



7 DAYS IN
Rishikesh,
India 2025

"ANAND LOCK" RETIRE



From April 26th to May 2nd

Santina | Practice @santina_mercurial_mind
German Garro | Philosophy @germanpgarro
Leo | Organizer

Reservations
news@insanyoga.com



WWW.INSANYOGA.COM





We are delighted to share this unique and intrepid proposal. The invitation is to experience a retreat nourished by morning practices and more subtle inner work in the afternoons, with mountain walks and chants.

Anand Lok (www.anandlok.info) is the site chosen for this experience. Located 22km from Rishikesh, this retreat centre is wonderfully cozy, wild, and quiet. It enjoys a differentiated view and proximity to the Ganges River.





Anand lok Rishikesh



We will start the days by reviewing the central cleansing and purification kriyas. Then, the Ashtanga yoga practice will be guided by the teacher Santina Giardina-Chard, who is authorized level 2 by Sharath Yoga Ashtanga. The practice will be Mysore style, where Santina will support practitioners but is self-directed.

Santina offers precise anatomical and postural cues to stimulate each practitioner's somatic awareness, conscious intention and emotional expression.

To participate harmoniously, you must have a sequence of asanas to practice independently and without external direction. Ashtanga Vinyasa will be the predominant style, but other breath-based Vinyasa Krama sequences are welcome.





We will serve breakfast between 9 and 10 am and then have a rest until lunchtime, between 12.30pm and 1.30pm.

Afternoon inner life practices start at 4 p.m. and are guided by German Garro. He will share the wisdom of the ancient sages of India in a simple and practical way, bringing us closer to the message of the "Yoga Sutras of Patanjali" and facilitating the path of Bhakti Yoga and meditation.

Dinner will be served between 6.30 pm and 7.30 pm.

The retreat begins on (3pm) Apr 26 and finishes (after breakfast) May 2.

All included:

- 3 meals a day (what kind) - 5 Mysore practices
- 5 Evening practices
- Trip to Nillkhan village.

Accommodation:

- Double or single rooms with private bathrooms.



Registration and payment:

To book a place you must pay a deposit of 200usd (non-refundable), the rest of the money can be paid at check in.

The deposit can be paid in cash, bank transfer, WISE bank transfer, credit card, cryptocurrencies or western union.

Book contact:

Santina:

Email : news@insanyoga.com

The price is double rooms 1200 USD Single 1500
usd

Early bird (by Nov 30, 2024) USD 1100 (Double)
\$1400 USD (single)





Yoga Sutras
German Garro
(@germanpgarro)

Ashtanga
Santina
Giardina-Chard
www.insanyoga.com

Kriyas
Leandro Giovinazzo

