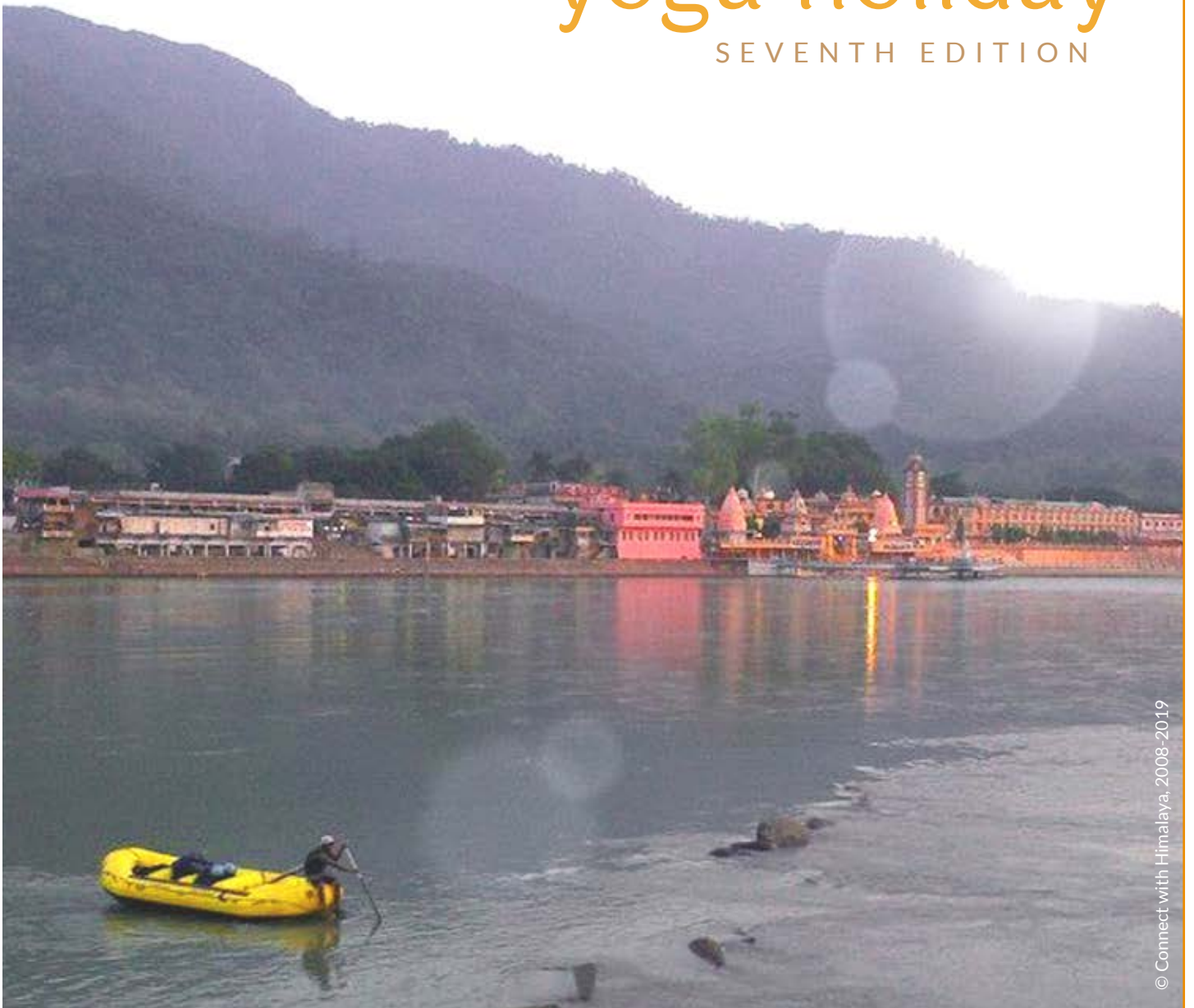


Rujuta Diwekar

The
Rishikesh
yoga holiday

SEVENTH EDITION



What is it?

A group holiday to Rishikesh with Rujuta Diwekar.

5th Feb – 10th Feb 2019

Amongst all the legacies from our rich civilization, Yoga surely must count as the most priceless, it being a way of life and encompassing all else. Somehow we seem to have lost it amidst the weight loss totting, self proclaimed yoga experts promising 'results' in 2 weeks, or the latest meditation/ chanting fad. This holiday then is more than a trip to Rishikesh with some asana classes thrown in, its an attempt to understand the very basics of this science through structured classes on the knowledge contained in the Yoga sutras, the right Asana techniques and practical nutrition for a wholesome way of life. And white water rafting, visit to theme restaurants and coffee shops, treks in the jungle, Ashram stay and evening Ganga aarti ensures we get the complete Rishikesh experience.



