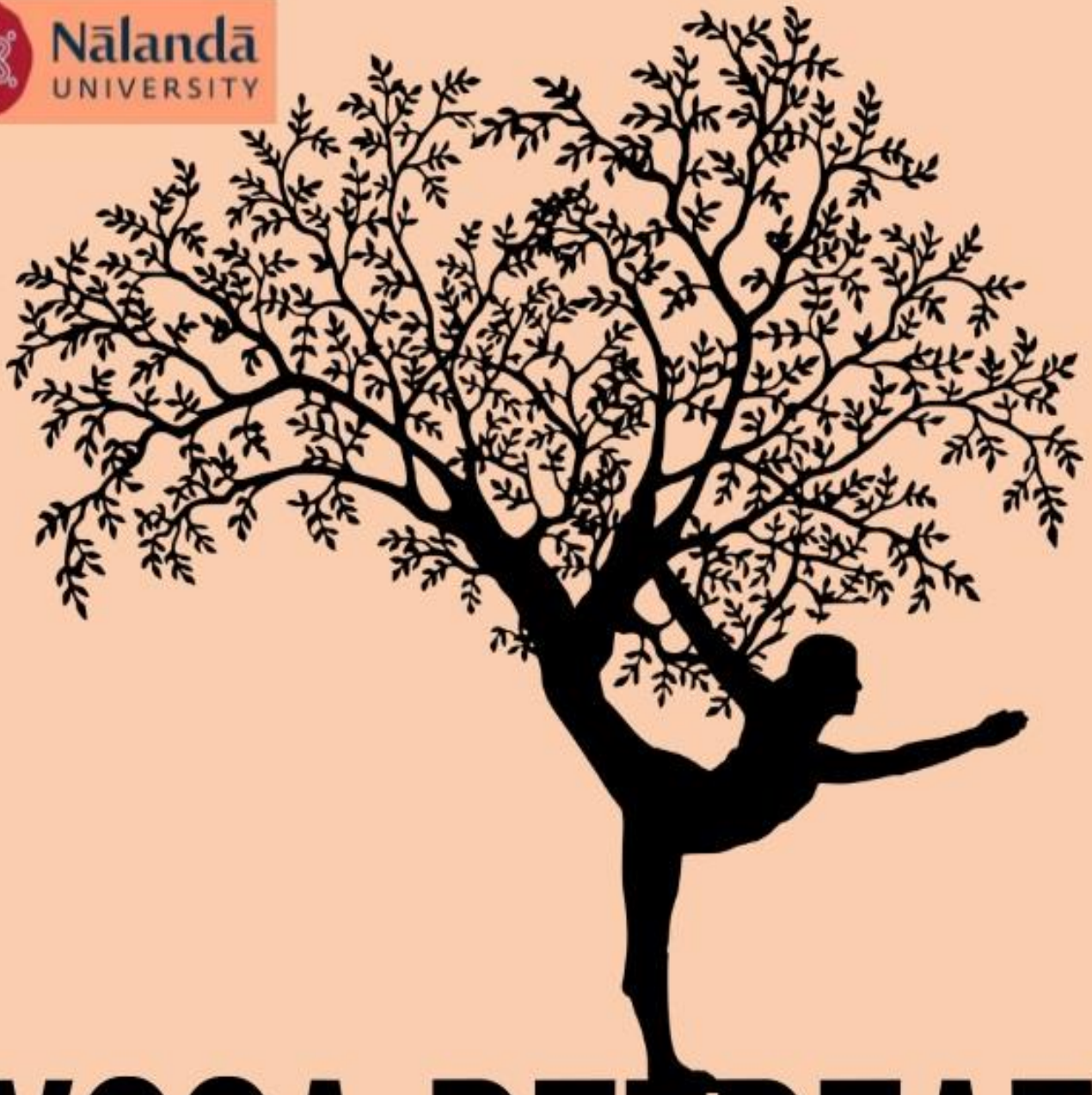




Nālandā
UNIVERSITY



YOGA RETREAT

An initiation to holistic life

For details please visit www.nalandauniv.edu.in
Last date to apply/submit resume: 30th May 2024
Nalanda University, Rajgir, Bihar-803116, India



YOGA RETREAT – AN INITIATION TO A HOLISTIC LIFE

Nestled amidst the tranquil surroundings of Nalanda University, an ancient seat of profound wisdom and enlightenment, we invite you to embark on a transformative journey of self-discovery and holistic living. Welcome to the Yoga Retreat – an initiation to a holistic life, where ancient teachings converge with modern practices to guide you towards inner peace, harmony, and well-being.

