

# *Ma Ganga Shakti Retreat*

*Secrets of Soma, Rejuvenation and Immortality!*

Rishikesh, India, March 10 - 16, 2011

With Pt. Vamadeva Shastri (Dr. David Frawley) and Yogini Shambhavi

Experience the mystical Shakti of the ancient Himalayan Yoga along with its great powers of rejuvenation and transformation through mantra, pranayama, devotion and meditation in a beautiful secluded setting on the banks of Ma Ganga. Learn important keys to Raja Yoga, Ayurvedic medicine, Hindu Tantra and Vedic astrology with special sadhanas, rituals, fire ceremonies, Yogini Bhava chants, Ganga Snana and sacred dance forms.

Learn to connect with the Devi and with the presence of Shiva throughout all aspects of your life and being, with an experience to take with you for a life time. Spend six days deepening your Yoga Shakti guided through sacred practices designed to awaken the higher Self and empower the flow of divine grace within.



The **Fourth Ma Ganga Shakti Retreat** is a special yearly event hosted by the American Institute of Vedic Studies for sadhaks, seekers, Yoga, Ayurveda and Jyotish students worldwide. It is located at a beautiful retreat center on the Ganga River twenty five kilometers above the holy city of Rishikesh, India, in a serene location surrounded by the Himalayan foothills in a private narrow valley. It occurs in the beautiful month of March when the region is in its spring bloom of warm days and pleasant nights.

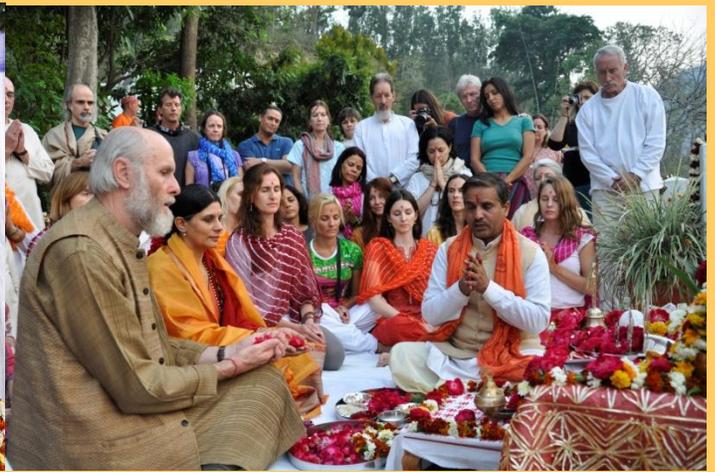
Pt. Vamadeva Shastri (Dr. David Frawley) and Yogini Shambhavi guide the participants in a yogic celebration of Shiva and Shakti as living realities woven into the entire fabric of life, offering daily classes, workshops, satsangs and discussions. The teachings are rendered in the traditional gurukul manner, outdoors sitting under Lychee trees laden with flowers with the roaring Ganga as background music.

The theme of this year's retreat will be *Soma, Rejuvenation and Immortality*, exploring physical revitalization, psychological transformation in order to connect with our eternal essence beyond all death and sorrow. We will examine how to work with the various Somas of body, senses, prana, mind and consciousness through the five koshas and five elements. There will be special daily themes devoted to Tantra, Shiva, Shakti, Ayurveda, Vedic astrology and Vedanta.

The program includes daily yoga asana and meditation sessions, evening aratis, pujas, havans and planetary propitiations as well as special daily events. The afternoons after lunch are free time to enjoy the area.

A full range of Kerala style Ayurvedic treatments are available on-site and a private beach on the Ganga.

Special pujas and havans can be arranged for participants for dealing with life problems, astrological afflictions or for spiritual advancement with a special Vedic priest, pujari.



## Venue

The program is located at the famous [Neemrana](#) resort above Rishikesh, which inspires one with its pristine settings of orchards and gardens by the River Ganga where individual cottages give privacy and gourmet vegetarian meals are a delight, set outside on the verandah. We rent out the entire facility, so there are no outside disturbances. The resort is close by the famous Vasishtha Guha (meditation cave) that we will also visit one of the days, and is part of an old royal property frequented by Anandamayi Ma and many other great gurus and yogis over the past century.

You will come into contact with a broad range of spiritual aspirants from North and South America, Europe and India, and every walk of life who will gather together to share their experiences and come into contact with the great Yoga Shakti of the Himalayas.

Nearby Rishikesh offers a variety of ashrams and their various programs, notably the **International Yoga Festival** at [Paramarth Niketan](#) in Rishikesh (March 1-7), where both Vamadeva and Shambhavi will be speaking. This important conference occurs the week before the retreat and features Yoga teachers from all over the world. Swami Dayananda, Swami Veda Bharati, and Swami Ramdev also have ashrams in the area that feature important teachings and programs as do many great gurus and teachers in this, the spiritual homeland of Yoga.



## Acharyas and Teachers



**Pandit Vamadeva Shastri (Dr. David Frawley)** is a world renowned Acharya (teacher) and author on Yoga, Ayurveda, Vedanta and Vedic astrology, with more than thirty books published over the last thirty years. He has been a pioneer in introducing the deeper Yoga and Vedic sciences to the West. Vamadeva is regarded as one of the few westerners who can transmit authentic Yoga and Vedic teachings, and is highly regarded both in India and the West.

