



Ashtanga Yoga, Gestalt Group Process & Cultural Retreat

April 20 to May 7, 2026

Welcome!

We're delighted to offer both an immersive cultural journey and an enriching retreat experience. You can choose either or both:

Stage	Dates	Highlights
Cultural Immersion (Stage 1)	April 20– May 1	Explore Delhi, experience life in two ashrams, and travel to Rishike
Ananda Lok Retreat (Stage 2)	May 1–7	Deep dive into kriyas, Ashtanga, Gestalt work, Patanjali's Yoga Sutra practices.



Stage 1: Cultural Immersion Delhi (April 20–23)

- Stay for 3 nights at Sri Aurobindo Ashram (Delhi branch) in a shared or single room.
- Included meals, meditation sessions, and group practices in a tranquil, garden-rich urban oasis.
- Guided city walk taking in temples, bustling markets and iconic landmarks.
- Rishikesh (April 23–May 1)
- Private minibas transfer (~5 hrs) to Rishikesh.
- 7 nights at Yoga Niketan Ashram on the Ganges' banks.
- All meals, daily yoga, meditation, and practices in a classic devotional ashram atmosphere.
- Day hike to Kunjapuri Temple atop surrounding hills with panorama views of Rishikesh.
- (Single rooms and air-conditioning upgrades available — approx. US \$7 per day extra.) Cost: US \$600 (double share).
- With single-room or air-con add-ons, stage 1 may increase slightly.



Stage 2: Ananda Lok Retreat (May 1–7)

A unique sanctuary nestled across the Ganges, 22 km from Rishikesh, nestled beside Vashisht Cave and mountain peace.

- Stay in double (US \$1,300) or single room (US \$1,500).
- Includes 7 days of lodging, all meals, daily kriyas, Ashtanga asanas, mantra chanting, and Yoga Sutra discussions.
- Facilitated by Santina and German – focusing on body–mind awareness and spiritual philosophy.
- Guided afternoon walks to secluded river beaches, and a day-trip to Dev Prayag.
- Optional one-on-one Gestalt therapy sessions with Santina: US \$180/hour.

Why Ananda Lok?

- A peaceful, eco-conscious retreat with on-site organic gardens and wholesome cuisine
- Accommodations include charming cottages, shalas, terraces and serene dining spaces encircled by lush flora, birds and monkeys .
- Highly rated by guests for its magical riverfront location, tranquil atmosphere, warm staff, and nourishing food



Anand lok Rishikesh



Investment & Deadlines

Complete trip (Stages 1 & 2):

- Reserve & sign by 30 Nov 2025 → US \$1,900 (double), US \$2,200 (single)
- From 1 Dec 2025 onward → US \$2,100 (double), US \$2,400 (single)

Individual stages:

- Stage 1 only: US \$700
 - Stage 2 only: US \$1,400 (double) / US \$1,600 (single)
- A US \$200 non-refundable deposit is required to secure your place.

What's Included

- Accommodation, meals, yoga & meditation sessions
All internal transfers and group excursions (excludes international airfares, personal transfer to Ananda Los)
- Retreat teachings and philosophy sessions
- Optional therapeutic Gestalt sessions (extra cost)

Optional Extras

- Single rooms or air-conditioned options in both ashrams
- Gestalt therapy sessions at US \$180/hr
- Personal transfers or trekking excursions on request





Final Notes

This beautifully balanced journey integrates India's rich culture—through ashram life, spiritual teachings, and historical immersion—with transformative practice in the Himalayan setting of Anand Lok.

Your investment supports authentic hospitality, nourishment, caring guidance, and a truly memorable path of inner expansion.

Let me know if you'd like additional info, detail on flights, visa support, or help tailoring the itinerary! "





Yoga Sutras
German Garro
(@germanpgarro)



Ashtanga
Santina
Giardina-Chard
www.insanyoga.com

Kriyas
Leandro Giovinazzo



Gratitude!