

## THE THEME

'Sacred Spaces' is a yoga retreat to seclude and peel the colourings that stain our vision just as a snake sheds its skin. The shredding is often necessary to keep the perceptions to stay above the scars, wounds and imprints.

For achieving this, an ancient 'thīrta', meaning sacred ford, is chosen as destination. The fords have helped ancient seers and saints to attain equilibrium. Practice and experience of yoga in these sacred geographies will rejuvenate the body, renew the senses, and give a clearer perception.

Each destination pertains to an ecosystem that mirrors qualities of Stillness, Movement, Restraint, Mysticism and Clairvoyance.

# SACRED SPACES

Presented by



### Price:

INR 16,499/pax

### Includes



### FOR MORE DETAILS:

Contact: +91 970-090-0880

Visit: [www.jvala.travel](http://www.jvala.travel)

Supported by



# Restraint of Mountain, Thiruvannamalai



## GOAL

The theme 'Sacred Spaces' contain 5 experiential paths. Each path is designed around a *thīrta* that is independent of the other. The purpose is to engage with the cosmic elements *ākāśa*, *vāyu*, *agni*, *āpah* and *pṛthivī* and bring them to harmony.

## DETAILS

### Target Audience:

Yoga practitioners; Seekers between the age 18 - 50 years

**Date:** Around Yoga Day

**Difficulty Level:** Medium

## WHAT TO EXPECT

- On the foothills of the staggering sacred hill, Arunachalam, learn Vedic chants
- Practice yoga with *mantra*-s and healing sounds
- Observe the cosmic elements in the body responding to the sounds and chants
- Interact with the host and experts on the theme "Agni: The path of Light" and know the significance of the *thīrta*
- Exchange notes with peers: other seekers and practitioners

### Purpose of Retreat

To experience the stability and balance of a mountain

