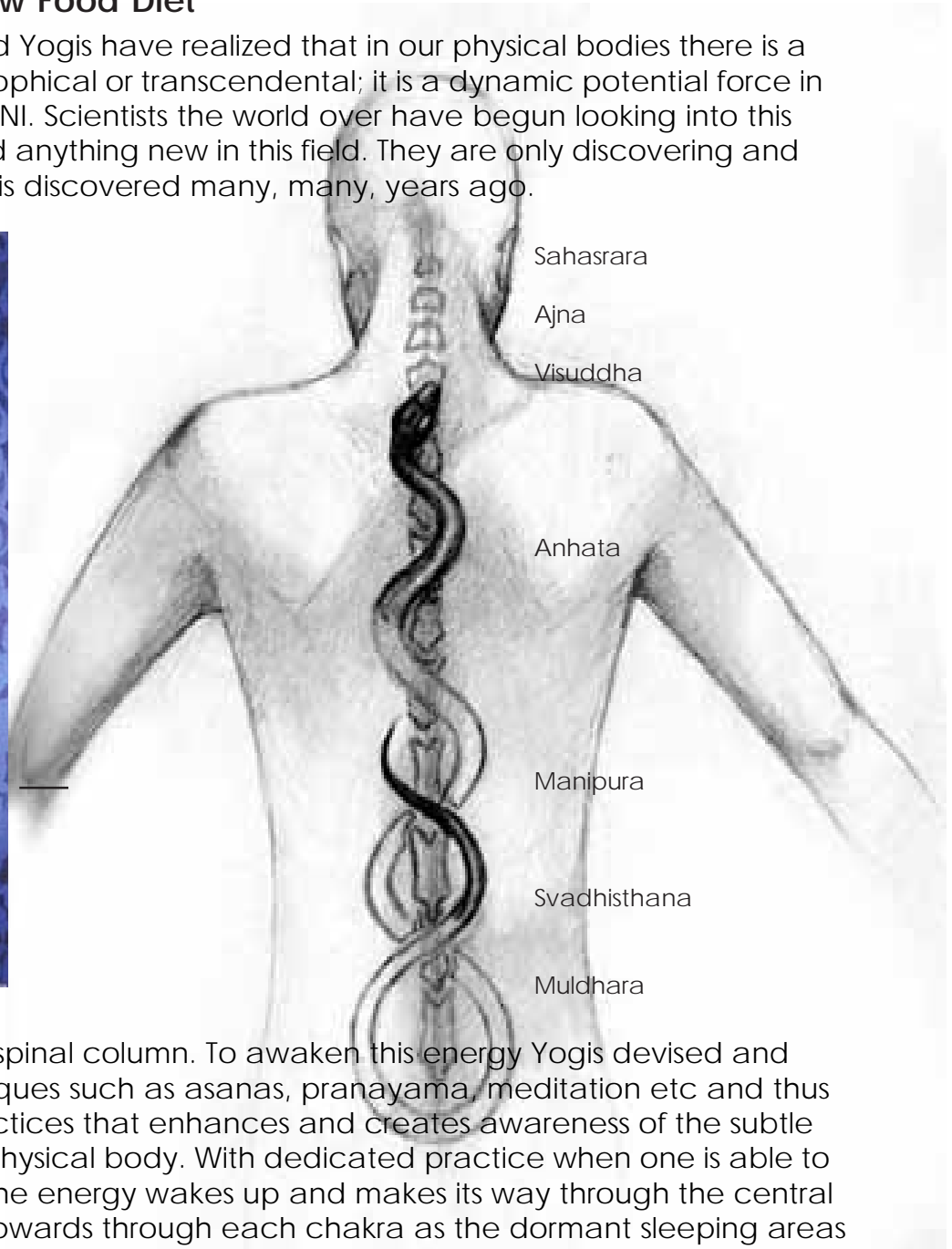


Kundalini Yoga

Raw Food Diet

Since the dawn of creation, the Tantrics and Yogis have realized that in our physical bodies there is a potential force. It is not psychological, philosophical or transcendental; it is a dynamic potential force in the material body and it is called KUNDALINI. Scientists the world over have begun looking into this phenomenon but their research will not find anything new in this field. They are only discovering and substantiating what Yogis discovered many, many, years ago.



