

ANDREW HILLAM ASHTANGA YOGA RETREAT

SwaSwara , Gokarna, India

9 – 16 December, 2017 (8 days, 7 nights)

For registration and payment email Kanika at greswaswara@cghearth.co.in

For retreat specific enquiries email Andrew at andrewhillam1008@gmail.com

RETREAT PACKAGE INCLUDES:

Ashtanga Yoga: (Min 10 to start, max 20)

- 5 Daily Chanting, Philosophy, Satsang and Asana Technique
- 7 Morning Asana Practice sessions

Ayurveda:

- 1 Consultation: A detailed consultation with the Ayurveda doctor on arrival followed by check-ups & interaction prior to each Ayurveda treatment
- Treatments: 4 full body Ayurvedic Abhyanga Massages per person

Organic Ayurvedic meals:

- 2 main meals per day (Brunch & Dinner)

Luxurious Villa:

- Single or Shared base Private Villa
- 7 nights accommodation

Optional Activities:

- Cooking Classes / Demonstrations and Art Classes with SwaSwara staff are also available as part of your stay.

Airport / Train Station transfer:

- Round trip Limousine transfer (shared transfer)
- Contact SwaSwara directly for arrangements.

RETREAT PRICING AND REGISTRATION DETAILS:

FULL PACKAGE PRICE (per person):

- Single Accommodation: USD 2575 net / pax
- Double Accommodation: USD 2075 net / pax

Early Bird Discount full payment by 8/31: (per person):

- Single Accommodation: USD 2450 net / pax
- Double Accommodation: USD 1975 net / pax

SECURING YOUR PLACE - REGISTRATION AND PAYMENT

- FOR REGISTRATION and PAYMENT- email Kanika at greswaswara@cghearth.co.in
- or phone: +91 9513320360/61/62 (Indian Standard time)
- To secure your place the package fee must be paid in full within 30 days of reservation.
- The courses requires a minimum of 10 participants to start.
- Final notice regarding course status will be sent 75 days prior to commencement date.

REFUND POLICY

- After 1st Nov: strictly no refund.
- Between 1st Sep – 31st Oct: 50% refund less a \$100 USD handling fee.
- Between 1st Jul – 31st Aug: 75% refund less a \$100 USD handling fee.
- Before 1st Jul: 100% refund less a \$100 USD handling fee.
- If the course is full a refund is only possible if a replacement is found.
- Under any refund situation, credits (less the USD\$100 handling fee) to future retreat is subject to the teacher & SwaSwara's final discretion.
- In the event that the organizers cancel the retreat, a full refund will be arranged to paid participants.

5 DAY INTRODUCTION TO ASHTANGA YOGA WORKSHOP (For partners and friends accompanying retreat participants)

11th - 15th of December (Monday to Friday)

Taught by Andrew Hillam

- If you are planning to bring a partner or friend to SwaSwara who is not ready to take part in the Ashtanga and Ayurveda Retreat but who would like to take a more gentle introduction to Ashtanga Yoga we have included this **5 DAY INTRODUCTION TO ASHTANGA YOGA WORKSHOP**.
- One and a half hours per day, the workshop provides a comprehensive introduction covering everything you need to know to get started in the practice of Ashtanga Yoga including asana practice and all the fundamentals.
- 5 Mid Morning sessions (Monday to Friday 11.30am-1pm)
- Partners and friends receive the same Ayurveda treatments, meals, accommodation, optional activities and airport transfers as listed above in 'RETREAT PACKAGE INCLUDES'

PRICING

- Double accommodation Intro Package (when sharing accommodation with a Retreat Participant) package price is USD\$1530 net/pax
- Open to other SwaSwara guests for a tuition charge of \$225 net/pax (tuition only)

PROPOSED SCHEDULE: (timings may vary slightly depending on room availability. An updated schedule will be provided upon arrival)

DAY 0 – Dec 09, Sat			16.30 MEET / RETREAT OVERVIEW	18.00 DINNER
DAY 1 – – Dec 10, Sun	- 6.30 OPENING PUJA - 7.00 CHANTING - 7.45 LED CLASS	9.30-11.00 BRUNCH	15.00-17.30 YOGA PHILOSOPHY, SATSANG, TECHNIQUE	18.00 DINNER
DAY 2 - Dec 11, Mon	- 6.30 CHANTING - 7.00 MYSORE	9.30-11.00 BRUNCH 11.30-1.00 INTRO TO ASHTANGA	15.00-17.30 YOGA PHILOSOPHY, SATSANG, TECHNIQUE	18.00 DINNER
DAY 3 - Dec 12, Tue	- 6.30 CHANTING - 7.00 MYSORE	9.30-11.00 BRUNCH 11.30-1.00 INTRO TO ASHTANGA	15.00-17.30 YOGA PHILOSOPHY, SATSANG, TECHNIQUE	18.00 DINNER
DAY 4 - Dec 13, Wed	- 6.30 CHANTING - 7.00 MYSORE	9.30-11.00 BRUNCH 11.30-1.00 INTRO TO ASHTANGA	15.00-17.30 YOGA PHILOSOPHY, SATSANG, TECHNIQUE	18.00 DINNER
DAY 5 - Dec 14, Thu	- 6.30 CHANTING - 7.00 MYSORE	9.30-11.00 BRUNCH INTRO TO ASHTANGA	15.00-17.30 YOGA PHILOSOPHY, SATSANG, TECHNIQUE	18.00 DINNER
DAY 6 - Dec 15, Fri	- 6.30 CHANTING - 7.00 MYSORE	9.30-11.00 BRUNCH INTRO TO ASHTANGA	14.00-17.00 GOKARNA EXCURSION	18.00 DINNER
DAY 7 - Dec 16, Sat	- 6.30 CLOSING PUJA / CHANTING - 7.30 LED CLASS	9.30-11.00 BRUNCH CHECK OUT		