chanting
- Deepen your understanding of classical Yoga texts with lectures led by special guest teacher Saji, Director of the International Vashista Yoga Foundation
- Unwind and explore the palm tree lined sandy beaches and rocky cliffs of Varkala
- Experience spiritual India with a guided visit to a local temple and ashram
- Capture impressions of rural village life in India as you drift along the famous backwaters of Kerala
- Relax and revitalise yourself with an Ayurvedic massage or treatment
- Indulge yourself in the unique tastes of Kerala cuisine in the charming cliff top restaurants of Varkala



COSTS & PAYMENT:

- **€850 single occupancy in double room**
(accompanying guest free of charge – yoga program and activities not included)
- **€650 per person in shared double room**

50% non refundable cash deposit by 20th November 2011
Remaining 50% non refundable payment by 15th January 2012

COSTS INCLUDE:

- Daily morning and evening yoga sessions (2 hour sessions including asana, pranayama & meditation)
- 10 nights accommodation (private bath/wc)
- Lectures on classical Yoga texts by special guest teacher
- Introduction to Mantra chanting
- Guided visit to local Temple & Ashram (local transportation costs not included)

Note: Ayurvedic treatments, backwater boat trip and other sightseeing activities are optional and can be separately arranged at additional individual cost.

ABOUT US

Anna Wan and Jürgen Hergenröder are both Registered Yoga Teachers with the Yoga Alliance (RYT500). They are certified Hatha Yoga teachers, trained in Yoga Therapy and have undertaken an Advanced Yoga Teacher Training. Working together in each class as an integrated yoga teaching team, they have been giving classes, workshops and retreats in Munich, London and Italy since 2004.

Saji is the Director and Founder of International Vasishta Yoga Research Foundation, a registered charitable trust located in Kerala, south India. He has been practicing yoga since 17 years of age and holds a PG Diploma & Bachelor of Yogic Sciences degree from VYASA University. Inspired by Swami Satyananda Saraswathi, he is a foremost expert in yoga therapy and has participated and represented India in national as well as international yoga seminars and conferences.



Contact: Anna Wan & Jürgen Hergenröder
 Email: info@mahashantiyoga.com
 Tel: 0177 4428 503 (English)
 0175 4020 176 (Deutsch)
 Web: www.mahashantiyoga.com