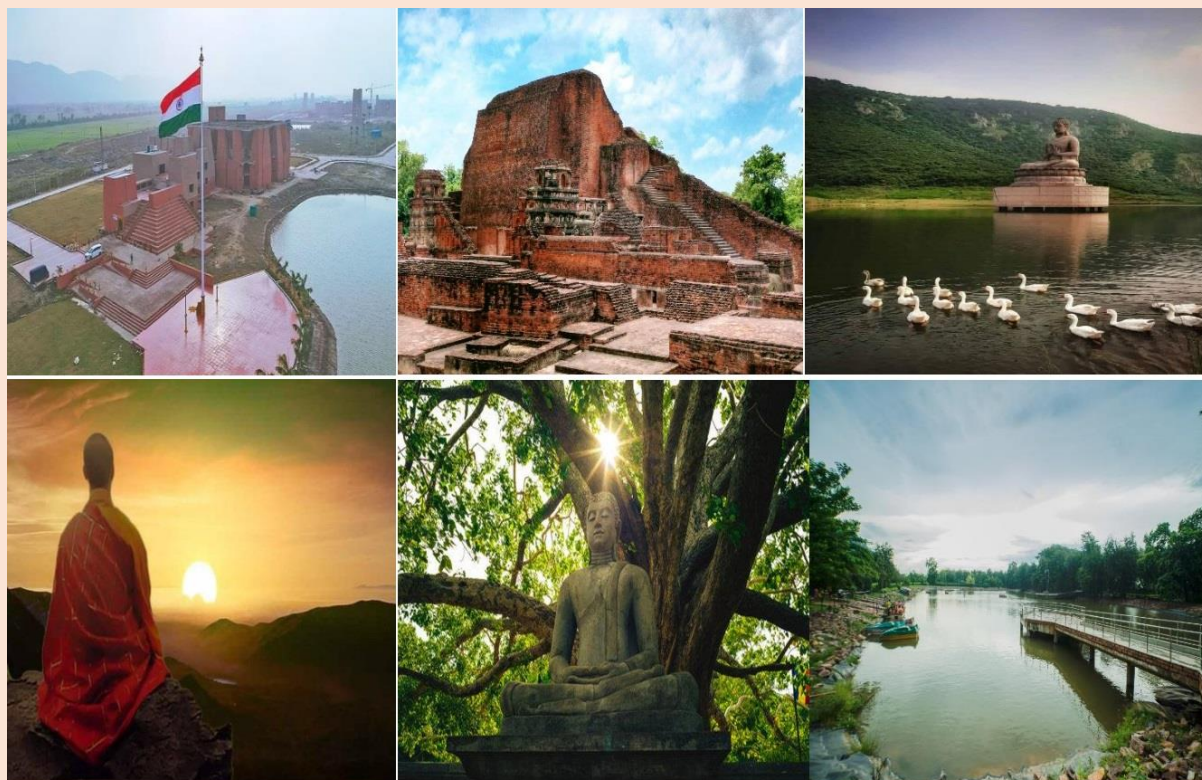
As you step onto the hallowed grounds of Nalanda, feel the echoes of centuries past whispering through the air, reminding of the timeless quest for knowledge, enlightenment, and self-realization. Here, amidst the serene environment of this historic site, surrounded by lush greenery and the gentle rustle of leaves, you'll find the perfect sanctuary for your spiritual exploration and personal growth.

