



The Inner Game Changer!

**Experience Shiva, the one who stills the mind.
October 19-22, 2017
Jageshwar, Uttarakhand**

Venue

Van Serai
Jageshwar
Uttarakhand. India

Dates

October - 19-22, 2017

Tour Price (net price)

3 Nights 4 days INR 19750

Manifest a holistic balance in life. Walk in Shiva.

Nageshwar (Jageshwar) means 'Lord of perception' and the whole concept of enhancing consciousness is about heightening your perception. Every spiritual process, yoga, meditation or anything else is just about evolving perception.

Shadowed by the tall Deodar forests, the tiny temple town of Jageshwar has an enigmatic attraction. It is said that the Shiva Temples here are imbued with the euphoric and ecstatic worship of Shiva devotees.

One of the great pleasures of being up in the mountains, especially Himalayas, is experiencing the unknown, the new and the adventurous- the pleasure of soaking in the lush landscapes, the adrenaline rush of standing at the edge of a cliff thousands of feet high, feeling awed in front of the soaring earth and plummeting skies, or uncovering the mysteries of the enigmatic being that Shiva is.

©



The Inner Game Changer!

Unlock the ancient stories, and uncover the legends of Shiva with Evolution Retreats at Shiva Walks this March. Offering detailed introductions to awe inspiring landscapes and ancient temples around Jageshwar. From the early morning calls of blue whistling thrush to the magical sunsets at our secret trails, this unforgettable walk would shower you with a lifetime of eye-opening experiences.

Activities

During this retreat, a variety of 'fun' activities will be conducted to bring about the child in you. We will indulge in nature watch, hikes & treks, outdoor games, cooking lessons, video films, night walks, village visits, photography etc.

Jungle treks will be another dimension to get in sync with nature and make use of nature energy bath.

Camp fire will be an opportunity to take fire bath with special a process and the stories from yogic lore will be something to look forward to.

Above all we will ensure that you should be able to make use of work of realized Yogis. We will make you visit consecrated places and teach you methods towards its best utilization.

Itinerary

Day 1

Train at 0600 hrs. from New Delhi. Arrive at Kathgodam at 1200 hrs. Kathgodam to Jageshwar in Pvt. Vehicle a journey of 4.5 hrs.

Upon arrival, you will be greeted by the team. The programme briefing will happen thereafter. The programme commences in the afternoon. Overnight stay in rooms on sharing basis.

Day 2

The programme continues throughout with many activities. Overnight stay in Van Serai.

Day 3

©



The Inner Game Changer!

Morning trek to the nearby temple. Drive back to Delhi at noon, arriving Delhi by 2200 hours.
The programme ends.

Note

Services included:

- Accommodation
- *Satvik* meals during your stay at Van Serai
- All activities

Services not included:

- Personal or incidental expenses
- Any medication or hospitalization
- Meals in Transit
- Transport

Contact

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

Email us info@evolutionretreats.in | Web: www.evolutionyogaretreats.in

Phone Mohit # +91 9811124222 | Rajeev # +91 9971883171

You may send us a message on WhatsApp and we will call you back.

Facebook: www.facebook.com/yogaasianadventures | Twitter: [@evolvebyyoga](https://twitter.com/evolvebyyoga)