

Yoga RETREAT by the Ganga

20 – 26 March 2016

at Parmarth Niketan in RISHIKESH

The retreat is open to anyone, either new to Yoga or more advanced in their practice. The teachings will be adjusting to the level of the students, presenting a safe foundation for beginners and offering more challenging variations and advanced poses for those who are ready.

Everyone will benefit from a more intense time diving into Yogic life, immersing oneself for a week in an inspiring, beautiful and healthy environment, touching the core of Yoga and deepening one's own knowledge and practice.

Retreats feature daily Meditation and Pranayama, Asanas, Karma and Bhakti Yoga and well as Jnana Yoga (Yoga philosophy). There will be time for questions/answers and for personal practice.



The venue :



Parmarth Niketan is situated by the Ganga which will give the participant the chance to bathe in the holy river if so desired.

Twice a day Arati puja is performed providing the opportunity for all to participate in that beautiful offering.



The Ashram hosting our retreat is offering all the supportive conditions, accommodation, food, Yoga shala, beautiful gardens, and most of all the Holy Ganga !

www.parmarth.org

The main teacher :



Tara Sandra is studying and practices Yoga since 1999. Her teaching emphasizes alignment, breath awareness and is nourished with heart and joy. She is influenced by the great Masters BKS Iyengar and Sivananda, and introduces Vinyasa flow inspired by Sharon Gannon and David Life from the Jivamukti. All her teachings are adapted to the possibilities of the students, she is offering a safe and encouraging environment to deepen everyone's ability providing personal attention to each and every one. www.Tara-Yoga-Now.com