Drawing inspiration from the rich tapestry of yoga philosophy and practice, our retreat offers a unique opportunity to delve deep into the ancient wisdom preserved in texts like the Bhagavad Gita, Patanjali's Yoga Sutras, and Hatha Yoga texts.

Guided by experienced teachers and practitioners, you'll uncover practical techniques and profound insights that will empower you to navigate life's challenges with grace and resilience.

Throughout your time at the retreat, immerse yourself in the transformative practices of Dharana and Kriya Yoga, honing your ability to cultivate focus, tranquility, and inner strength. Experience the immediate benefits of these practices as you find relief from stress, anxiety, and emotional turmoil, while also maintaining a calm and composed disposition irrespective of external circumstances.

Beyond the retreat, carry with you the tools and wisdom acquired during your stay, fostering continued growth and self-discovery on your journey towards holistic well-being. May your time at Nalanda be a sacred pilgrimage of the soul, guiding you ever closer to the essence of your true self and the boundless potential within.





ABOUT YOGA RETREAT – AN INITIATION TO A HOLISTIC LIFE

Yoga Retreat at Nalanda University is a perfect opportunity to take a break, escape the daily routine and refresh your body and mind by practising various yogic techniques such as asana, pranayama, mudra, kriya, bandha and meditation. A journey of oneself, through the self, to the self to enable us to open up our hearts and focus our awareness so that we can know what we already know and be who we already are. Retreat is suitable for all levels, yoga beginners and also experienced practitioners.

DURATION OF THE PROGRAMME: 30 days residential programme

WHO CAN APPLY?

The Yoga Retreat Programme is open to all. Training is for anyone with an interest in developing their knowledge for a holistic life. Applicants are required to be in reasonably good health and must be emotionally stable.

APPLICATION PROCEDURE

Application to be filled in the Google form link below:

https://docs.google.com/forms/d/e/1FAIpQLSfAEVINtcuab1ChNzSWiXZdta4TI4Y5z3V-gllq_f1NhY0CYQ/viewform?usp=sf_link

Complete Resume have to be Emailed to mukherjee.rajeshwar@nalandauniv.edu.in / divya.sharma@nalandauniv.edu.in along with the following:

- Proof of academic qualification and proof of prior Yoga experience, if any needs to be attached.
- An essay on the topics mentioned below:
 - ❖ What is your understanding of Yoga? Write about your experience
 - ❖ Do you think Yoga will help in personal transformation? If yes, how?
- The last date for applying/submitting resume is **30th May, 2024**.

SELECTION PROCESS

Experts will review the applications and select the applicants according to the norms of the University. After the evaluation and selection process is over, selected applicants will be notified.

The student's admission in the programme is non-transferable. Result will be put on website



FEE FOR THE PROGRAMME

The fee of the programme including accommodation and food is USD 800 for Foreign nationals and Rs. 50,000 for Indian participants. On selection - Confirmation deposit to be paid USD 500 and Rs.30,000 for foreign and Indian participants respectively (non-refundable). This amount has to be paid immediately after initiation of selection, within one week from the notification of selection.

On receipt of the confirmation amount an orientation guide will be sent to the selected participants. If we do not receive this confirmation deposit, your seat on this course will be given to the waiting list.

The remaining USD 300 and Rs. 20,000 for foreign and Indian participants respectively is to be paid on arrival and before the start of the Course.

YOGA RETREAT PROGRAMME FACILITIES:

- Accommodation: Air-conditioned and cozy rooms will be available on a twin-sharing basis
- Food: Sattvic Diet
- Expert guidance on Yoga, Meditation and Chanting
- Special Yoga Hall for practise.

