



The Inner Game Changer!

## HATHA YOGA

a whole new dimension of well-being

### Venue

Hatha Yoga Retreat  
Wild Grass  
Chidiya Tapu  
Andaman Islands. India

### Dates

Jan 06-13, 2017

### Retreat Price

INR 65000 per person

[Register](#)

**If you yearn for a blissful experience of life, it is time to look inside and do something about it.**

One cannot control the outside situation completely, but one can always take 100% control of the interiority. Once that is in your control, whatever the outside situation may be, your experience of life will always be the way you want it to be.

**The Retreat helps you understand a few key elements of nature.**

### What exactly makes you who you are?

It is the mind, body, emotions and energy! All the experiences of life you've ever had are the result of them coming together in a specific alignment. This alignment re-orientates itself as per the immediate natural conditions. In an undisturbed natural space, the ether is dense which perfectly aligns the faculties for exploring your inner dimension.

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### Contact

Please ask us for information, terms and conditions for participating in the retreat.

Email us [info@evolutionyogaretreats.in](mailto:info@evolutionyogaretreats.in) | Web: [www.evolutionyogaretreats.in](http://www.evolutionyogaretreats.in)

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During the Evolution Programme, we also take care that we charge the place with energies through *yantras* which are consecrated by the yogi of the highest order. And of course, we will be meditating to make the ether denser still.

What we offer is a live process with a lineage which is over ten thousand years old. This speaks for itself about the authenticity and the power of what you are about to undergo.

### What's on Offer?

#### The Preparation

A few days before you arrive, we will make you do a warm up task to explore yourself in some depth and prepare the ground to experience the change.

#### The Process

On arrival, we will start with an activity which will involve everybody and a sense of togetherness and focus will happen.

Hatha Yoga is a significant measure towards gaining control over your actions and directing the energies in the desired direction. It involves the stepwise movement of the body, then mind, emotions and eventually energies. The space we are breathing in is the 84th creation and therefore we have 84 *Yogasanas*. Each asana can open gateways to comprehend every aspect of a single creation.

Of these 84 *Yogasanas*, 33 are of utmost importance to present human race which Evolution Retreats has included under its Hatha Yoga modules. There will be an introduction to *Shatkarma*, *Bandha* and *Pranayam* respectively.

To lead an incredible life on this Blue Planet, Earth, Hatha Yoga is the panacea.

There will be various meditation sessions where you can create what you want to create in your life. These meditation addresses various aspects of your life.

All the eight limbs of yoga will be addressed in such a way that it becomes a part of your life. Various talks and videos will elaborate various secrets of life.

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Trekking in the jungles to connect with nature, outdoor meditation, bonfire, story-telling, bird watching and even herpetology with a spiritual angle will open a different dimension of life. You may opt for Safaris as well.

Getting the whole *HATHA YOGA* process at least three times is what we want to make sure before you leave.

### The Follow-up

The offerings need to become a part of you and we will make sure that it happens for at least six months and after that you will clearly know its importance. We will inspire you through our information channels, we will guide you with the practices and we will make you fill a routine chart for your own reference and progress.

### Food

The yogic culture developed a comprehensive knowledge of food and diet. Food served the role of not only nourishing the body systems, but was considered primeval for sustaining the basic life force of *prana*, to prevent and treat diseases, to rejuvenate and strengthen the body.

In this programme we will put you in a diet regime which can be incorporated in your daily life and you will experience how minute changes can increase the satisfaction and nourishment you can draw out of food by reducing the diet by 50%. Not only this but you can come out of disease and lead a preventive way of life.

### How Will You Benefit?

Many benefits of Yoga at The Evolution Programme can't even be put down in words. But here are some which can be:

#### Immediate benefits

You will experience a sudden ease in body, mind and energies. So, any disease will find a sudden relief. Just by holding your body and mind in the right way, you will see that stress is not natural, it's our creation and just evaporates. A sudden increase in energies and higher coordination heightens your efficiency and reduces your sleep quota.

#### Long term benefits

A regular practice of the module may get you out of a chronic ailment you have been suffering for a long time. Your way of looking at a situation will change drastically, and it makes you a problem solver. As a human being, your talent and potential will evolve to the next level.

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### **Benefits beyond the physical realm**

Your experience of life can shift to another dimension. You will be able to perceive things in its true depth. The experience of oneness will change your relationships with yourself and with the surrounding without the unnecessary burden of moral teaching.

### **Activities**

During this retreat, a variety of 'fun & adventure' activities will be conducted to bring about the child in you. We will indulge in serious nature watch, hikes & treks, diving (if weather conditions allow), outdoor games, cooking lessons, night walks, village visits etc.

### **Itinerary**

#### **Day 01**

Arrival at Port Blair, Andaman Islands.

Upon arrival, you will be greeted by our team. You will be transferred to a resort near Chidiya Tapu (1 hour).

The programme registration and briefing will happen thereafter. The programme commences in the afternoon. Overnight stay in cottages at Wild Grass.

#### **Day 02 to 06**

The programme continues throughout the programme with yogic practices, activities, discourses etc. Overnight stay in cottages at Wild Grass.

#### **Day 07**

Morning practices followed by brunch. Transfer to Port Blair airport. The programme ends.

### **Note**

*Services included:*

- Accommodation
- *Satvik* meals during your stay
- All Yogic practices & meditation by a qualified teacher
- All activities (except Massages)
- Local Transportation

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*Services not included:*

- Personal or incidental expenses
- Any medication or hospitalization
- Air fare
- Massages can be availed on direct payment, if available

**Travel**

There are regular flights to Port Blair from Kolkata, Chennai, Mumbai, Delhi, Hyderabad & Bangalore.

[Register](#)

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