

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 non-dual teachings of the Upanishads) through the lineage of Swami Dayananda Saraswati.



Uma has journeyed to India many 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. www.umareed.com

MIRABAI WARKULWIZ has been a dedicated yoga practitioner since 1998 and has been teaching for 20 years in the San Francisco Bay Area. Her foundation is in classic Sivananda and Integral Yoga traditions, yet she's also trained in Ashtanga, the YogaWorks method, and Restorative Yoga. Through her teaching she conveys a holistic approach to harmonizing body, mind, and spirit.



Mirabai is also a kirtan singer and harmonium player, trained in the Kirana Indian music tradition. She leads regular classes, kirtans, workshops, and private lessons. This will be her fourth time bringing students to India. www.mirabaiyoga.com

UMA AND MIRABAI have offered many workshops, daylong retreats, and kirtan programs together over the 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 19-30, 2026

YOU ARE WARMLY INVITED TO JOIN US

for a life-transforming experience at the exquisite Sattva Retreat Center, nestled in the sacred Ganga river valley in Rishikesh, northern India! (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 Monday, October 19, 2026, then travel together the following morning to our retreat location on the outskirts of Rishikesh.

After seven days of immersion in yoga practice, ancient teachings, and pilgrimages, with ample free time to take it all in, we will return to Delhi for shopping, gourmet food, and reentry into the modern world, before returning home Friday, October 30th.



RETREAT COST INCLUDES

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

Early Bird: \$4200 by May 15, 2026
\$4500 after May 15, 2026

EARLY BIRD RATE

- \$800 non-refundable deposit due by May 15
- Balance of \$3400 due on September 19

NORMAL RATE

- \$900 non-refundable deposit due by July 15
- Balance of \$3600 due on September 19

ORIENTATION

An orientation meeting will be held September 19 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 from Delhi airport to hotel
- ☼ Travel insurance (mandatory)
- ☼ Passport and visa costs (required)
- ☼ Personal expenses & personal outings
- ☼ Shots (none required, although we recommend Hepatitis A and Tetanus)



RETREAT ACTIVITIES

- ☼ Yoga, spiritual teachings, and meditation
- ☼ Kirtan and vedic chanting
- ☼ Daytrip to the famous Vashishta Cave to meditate & bathe in the sacred river
- ☼ Ganga arati at Parmarth Niketan and personal rituals at the river
- ☼ Neem Karoli Baba temple, Sivananda Center, Swami Dayananda Ashram

CANCELLATION POLICY

- ☼ Non-refundable early bird deposit of \$800 due May 15, or \$900 by July 15, 2026
- ☼ Balance of \$3400 or \$3600 due September 19, 2026
- ☼ Cancellation after September 19 forfeits deposit + \$1000
- ☼ No refund for any reason after October 1, 2026

Rishikesh is a vegetarian town. To retain the purity of centuries of spiritual practice, no meat, eggs, or alcohol are served there.