The program will reflect his recent books **Mantra Yoga and Primal Sound** and **Inner Tantric Yoga**, with their special teachings of mantra, pranayama and meditation, as well as his personal research into Soma in the Yoga and Ayurveda traditions, not previously shared in a program setting.

Vamadeva is director of the [American Institute of Vedic Studies](http://www.vedanet.com) which conducts courses, programs and seminars worldwide. He is on the advisory board of the National Ayurvedic Medical Association (USA) and former president of the American Council of Vedic Astrology (ACVA). Read his regular articles in Tathaastu magazine. Note his [special one hour interview filmed by Dutch television. www.vedanet.com](#).



**Yogini Shambhavi** is a mystic, healer and spiritual guide, rooted in the ancient teachings and traditions of Shakti worship. She unfolds the bliss of well-being through Tantra, Ayurveda, Vedic astrology, Mantra Jnana and Nada meditation. Shambhavi draws one to the deeper "Yogic Reality", awakening the Shakti power within our own hearts and minds, allowing its benevolence to flow into our daily life experience through Bhakti Bhava and sacred rituals.

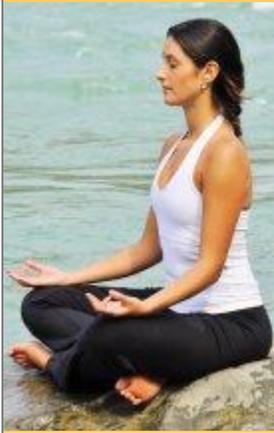
As co-director of the American Institute of Vedic Studies, Santa Fe, New Mexico, along with Dr. David Frawley, she has speaking and teaching engagements worldwide, offering personal empowerments, training programs, workshops and retreats. Along with Vamadeva, she offers Vedic astrology consultations with sacred Vedic remedial measures or 'Upayas' based upon her deep understanding of the Shaktis of the planets.

Shambhavi has authored two bestselling books on the Mother Goddess and Tantra by Wisdom Tree (India) and Log On Editora multimedia (Brazil). She has recently released a special CD of Devi Shlokas and Bija mantras.

*Yogini Unfolding the Goddess Within*

*Yogic Secrets of the Dark Goddess*

*Yogini Bhava CD, Shakti Mantras Invoke the Divine Within* (Lotus Press USA)



**Sadhak Renata Mendes** is a Yoga teacher from Brazil drawing in the deeper Vedic and Ayurveda principles into her teachings. Her voluntary work with the prison system guides young women through Yoga, teaching in training programs and workshops. She carries the tradition and spirit of Yoga into life's experience of bliss through the guidance and teachings of Pandit Vamadeva Shastri, Swami Dayananda and Yogini Shambhavi.



**Pandit Shri Dinesh Chandra Shastri**

Graduate of Banaras Sanskrit Vishva Vidyalaya, proficient in pujas and homas for planetary propitiations and worship of the deities. Panditji will offer private rituals and fire offerings for interested participants.

## **Registration and Accommodation**

**\*\*\*\*\*TO RECEIVE A REGISTRATION FORM WITH MORE INFORMATION**

**Fill and send your completed Registration Form to us (word format).**

**You can also email us ([vedanet@aol.com](mailto:vedanet@aol.com)) for a registration form to be sent to you by email, if you cannot access the on-line form.**

**CHARGE:**

\$1850.00 for five nights and six days (all meals included)

\$1695.00 early bird registration to Nov. 15, 2010.

Registration fee of \$600 is non-refundable.

Payment can be made by paypal, credit card, check or bank transfer.

Travel and transportation to the retreat not included, but we can help you with such arrangements if needed.

**ACCOMODATION:** Registration is limited due to accommodation availability to fifty people. Accommodation in the Glass House on the Ganga, a Neemrana Hotels property, one of the best facilities in the region, is limited to fifteen cottages (double to triple occupancy).

Once full, we will be staying at the [Himalayan Hideaway](#), an equally gorgeous resort two kilometers away (ten rooms). Transportation will be provided to the Glass House for the daily programs.

The rooms will be allocated on a “first-deposit-best-room” basis, so we encourage you to sign up quickly. The best rooms have special Ganga views. Your early deposit will qualify you for best room available.

**PERSONAL HAVANS AND PUJAS** (Vedic rituals and planetary propitiations), available on request. Please email Shambhavi about this option and your particular needs.

**AYURVEDIC TREATMENTS:** Full range available at the Glass House.

#### **WEBSITES FOR FURTHER INFORMATION:**

Please visit: [www.vedanet.com](http://www.vedanet.com) - [American Institute of Vedic Studies](#) and Dr. David Frawley, [www.shambhavi-yogini.com](http://www.shambhavi-yogini.com) for [Yogini Shambhavi](#) for more information about their work and activities.

#### **FACEBOOK:**

Note our many pictures of previous retreats on our [Yogini Shambhavi](#) and [David Frawley](#) Fan sites.

#### **PERSONAL CONTACT FOR FUTURE INFORMATION**

[Shambhavi.Yogini@gmail.com](mailto:Shambhavi.Yogini@gmail.com)

505-982-9156

or

Ed Zadlo (particularly during the time period of Sept. 1 - Nov. 10, 2010, when Vamadeva and Shambhavi will be in India and Brazil)

[Edzadlo@comcast.net](mailto:Edzadlo@comcast.net)

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