

UMA REED has traveled the spiritual path since the early 1970s, studying with many teachers over the years. A devotee of Neem Karoli Baba, she is also a longtime student of traditional Advaita Vedanta (the teachings of the Upanishads) through the lineage of Swami Dayananda Saraswati.



Uma has journeyed to India ten times, and began bringing groups there in 2011. She leads kirtan, workshops, retreats, and classes, weaving together the practices of bhakti, mantra, and the vision of the Upanishads. She enjoys sharing a deeper understanding of the Hindu deities, and teaches a Hanuman Chalisa chanting and study group. She is the creator of the "Magic Mirrors" oracle cards and author of *Developing Your Intuition With Magic Mirrors*, published by Hay House.

MIRABAI WARKULWIZ has been a dedicated yoga practitioner since 1998 and has been teaching for 16 years in the San Francisco Bay Area. Her foundation is in the classic Hatha traditions of Sivananda and Integral Yoga, yet she's also trained in Ashtanga Yoga, the YogaWorks method, and Restorative. Her classes offer a holistic approach harmonizing body, mind, and spirit. She offers an array of yoga instruction: general public classes, in preschools, for special needs, and yoga for recovery.



Mirabai is also a kirtan singer and harmonium player, trained in the Kirana Indian music tradition. She leads regular gatherings, workshops, and private lessons in the Bay Area.

UMA AND MIRABAI have offered many workshops, daylong retreats, and kirtan programs together over the last ten years. This is their third time leading a retreat in India together.

Join Uma & Mirabai for a yoga & spiritual retreat, a pilgrimage to the ancient holy town of Rishikesh, on the sacred Ganga River in northern India!



YOGA,
KIRTAN,
MEDITATION,
& SPIRITUAL TEACHINGS

To reserve your space, or for more information contact:

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Spiritual Retreat in India

with

Uma & Mirabai



October 18-31, 2020

YOU ARE WARMLY INVITED TO JOIN US

for a life-transforming experience at the exquisite Sattva Retreat Center, nestled in the tranquil Ganga river valley in northern India! (www.thesattva.com)

The pace will be gentle, to allow for deep inspiration, as we shift between days of focused practice and group outings. We'll meet at our hotel in Delhi on Sunday, October 18, 2020, then travel together by train the following afternoon to our retreat location on the outskirts of Rishikesh.

After nine days of immersion in ancient practices, teachings, and pilgrimages, with ample free time to take it all in, we will board the train back to Delhi for shopping, gourmet food, and re-entry into the modern world, before returning home Saturday, October 31st.



RETREAT COST INCLUDES

- ☼ Comfortable single occupancy rooms
- ☼ All meals (except on personal outings)
- ☼ All classes, gatherings, events, group activities and outings
- ☼ Train fare, taxis, rickshaws, and all transportation for group activities
- ☼ All other costs for group activities

Early Bird: \$3600 by June 15, 2020
\$4000 after June 15, 2020

To receive the early bird rate, a \$600 non-refundable deposit is due June 15, 2020; otherwise \$800 is due by August 15, 2020. The balance of \$3000 or \$3200 is due on Sunday, September 13. An orientation meeting will be held on that date to go over what you need to know about this trip, as well as about traveling in India in general.

NOT INCLUDED IN THE COST

- ☼ Airfare to and from India (SFO to Delhi)
- ☼ Taxi to hotel (instructions will be sent)
- ☼ Travel insurance (mandatory)
- ☼ Passport and visa costs (required)
- ☼ Personal expenses & personal outings
- ☼ Donations at ashrams or temples (not required)
- ☼ Shots (none required, although we recommend Hepatitis A and Tetanus)



RETREAT ACTIVITIES

- ☼ Daily yoga and spiritual teachings
- ☼ Kirtan, meditation, pranayama
- ☼ Group outings to Baba Neem Karoli Ashram, Parmarth Niketan, and other respected ashrams and temples
- ☼ Outings to Vashishta Cave and various stunning locations in nature
- ☼ Ganga Arati and personal rituals at the sacred river



CANCELLATION POLICY

- ☼ Non-refundable early bird deposit of \$600 due June 15, or \$800 by August 15, 2020
- ☼ Balance of \$3000 or \$3200 due September 13, 2020
- ☼ Cancellation after September 13 forfeits deposit + \$1000
- ☼ No refund for any reason after October 1, 2020