



: 13 - 16 January 2022 : MAKARA SANKRANTI vs. UTTARAYANA : RETURNS of the SELF

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 : 10 hours CEUs

SwAr Ashram welcomes a return to INDIA for 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 – 4 paradigm shifting days & 3 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

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ASHRAM CAMPUS RETREAT PACKAGE 3 nights/ 4 days: Lodging is finally 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 & of authentic heritage, adjacent to the teaching facilities of SwAr Ashram and its garden.

\$108.usd SECURES A PRIVATE ROOM / \$71.usd EACH FOR SHARED OCCUPANCY

(TOTAL \$380.usd @ rs75 per \$1

[CONTACT FOR 4 DAY ASHRAM ROOM PACKAGE](#)

HERITAGE GATEHOUSE HOTEL RETREAT PACKAGE 3 nights/ 4 dayss: 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 \$507 @ rs75 per \$1

[CONTACT FOR 4 DAY ASHRAM ROOM PACKAGE](#)

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.

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DRAFT *timing may shift* this is our successful itinerary for 8 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

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 in the package.

EVENING YOGIC PROGRAM: Sunset Agnihotra no matter where we are, followed by Chandra Namaskar on the ghat if at the Ashram.

Draft of Special Day Trips, Tours and Experiential Programs:

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12 January: Pickup at Indore airport / check in

Free or guided time for spa, shopping & tailor visits, etc

Circle of welcome with Agnihotra, Yoga Nidra for a grounded sleep

13: Walking Tour of the Maheshwar Fort & Ghat Mandirs (Temples)

Satsang: MahaPancha Yajnyas, Yama/Niyama, 5 Fold Path

Boat to Baneshwar Mandir in the River, Metta Ceremony releasing Diyas, Narmada Aarti

Satsang: Gauraksha & Agnihotra, Narmada Chanting & Samyama Meditation

14: Makara Sankranti. – Satsang: the intersection of modern v.Vedic Life & how Uttarayana mistakenly gets missed while this zodiacal shift gets the glory, Rajrajeshwari Aarti

15: 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: Mandukyopanishad, Narmada Aarti

16: Moon Cycle Yoga Camp

Satsang: Masik Chakra & the Modern Desi, closing circle with mehndi

Free or guided time for spa, shopping & tailor visits, etc

Closing Circle by Ahilya Parikrama

Return car to Indore.

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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 through a safe space created by our willingness to let go and open the doors to who we truly are. 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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