The Kundalini is situated at the root of the spinal column. To awaken this energy Yogis devised and prepared themselves through various techniques such as asanas, pranayama, meditation etc and thus Kundalini Yoga was born. It is a series of practices that enhances and creates awareness of the subtle energy centers (Chakras) that make up the physical body. With dedicated practice when one is able to direct ones prana into the seat of kundalini, the energy wakes up and makes its way through the central nervous canal to the brain, weaving its way upwards through each chakra as the dormant sleeping areas start blossoming like flowers. This awakened state is called by various names such as samadhi, nirvana, moksha, communion, union, kaivalya, or liberation.



ABOUT THE LOCATION - GRAND OAK MANOR

The Himalayan Mountain Range has long been known for its mystical qualities with its own magical healing properties.

The mere sight of the mountain range is breathtaking and to have the opportunity to be surrounded by this grand view for a length of time is guaranteed to wash away your worldly cares and stress. Grand Oak Manor in Binsar is uniquely set amidst a wild life sanctuary, on a hilltop, with a 360-degree view of the grand and majestic snow-capped Himalayan Range.

For more details on the resort please visit www.grandoakbinsar.com

ABOUT THE PROGRAMME

In this programme Siri Datta and Mystic-Asia have creatively combined the practices of Kundalini Yoga with a sattvic diet of raw foods to bring you to a closer understanding of your subtle body energies.

We will transport you to one of the most beautiful spots in India, overlooking the snowy peaks of the Himalayan range. In the peace and quiet of the mountains, we will be creating programme that will bring you to an awareness of the kind you will not have experienced before.

We will be visiting nearby villages, temples and taking walks through jungle mountain trails.





SIRI DATTA

Julie Cuddihy (Siri Datta) has over 10 years experience teaching Kundalini Yoga. Her professional training has been under the guidance of teachers from the Yogi Bhajan stream of Kundalini Yoga and she is one of the senior teachers from the School of Kundalini Yoga (SKY) in the UK and Singapore.

She is the author of two books *Open Your Heart with Kundalini Yoga* and *Mini Size Me* and is the monthly Nutritionist with *Kindred Spirit* and also with *Yoga Magazine*, UK.

Siri has lived on a 100% raw food diet for the last four years and is a self taught Raw Food Nutritionist who travels extensively throughout UK spreading the "raw" news! She is currently studying the Essene way of life and from this study will be writing a book called *The Divine Diet*.

Sri also leads the Circle of Sound, a world wide group of people who use sound at various sacred sites for world healing. She conducts workshops at Mind Body and Spirit shows, Yoga shows and other well being shows in the UK.

For more information on Siri please visit www.anaharta.com



MYSTIC-ASIA

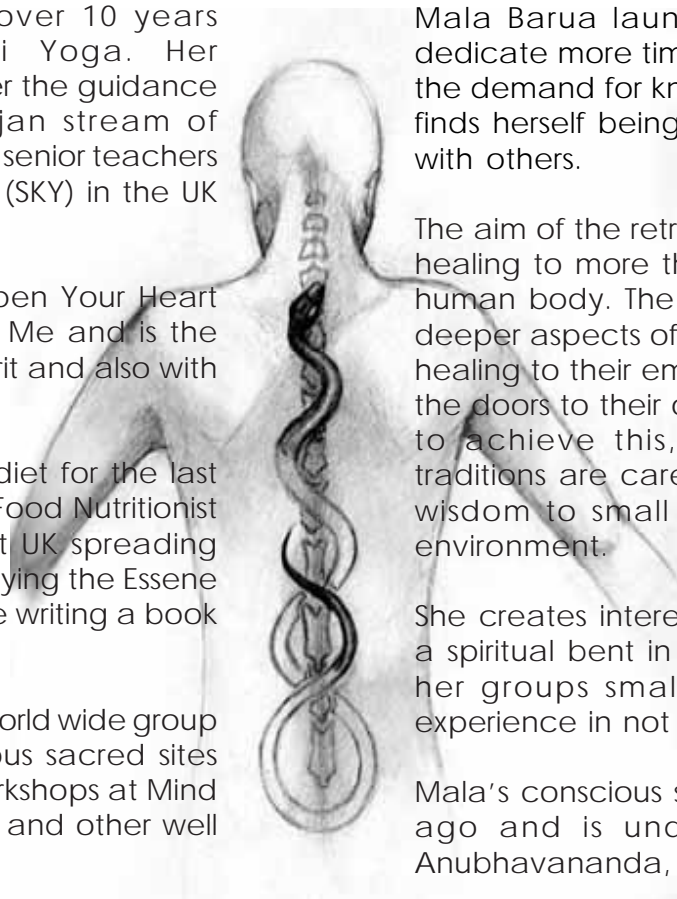
Mala Barua launched Mystic-Asia recently to dedicate more time to the mission of her heart. As the demand for knowledge of the Self grows Mala finds herself being able to share more and more with others.

