



# HATHA YOGA AND VEDANTA RETREAT

This is a eight-day retreat which brings you traditional Hatha Yoga, Pranayama and Kriyas (Cleansing techniques). The retreat includes sessions on Vedanta (Gita in daily life) and meditation, chanting of mantras.

- Sun Salutation
- Asanas that help you for sitting postures
- Pranayama and Meditation
- Cleansing techniques
- Gita in daily life- Transformational workshops
- Chanting / recitation of Mantras

**TEACHERS : SWAMINI PRAMANANDA (AMMAJI) AND BHOOMA CHAITANYA**



**Purna Vidya Foundation**

**TARGET AUDIENCE : YOGA PRACTITIONERS - BEGINNERS AND INTERMEDIATE**

You may be requested to share the medical history if you are on any specific treatment.

**NOV 02 to  
NOV 09, 2024**

**PURNA VIDYA FOUNDATION,  
COIMBATORE , INDIA  
RESIDENTIAL RETREAT**



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TEACHERS : SWAMINI PRAMANANDA (AMMAJI) AND BHOOMA CHAITANYA



**Swamini Pramananda (fondly known as Ammaji)** is a Vedanta teacher and a Sanskrit scholar. Her scholarship is grounded in the timeless teachings of Rishi tradition and her direct experience of the truth they reveal. She has been sharing the vision of Oneness and Harmony with seekers around the world for about a period of 40 years. As a result, she has become one of the clearest and most eloquent teachers of the Vedic vision of Oneness and Happiness.



**Bhoomaji** started practicing yoga in 1988. He has 20 years experience of teaching yoga. Born and educated in Kerala (South India), Bhoomaji entered into the monastic life of renunciation & spirituality at the age of 18. From the Sivananda Tradition, Bhoomaji completed the Yoga Teachers Training Course and Advanced Teachers Training Course (ATTC) in 1996 and has also completed three Sadhana Intensive courses since then. He has been traveling across the globe and delivering Yoga training. He is registered with Yoga Alliance as an Expert Yoga Teacher.

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PROGRAM SCHEDULE: (SUBJECT TO MINOR CHANGES\*)

TIME	PROGRAM
• 6.15AM – 6.45AM	GUIDED MEDITATION
• 6.45AM - 7:15AM	GINGER TEA
• 7.15AM – 9:30AM	ASANA , PRANAYAMA CLASS
• 9:45AM - 10:30AM	BREAKFAST
• 11:00AM – 12PM	VEDANTA CLASS
• 12:15PM – 01:15PM	CHANTING MANTRAS
• 1:15PM - 2:00PM	FRUITS
• 4:00PM – 6:00PM	ASANA , PRANAYAMA CLASS
• 7:00PM - 8:00PM	DINNER
• 8:00PM – 8:30PM:	SATSANG

**Recommended arrival and departure:**  
Arrival on Nov 1, Fri eve - Departure on Nov 10, Sunday

### Retreat Fee:

For Indian nationals, Rs. 15,000/- (Course Fee) + stay and Sattvic Food on additional cost based on the accommodation type opted for.

To avail the **early bird price offer**, reserve your seats on or before August 15, 2024

Foreign nationals are requested to write to [info@purnavidya.org](mailto:info@purnavidya.org) for more details.

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