SALIENT FEATURES OF THE YOGA RETREAT

- In-residence yoga retreat at the Net Zero green campus catering to Beginners, Practitioners, Teachers, and Advanced Learners
- Lifestyle correction through traditional yoga and meditation
- Practical and theoretical methodology
- Fundamental principles of yoga
- Classical Knowledge (Traditional understanding of yoga practice)
- Yogic lifestyle for a yoga Sadhak (practitioner)
- Sadhana sequence
- Sattvic diet
- Precautions of yoga practice
- How to apply Yoga to one's life for maintaining peace, bliss, and harmony



The daily routine during the Yoga Retreat

- Classes will be held from Monday to Friday.
- The normal day will start at 6.00 AM till 9.30 PM.
- The Retreat programme will focus on theoretical and experiential learning
- The applicants will lead a Yogic lifestyle during the entire duration of the programme.

COURSE OUTLINE

1. Classical Yogic text and tradition

- Yogic understanding of Chitta (Human psyche): Its structure and functions
- Applied aspect of Abhyasa (practice) & Vairagya (detachment)
- Applied aspect of Chittaprasadana - Yogic ways to manage the mind, emotions and thought processes
- Applied aspect of Kriyayoga – to refine the basic potential of human being
- Yogic understanding of Kleshas (afflictions), Antarayas (obstacles), Vitarkas (negative thoughts) and the ways to overcome
- Rationale and application of Ashtangayoga (eightfold path of Yoga)
- Nirodha parinama, Samadhi Parinama, Ekagrta Parinama

2. Perspectives of Srimad Bhagavad Gita

Brahmavidya, Yogasastra, Karmayoga, Jnanayoga, Dhyana Yoga, Gunatrayavibhagayoga, Sradhatrayavibhagayoga, Bhakti Yoga, Moksa Yoga

3. Experiencing Yoga :

The practitioner shall understand the knowledge about Kriyas, Asanas, Mudras, Bandha, Pranayama and meditative postures. These techniques make them perfect, flexible and balancing in the directions of physical, mental, ethical, social and spiritual aspects.

4. Mantra Chanting

Daily mantra chanting are a way to kick start of the day. We will learn various mantras, the correct pronunciation and how to chant. The meaning of Mantras will be explained with patterned chanting. It is believed that mantras can penetrate the depths of the oblivious mind. One of the perks of mantra chanting is that it can help manage tension.

5. Cleansing techniques (Shatkarma)

Shatkarma is a yogic purification and cleansing technique. Shatkarma ensures that our bodies stay strong, healthy and clean. The technique can help get rid of toxins and embrace a pleasant and refreshing living.

6. Technique and practice of breathing (Pranayama)

The practice of breathing is considered the foundation of Yoga. Deep breathing combined with Yoga has several benefits such as improved blood flow, detoxification of the body, improved digestion among others.

8. Asanas (Yoga Posture)

Asanas are one of the most important facets of Yoga. Each asana is performed for a particular beneficial reason. We will be learning all form of Ananas such as basic sitting, standing, walking postures to seated asana, standing asana, strengthening, holding postures, aiding flexibility. The reasons can vary and may include aligning the body posture, getting rid of toxins, losing weight, overall health, taking away fatigue, and relaxing the mind.

9. Meditation (Dhyana)

A deeper level of meditation and concentration to know the truth is referred to as Dhyana. Dhyana is mostly done to reach Samadhi, which is the ultimate goal of Yoga.

10. Sattvic diet and Life style

- Food is a very important part of our Life. It is essential to know about Satvik, Rajsik, Tamsik and Mitahar (Amrit food).
- During Yogic Practice Care will be taken to meet the indivisual requirements of the participants for ensuring performing of Asanas that are suitable and comfortable as per their physic, age and ailments/disease (If any)

We welcome you to join us for the Yoga Retreat – An Initiation to a holistic life, and embark on a transformative journey towards holistic well-being, self-discovery, and inner peace.

IMPORTANT DATES:

Start of Programme: 15th June 2024 (Tentative)

Closure of the Programme: 14th July 2024 (Tentative)

If there are any questions regarding any aspect of the programme, please contact us through email/phone at mukherjee.rajeshwar@nalandauniv.edu.in / divya.sharma@nalandauniv.edu.in , +91-9064976769

Note: All information contained in this document is accurate at the time of issue. However, the University reserves the right to change/ modify this document at any time without prior notice.

