

Join us for a week **Yoga, Vedanta, Tantra** retreat by the Ganga
23 – 29 March 2015
at **Yoga 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.

Yoga Niketan is situated by the Ganga which will give the participant the chance to bath in the holy river if so desire.

The teachers :



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 classes are adapted to the possibilities of the students, she is offering a safe and encouraging environment to deepen everyone's ability.

www.Tara-Yoga-Now.com

Roshan Palat : after being initiated by Yogacharya Rajendran in Kerala, Roshan left the law firm he was working in and proceeded to the Uttarkashi region of the Himalayas where he trained under Swami Ganeshwara Giri for 3 years in the esoteric tradition of Yogacharya and Laya (kundalini) yoga. The Hatha Yoga tradition that Yogacharya Roshan teaches is based on the lineage of Swami Satyananda Saraswati and Swami Sivananada Saraswati in whose institutions he gained extensive training. Having taught Raja and Hatha yoga for 8 years, Roshan arrived at Bir in 2012 to undertake studies in Mahayana Buddhism under the general guidance of Dzongsar Khyentse Rinpoche.