About The Teachers

Usha Devi

Considered amongst the best yoga teachers in the world, Usha ji will be teaching us asana classes daily. A direct disciple of Gururji BKS Iyengar, she is renowned for her focus on building a strong foundation and attention to detail in asana practice. In addition to teaching yoga, Usha Devi manages a pre-primary school with 240 children, which has made a place for itself, within a short period of time, on the educational map of Uttarakhand.

More here: www.facebook.com/ushadeviyoga



Siddhartha Krishna

Siddhartha Krishna was raised in the family tradition of Yoga. He was educated at the Kailas Ashram Brahma Vidya Pitha, a monastery focusing on the teaching of Vedanta whose name is related to well-known scholars and masters such as Swami Vivekananda. Later, he taught courses on sanskrit grammar and Indian philosophy at the same monastery. In his further study he has specialised on veda and yoga philosophy and has published translations of and commentaries on sanskrit texts. His sessions will focus on yoga, its meaning and relevance in daily life.

More here: www.facebook.com/siddharthakrishnayoga



Rujuta Diwekar

India's pre-eminent fitness professional, a best selling author, a long time Yoga practitioner, a born trekker, amongst the most sought after speakers – Rujuta dons many hats and adeptly at that. Her love for the Himalaya and passion for holistic fitness is the driving force behind this Yoga holiday. She will be taking sessions on practical Nutrition for a holistic lifestyle.

More here: www.rujutadiwekar.com





Rishikesh

From the confluence of Bhagirathi and Alaknanda at Devprayag to the holy city of Haridwar, the Ganga flows with an amazing force and grace. On the banks of Ganga lies Rishikesh and the Swargashram area beyond the Ram jhula. Since ages this has been the chosen place for saints, yogis, rishis for their spiritual practices and still reverberates with those vibes, best experienced through an ashram stay.

Itinerary: 6 days, 4 days off work

You have to book your flight tickets to Dehradun and return

Date	Activity	Remarks
Tuesday 5 th Feb	Pickup from Dehradun airport and drive to Rishikesh ashram. - 45 mins.	You will need to reach Dehradun airport between 9 am and 1 pm to avail the pickup. Evening orientation session.
6 th - 9 th Feb	We set into a pattern for the next 4 days – asana classes with Usha ji, nutrition sessions with Rujuta and sessions on Yoga sutras by Siddhartha.	It might sound hectic but there will be plenty of free time on your hands. We will use some of it to explore Rishikesh including short walks, Ganga aarti, a trek up the mountains or white water rafting.
Sunday 10 th Feb	Last Asana class in the morning. Time for some shopping and drop back to Dehradun airport.	Book a flight out of Dehradun between 11:30 am to 3:00 pm.

The Yoga studio

There can't be a better place to practice asana. Overlooking the Ganga, the large, airy Yoga studio at the Ganga Sadan is well equipped and conducive in every way to serious practice.



The cost components of the trip are:

All classes with Usha Devi, Siddhartha and Rujuta	Daily 2 Asana classes with Usha ji. Classes with Rujuta and Siddhartha on alternate days.
Stay and food	At the Omkarananda ashram. All meals are included. Meals are cooked with the best and freshest ingredients.
Transportation	From and to Dehradun airport, for Rishikesh excursion.
Adventure outings	A session of white water rafting on the Ganga or trekking to Kunjapuri.

Cost of the trip:

Rs. 80,000/- on twin sharing basis | Rs. 1,15,000 /- for single occupancy

Group size will be restricted to 25 and will be on first come first serve basis. Confirm your place by making the full payment in advance. Read our cancellation policy and fill the release document.

Cheque/ DD:

For 'Connect with Himalaya'
403, Ram Krishna chambers
Linking Road, Khar west
Above Reebok showroom
Mumbai -400052

Online transfer/ Deposit to:

Account name: Connect with Himalaya
Bank: Axis bank
Branch: Springfield- Lokhandwala,
Mumbai
Current A/C #: 415010200003681
IFSC: UTIB0000415,
SWIFT: AXISINBB002

Online payment:

Credit/ debit cards, Net
banking, etc

[Pay now](#)

What to get along?

This is a great time to be in Rishikesh with just the perfect weather (Temp range: Min 8- Max 20 degree C). Early mornings and late evenings can get windy so carry a windcheater. A warm sweater and/ or a light jacket, a woolen hat and a shawl will suffice otherwise. Most of your requirements can be met by the Rishikesh market, including internet connection. Detailed checklist on signing up.

Making a contribution:

There is always a way of giving back to the place and people where we go for our holidays. The ashram where we stay and practice Yoga is involved in many community projects and we will be making an indirect contribution to their efforts. Also, you can purchase woolens and other local produce directly from the locals in Rishikesh. We also support the kids at the orphanage called Ramana's paradise.



Pics from
earlier editions of **The**
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yoga holiday



Get connected:

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