



# Movement of River

Take time to immerse yourself in the hustle and bussle of life in the City of Light

## Day 1



Oh MIND!

Do undertake pilgrimage to KASI to have the vision of Lord Visvesvara

If you pray to Him with love, He will surely cut asunder the cycle of birth and death for you.

~ Maharaja Swati Thirunal Bhajan

Movement of River is curated in the holy city, Varanasi.

After a brief meet & greet, the orientation is necessary to set the tone for the seeker in you. We will brief you with what we have planned ahead.

## Day 2



Listening to the sounds of Ganges trickling downstream, as the sun rises, practice yoga to observe the cosmic elements in the body.

Principles of apah or the Water in the subtle aspects of the body will be the focus during the retreat.

Enjoy the living space of a haveli, a traditional 18th Century mansion.

Take a walk down the ghats of Kasi and just dance like a dervish!

The goal is:

- to overcome the constant churning and downward pulling forces
- to overcome the fear of unknown
- to absorb from the various elements of the river
- learning to deal with pain created in the near past
- to know the various functions of water and flow like it

## 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 significance of the destination will be delivered by an expert. Senior yoga teachers of the KYM lineage will be handling 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 Water principle in the body  
Analyse movements and discuss on the mystical creature, makara  
Meditative practice to free yourself from the undercurrents that pull back

## 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.

- Experience Ganga aarathi
- Visit temples of Kasi
- Visit Sarnath
- Pensive, reflective, iconic Boat ride on Ganges
- Walk the lanes, and indulge in the street food

## Day 6



Experiences surrealism and feel humbled before we bidding goodbye to the destination and proceeding to another Jvala experience

Details: 6d 5n

Theme: Sacred Spaces Yoga retreat, River ecosystem

Where: Varanasi, Sarnath

Accommodation: 18<sup>th</sup> Century Haveli on the Banks of Ganges, Boutique Resort

