



**: 12 – 19 March 2022 : BHAKTI IMMERSION :
MIRABAI MOON RETURNS to SwAr ASHRAM**



Consciousness Yog : a Return of the Self is a series of intensive Yoga Retreats embedded in an epic experience of ancient esoteric Yogic Teachings, Therapies, Technologies & Tours - curated, produced & guided by Niradhara Amma, Director & Spiritual Mother of SwAr Ashram, at the farthest East end of the Maheshvar Fort on the banks of Narmada River. YACEP : 30 hours CEUs

Swar Ashram welcomes a return to INDIA for Kirtan Artist [Mirabai Moon](#) & our guests.

For Yogi-s, India is our geographical spiritual hOMe. Return to the roots of Yoga, an epic Inner Pilgrimage (innerYatra) to secret sacred India – 8 paradigm shifting days & 7 nights immersed in Ancient Yogic Teachings, Therapies, Technologies & Tours on the banks of the most guarded secret, holiest River – from the vantage point of the Gupta Kashi - Maheshvar – with resident host, Ashram Mother, Yogacharya & Guide

[AMMA NIRADHARA](#)

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ASHRAM CAMPUS RETREAT PACKAGE 7 nights/ 8days: Lodging is available for the first time, on [SwAr Ashram campus!](#) These are 4 simple shared (2 beds) Ashram rooms, each with a bathroom. They are clean, quaint and of authentic heritage, adjacent to the teaching facilities of SwAr Ashram and its garden. A Private Room may be secured (if available) for a nominal fee. The earliest bookings will get this option.

\$108.usd SECURES A PRIVATE ROOM / \$71.usd EACH FOR SHARED OCCUPANCY
(TOTAL \$680.usd this is a \$227- 254.usd saving over Lodge below) @ rs75 per \$1

[CONTACT FOR 8 DAY ASHRAM ROOM PACKAGE](#)

HERITAGE GATEHOUSE HOTEL RETREAT PACKAGE 7 nights/ 8 days: We also offer a stay with more luxury at the Lodge of the Fort in the Gatehouse to the Fort's Palace. 3-4 minutes walk along the fort walls to SwAr Ashram.

\$302.usd SECURES A PRIVATE LUXURY AC ROOM.

(TOTAL \$907 this is a \$227- 254.usd increase over Ashram Campus above) @ rs75 per \$1

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EITHER LODGING PACKAGE INCLUDES : wifi, group car escorts from the airport direct to our door & back, 3 vegan /pure veg meals served per day, Daily Ashram Yogic Sadhana, including Hatha Yoga, Meditation, Agnihotra, Tantra, Mantra & Vedanta, Satsang, Experiential Excursions to Temples & in Nature by Boat, Foot and Day Excursions by Car with Esoteric Teachings, Techniques and Technologies, Shabdha Snan (Therapeutic Sound Bath), Yoga Nidra, Kundalini Kriyas, Yoga Philosophy, Guest Access Card to SwAr Ashram's Advaita Vedantic Library, you get a wonderful Welcome Bag, shopping assistance, Indian cooking class, Traditional Arts such as mehdhi & rangoli, participation and observation of our Charitable Initiatives funded by these Events. This all-inclusive package provides a level of care like no other retreat you will find anywhere at any price. Optional at low additional cost :Ayurvedic massages, facials, shopping translator/guide.

this is our successful itinerary for 9 years of retreats

Every Day: MORNING YOGIC PROGRAM at SwAr Ashram: Agnihotra at sunrise w/Pranayam & Meditation -- Aarti & Puja Morning Hatha Yoga Practice – a guest teacher may sub in the mornings if/when Amma is on call at the Fort.

Every Day: Breakfasts at SwAr Ashram – meals are Vegan by default.

Lunches & Dinners. Most will be at SwAr Ashram, some will be at Labboo'z Café or on the road locations. all are included i& indicated n the package.

Every Day: EVENING YOGIC PROGRAM: Sunset Agnihotra followed by Chandra Namaskar on the ghat when we are not touring at that time.

timing may shift

- 12 March:** Pickup at Indore airport / check in
Circle of welcome with Agnihotra Yoga Nidra
- 13:** Moon Cycle Yoga Camp with mehndi party Satsang: MC & the Modern Desi
Free or guided time for spa, shopping & tailor visits, etc
Boat ride to Baneshwar, a Stargate in the middle of the River with Bhajans
- 14:** Walking Tour of the Maheshwar Fort & Ghat Mandirs (Temples)
Free or guided time for spa, shopping & tailor visits, etc
Palki Yatra Satsang: Who is Narmada? with Aarti & Rajrajeshwari Mandir Kirtan
- 15:** Boat ride to Naudhoti Village & Shalivan Ashram for Abhishek
Mangalwar Market free or guided shopping & Garden Restaurant Dinner
Narmada Aarti & Banke Bihari Kirtan
- 16:** Hike to Sapta Matrika Mandir (7 Pleiadean Mothers) & Adi Shankaracharya
memorial - Panchabhuta Puja Workshop Jaleshwar Mandir, Picnic
Free or guided time for spa, shopping & tailor visits, etc
Satsang: Gauraksha & Agnihotra Workshop Narmada Aarti at Mandir & Kirtan
- 17:** Sahastradhara Rapids & Tattva Shuddhi Kundalini in nature & Kirtan
Farm to Table Lunch at SMVE Organic Farm Free or guided time for spa,
shopping & tailor visits, etc Satsang: Yoga Sutras
- 18:** Mehndi /Free time /shower & wear white / Certificates & Naming on request
Metta Ceremony releasing the Diyas & sunset boat to Baneshwar Stargate
Dinner at Labbooz Cafe with Kirtan in Ashram Garden
- 19:** Post Breakfast: Closing Circle followed by Ahilya Parikrama

SwAr Ashram Welcomes YOU to our first re-opening retreat in the heart India, on the banks of the most sacred guarded secret holy River Narmada. Authentic Indian traditions & Yogic practices support and guide us. Merging the universal elements with the origins of Yoga, we go back to the deep story embedded in the Cosmic Heart, that's been hiding within our own secret Heart-cave Hridaya, longing to be lived.

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