

YOUR GUIDES

Uma Reed has traveled the spiritual path since the early 1970s, studying with many teachers over the years. A devotee of Neem Karoli Baba, she has been immersed in the bhakti world for several decades. She is also a longtime student of traditional Advaita Vedanta (the teachings of the Upanishads) through the lineage of Swami Dayananda Saraswati.



Uma began bringing groups to India in 2011, and she now divides her time between the US and India. In the US, she leads kirtan and teaches classes and workshops in northern California. She draws upon her bhakti background as well as Vedanta to unfold the deeper meanings of the kirtan songs. She is the creator of the "Magic Mirrors" oracle cards and the author of *Developing Your Intuition With Magic Mirrors*, published by Hay House.

Mirabal Warkulwiz has been teaching yoga for more than a dozen years in the San Francisco Bay Area. She began her yoga journey in 1998 at the Sivananda Yoga Center, Integral Yoga Institute, and Greenpath Ashtanga Studios, as a way to balance the stress of school teaching. Amazed at the healing power of yoga, she became a certified yoga teacher, and now has over 1000 hours of training. In her commitment to going deeper as a student and teacher in this ancient tradition, she continues her studies at YogaWorks and in the Restorative Iyengar style.



Mirabal is also a kirtan musician, trained in both western and Indian music styles. In addition to teaching yoga, she offers regular kirtan gatherings, as well as chanting events and workshops around the Bay Area.

Join Uma & Mirabai for a spiritual retreat and pilgrimage to the ancient holy town of Rishikesh, on the sacred Ganga River in northern India!

YOGA,
KIRTAN,
MEDITATION,
& ANCIENT SPIRITUAL
TEACHINGS

To reserve your space, or for more information contact:

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Spiritual Retreat in India with Uma & Mirabai



October 22 –
November 2, 2018



YOU ARE WARMLY INVITED TO JOIN US

on a spiritual retreat on the banks of India's most sacred river, the Ganga.

The pace will be gentle to allow for deep inspiration as we shift between days of focused practice and occasional group outings to holy sites. We'll arrive in Delhi on October 22nd, and travel together the following day in a private luxury mini-bus to our retreat location in Rishikesh.

The Sattva (www.thesattva.com) is a very beautiful, private, and tranquil retreat center, nestled in a quiet river valley just north of Rishikesh. Because of the location, we will be able to enjoy a deeper, more focused experience as we practice yoga, pranayama, meditation, kirtan and vedic chanting, and receive and absorb the ancient spiritual teachings that support them.

After seven days of immersion in ancient practices, teachings, and pilgrimages, we will board the train back to Delhi for shopping, gourmet food, and re-entry into the modern world, before returning home.

COST

\$5000 double occupancy / \$2500 single occupancy covers all expenses and retreat costs, including:

- Delhi airport pickup and dropoff
- All classes, gatherings, events, and outings
- Meals (except on personal outings)
- Comfortable accommodations (all rooms in Delhi are single occupancy)
- Train fare, taxis, rickshaws, and all transportation for group activities
- All other expenses for group activities

A 20% non-refundable deposit (\$600/\$650) is due June 15th, 2018. The balance of \$2,400 or \$2,600 is due by September 15th, and can be paid at once then, or in installments up to that date. If you want to pay by installment, let us know.

An orientation meeting will be held September 15th, to go over what you need to know about this trip, and about traveling in India in general.

NOT INCLUDED IN THE COST

- Airfare to and from India (SFO to Delhi)
- Costs incurred during airplane travel, etc.
- Travel insurance (mandatory)
- Passport and visa costs (required)
- Personal expenses (laundry, room service, etc.)
- Personal outings (shopping, internet, taxis, etc.)
- Donations at ashrams or temples we visit (not required)
- Shots (none required, although we recommend Hepatitis A and Tetanus)

RETREAT ACTIVITIES

- Vinyasa and gentle yoga
- Kirtan, meditation, spiritual teachings
- Group outings to Baba Neem Karoli Ashram, Sri Anandamaji Ma Ashram, Parmarth Niketan, other ashrams and temples
- Outings to Vashishta Cave and various stunning locations in nature
- Ganga Arati and personal rituals at the sacred river



CANCELLATION POLICY

- Non-refundable deposit of \$600/\$650 due June 15, 2018
- Balance of \$2400/\$2600 due September 15, 2018
- Cancellation after September 15 forfeits deposit + \$900
- No refund for any reason after October 1, 2018