The aim of the retreats created by Mala is to bring healing to more than the physical aspects of the human body. The participants get to explore the deeper aspects of their existence thereby bringing healing to their emotional states. This in turn opens the doors to their own spiritual aspirations. In order to achieve this, Masters of various spiritual traditions are carefully chosen to deliver ancient wisdom to small groups of people in a luxury environment.

She creates interesting and unusual retreats, with a spiritual bent in exotic parts of Asia and keeps her groups small so that the richness of the experience is not diluted.

Mala's conscious spiritual journey started 17 years ago and is under the guidance of Swami Anubhavananda, a teacher of Vedanta.

For more information on mystic-asia please visit www.mystic-asia.in.



INVESTMENT

INR 66, 500 per person on twin share basis
 INR 85, 500 per person on single room basis

Indians Residents who do not require a hotel in delhi will need to pay INR 10, 000 less.
 Foreign Exchange rates will apply as at the time of payment.

INVESTMENT INCLUDES

- Two nights stay in Delhi on arrival on 7th Dec 07 and on departure on 15th Dec 07
- Train and car transfers to and from Binsar, Uttranchal
- Full board and lodging in Grand Oak Manor, Binsar
- All course materials
- One journey out to visit a holy site of Jageshwar which contains a group of 164 Shiva temples from the 16th & 17th centuries

INVESTMENT DOES NOT INCLUDE

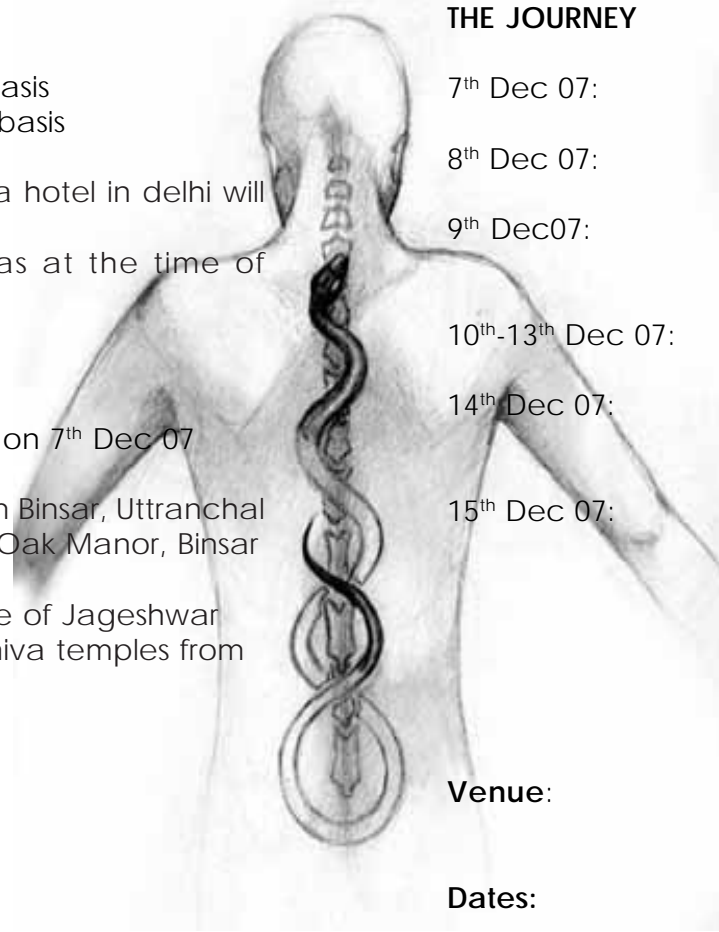
- Flights to and from New Delhi
- Personal expenses
- Meals while in Delhi

THE JOURNEY

- 7th Dec 07: Arrival in New Delhi.
- 8th Dec 07: Overnight train to Kathkodam.
- 9th Dec07: Arrival in Binsar by afternoon after a 4hr car journey.
- 10th-13th Dec 07: In Binsar.
- 14th Dec 07: Leave Binsar and take overnight train to New Delhi.
- 15th Dec 07: Arrival in New Delhi early morning and leave by international flight same day.

Venue: Grand Oak Manor, Binsar Estate, Uttranchal, India.

Dates: 7th to 15th December 2007



For registration please contact the following:

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