# India Retreats 2025

Anahata Yoga Retreat, PO Box 155, Takaka 7142, New Zealand
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# ITINERARY
2025

**Hatha Yoga & Karma Yoga Training, Tattwa Shuddhi Chakra Sadhana, Diwali & Ashram Life at Bihar School of Yoga and Rikhia Peeth** Receive the ancient practice of Tattwa Shuddhi from Swami Karma Karuna under the direct guidance of Swami Satyasangananda Saraswati in a traditional Ashram environment.

## Package Options

Includes: 1 night hotel stay in Kolkata, group dinner, transport to and from Rikhia Ashram, all course fees and program donations.

Excludes: International travel to/from India, fees for visa, passport, and other travel documentation, travel insurance, any individual travel and associated costs outside of official retreat dates.

**Option 1 – Tattwa Shuddhi Chakra Sadhana Retreat, Diwali & Ashram life**
**Option 2 – Hatha Yoga-Karma Yoga Training, Tattwa Shuddhi Chakra Sadhana, Diwali and Ashram Life at Bihar School of Yoga and Rikhia Peeth**

## Option 1: 15 Nights
**$1780 USD**

**16 October**
- All participants arrive in Kolkata and make their own travel arrangements to the hotel.
- Retreat officially begins upon arriving at the hotel. Includes one night accommodation, dinner, and orientation.
- Meet at 4:00pm for orientation and 5.30pm Dinner.
- It is highly recommended to arrive and settle in at least 1-2 days earlier (optional)

**17 October**
Depart hotel and travel to Rikhia by minibus.
**18-22 October**
Diwali Celebrations at Rikhia & Ashram Life
**23 October**
Tattwa Shuddhi Chakra Sadhana Retreat: Course Orientation
**24-31 October**
Tattwa Shuddhi Chakra Sadhana Retreat officially begins.
Includes: asana, pranayama, Tattwa Shuddhi Meditation, satsang and theory sessions
**31 October**
Tattwa Shuddhi Chakra Sadhana Retreat officially ends
**1 November**
Clean room & Depart from Ashram.

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**Option 2: 39 Nights**
**$2720 USD**

**Includes all of Option 1 and itinerary as follows:**

**29 September**
- All participants arrive in Kolkata and make their own travel arrangements to the hotel.
- Retreat officially begins upon arriving at the hotel. Includes one night accommodation, dinner, and orientation.
- Meet at 4:00pm for orientation and 5.30pm Dinner.
- It is highly recommended to arrive and settle in at least 1-2 days earlier (optional)

**30 September**
Travel to Munger (night train)

**1-2 October**
Arrive and rest day

**3-11 October**
Hatha and Karma Yoga course

**12-16 October**
Ashram Life - Yogic Lifestyle.
You will join the regular Seva activities of the Ashram.
Anahata trip leaders will be available for guidance and support during this time, however you will be under the direction of the Ashram Sannyasins and Swamis for your Ashram Life experience.

**17 October**
Travel to Rikhia

**After Tattwa Shuddhi Chakra Sadhana Retreat, Diwali & Ashram Life**

Depart Rikhia and make your own travel arrangements henceforth. All ongoing transport & accommodation is the responsibility of the individual.

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**Other programs that can be attended at Rikhiapeeth**: (apply directly through the Ashram)

Rikhia Ashram Lifestyle: **1-20 November**
Sat Chandi Mahayajna **21-25 November**
Yoga Purnima: **30th November-4th December**

*All additional transport, accommodation, food, and miscellaneous costs prior to arriving at the designated hotel and after the Retreat officially ends are the responsibility of the individual.

*If you choose to stay at a different hotel on the night the Retreat commences, costs are the responsibility of the individual.