



Restrain of Mountain

Intended for absorbing the qualities of the Mountain ecosystem to let the inner light shine

Day 1



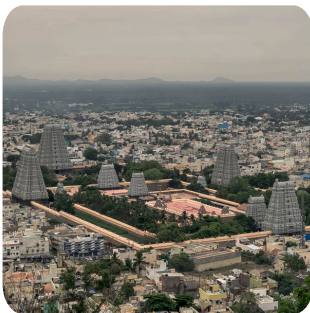
It is said- To witness at Chidambaram, to be born at Tiruvarur, to die at Kasi or to even think of Arunachala is an assurance of Liberation.

Restrain of Mountain is a thematic yoga retreat inspired by the sacred geography, Thiruvannamalai, the abode of Arunachala.

This destination is a critical sacred crossover to be made by a seeker.

An inspiring story of Ramana Maharishi will light the path of Fire.

Day 2



On the backdrop of the Annamalai mountain, as the sun rises, yoga practices will be conducted to observe the cosmic elements in the body.

Principles of agni or finding the path of knowledge in the subtle aspects

of the body will be the focus during the retreat.

The practice is curated for listening to the abstract sounds

like the beating drum of Siva.

The goal is:

- to reflect on the impulses in our behaviour
- to observe the nature of 'self' without judgement
- to destroy the darkness from where the impulses emerge
- introspect on the qualities of mountain
- reflect on the art of destruction

Day 3



Discussions will be based on personal experiences to exchange notes in the cosmic journey that we are all sailing. A talk on the iconographic forms of Shiva like the Aghora, Virabhadra and Bhairava and Yoga sessions branching off from the KYM lineage will be handled during the sessions.



Day 4



Master classes in Vedic chants suitable to the destination/theme will be taught for creating a desired resonance in the body.

Learn about the Fire principle in the body
Know the Sources of Light and how they affect us
Meditative practice to activate the functions of various types of lights

Day 5



To keep the fun and frolic flowing, places of interest in the vicinity, including lesser known monuments will be visited on all days.

- Visit Ramana Ashram
- Visit Pallava Rock-cut caves of Mahendravarman time
- Visit Gingee Fort
- Trek the Parvathamalai

Day 6



Having experienced gratitude and grace, we will bid goodbye to the destination and proceed for another Jvala experience

Details: 6d 5n

Theme: Sacred Spaces Yoga Retreat, Mountain ecosystem

Where: Thiruvannamalai, Gingee

Accommodation: 4* Boutique Resort