



The Inner Game Changer!

## YOGA & MEDITATION RETREAT a whole new dimension of well-being

### Venue

Yoga & Meditation Retreat  
Van Serai  
Jageshwar  
Uttarakhand. India

### Dates

Mar 23 to 26, 2017  
Apr 20 to 23, 2017  
May 18 to 21, 2017  
Jun 01 to 04, 2017

### Retreat Price

INR 19000 per person

**If you yearn for a blissful experience of life, it is time to look inside and do something about it.**

One cannot control the outside situation completely, but one can always take 100% control of the interiority. Once that is in your control, whatever the outside situation may be, your experience of life will always be the way you want it to be.

**The Retreat helps you understand a few key elements of nature.**

### What exactly makes you who you are?

It is the mind, body, emotions and energy! All the experiences of life you've ever had are the result of them coming together in a specific alignment. This alignment re-orientates itself as per the immediate natural conditions. In an undisturbed natural space, the ether is dense which perfectly aligns the faculties for exploring your inner dimension.

During the Evolution Programme, we also take care that we charge the place with energies through *yantras* which are consecrated by the yogi of the highest order. And of course, we will be meditating to make the ether denser still.



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What we offer is a live process with a lineage which is over ten thousand years old. This speaks for itself about the authenticity and the power of what you are about to undergo.

### What's on Offer?

#### The Preparation

A few days before you arrive, we will make you do a warm up task to explore yourself in some depth and prepare the ground to experience the change.

#### The Process

On arrival, we will start with an activity which will involve everybody and a sense of togetherness and focus will happen.

As per Goraksh Sidha Siddhant there are five states of consciousness.

- Wakefulness
- Dream
- Sleep
- Turiya
- The Fifth one

The fifth one doesn't hold significance as it is beyond existence. Turiya is the state which is beyond the first three and referred to as the state of meditateness. Human life is endeavored towards experiencing Turiya.

Meditation cannot be done, it can only dawn upon you. The only thing we can do about getting into meditation is to create the right condition. In this retreat, we will expound everything about meditation. There will be an opportunity to do various kinds of meditation with the right kind of atmosphere.

The retreat is about preparing you to get in to state of stillness. The effort itself will take you out of many physical and mental ailment. Physical cleansing with *Shatkarma* and mental cleansing with cathartic meditation will bring ease in the system.

We will teach a very special process called *Bhuta Shuddhi* which will bring a balance in the fundamental five elements. This can take you out of many pain related issues like arthritis and muscle dystrophy.

#### The Follow-up

The offerings need to become a part of you and we will make sure that it happens for at least six months and after that you will clearly know its importance. We will inspire you through our information channels, we will guide you with the practices and we will make you fill a routine chart for your own reference and progress.



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### Food

The yogic culture developed a comprehensive knowledge of food and diet. Food served the role of not only nourishing the body systems, but was considered primeval for sustaining the basic life force of *prana*, to prevent and treat diseases, to rejuvenate and strengthen the body.

The food will be 100% *pranic* and you will learn how to get onto a healthy diet schedule. This diet schedule is a therapy in itself, and a great rejuvenator. You will get an opportunity to see food from a completely different perspective.

### How Will You Benefit?

Many benefits of Yoga at The Evolution Programme can't even be put down in words. But here are some which can be:

#### Immediate benefits

You will experience a sudden ease in body, mind and energies. So, any disease will find a sudden relief. Just by holding your body and mind in the right way, you will see that stress is not natural, it's our creation and just evaporates. A sudden increase in energies and higher coordination heightens your efficiency and reduces your sleep quota.

#### Long term benefits

A regular practice of the module may get you out of a chronic ailment you have been suffering for a long time. Your way of looking at a situation will change drastically, and it makes you a problem solver. As a human being, your talent and potential will evolve to the next level.

#### Benefits beyond the physical realm

Your experience of life can shift to another dimension. You will be able to perceive things in its true depth. The experience of oneness will change your relationships with yourself and with the surrounding without the unnecessary burden of moral teaching.

### Activities

During this retreat, a variety of 'fun' activities will be conducted to bring about the child in you. We will indulge in serious nature watch, hikes & treks, outdoor games, cooking lessons, video films, night walks, village visits etc.

Jungle treks will be another dimension to get in sync with nature and make use of nature energy bath.

Camp fire will be an opportunity to take fire bath with special a process and the stories from yogic lore will be something to look forward to.

Above all we will ensure that you should be able to make use of work of realized Yogis. We will make you visit consecrated places and teach you methods towards its best utilization.

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### Itinerary

#### Day 01

Arrival at Van Serai, Jageshwar.

Upon arrival, you will be greeted by your teacher and the team. The programme registration and briefing will happen thereafter. The programme commences in the afternoon. Overnight stay in rooms.

#### Day 02 & 03

The programme continues throughout the programme with yogic practices, activities, discourses etc. Overnight stay in Van Serai.

#### Day 04

Morning practices followed by brunch. The programme ends.

### Note

*Services included:*

- Accommodation
- *Satvik* meals during your stay
- All Yogic practices & meditation by a qualified teacher
- All activities (except Massages)

*Services not included:*

- Personal or incidental expenses
- Any medication or hospitalization
- Rail or air fare
- Transportation
- Massages can be availed on direct payment, if available

### Travel

There are train options to Kathgodam station and regular flights to Pantnagar. (Transport can be arranged at an extra cost: 4-hour drive from Kathgodam; 5½-hour drive from Pantnagar airport).

### Contact

Please ask us for information, terms and conditions for participating in the retreat.

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You may send us a message on WhatsApp and we will call you back.

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