

Viaje a

INDIA

2027



20 APRIL TO 7 MAY 2027

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20 APRIL TO 7 MAY 2027 | NEW DELHI, RISHIKESH AND ANANDA LOK

"India asks for presence. The river asks for listening. Practice gives form to what is ready to emerge."

STAGE 1

Cultural Immersion

20 to 30 April

- Four days in New Delhi at Sri Aurobindo Ashram, an oasis within the city.
- Ashram practice, meditation, tuk tuks, markets and the first encounter with India.
- A visit to the Taj Mahal and Akshardham Temple.
- Travel to Rishikesh on 24 April.
- Yoga Niketan Ashram on the Ganges, with Hatha Yoga, alignment, meditation, philosophy, a library, gardens and a river terrace.
- Kunjapuri Temple and Neelkanth Village.
- Cultural guidance with Germán Garro and Leandro Giovinazzo.



THE PRACTICE

Morning Mysore

Each morning, Mysore style practice becomes an investigation into emotional anatomy. The sequence gives form, gravity gives truth and the bones give direction. Santina works individually with how each student organises themselves: where movement begins, where support disappears, and where pressure, collapse or stopped impulse enter the posture. Through the feet, long bones, kidneys, cavities and inner volume, the body reveals what has been organised beneath habit, effort and will. As support becomes more available, breath, feeling and movement can reorganise from within.

STAGE 2

Ananda Lok Retreat

1 to 7 May

- Check in before 4:00 pm on 1 May. Orientation and dinner that evening.
- A retreat house 22 kilometres upriver from Rishikesh, built into the hillside above the Ganges.
- Rooms and practice halls within a forest inhabited by monkeys and birds.
- Morning Mysore style Ashtanga with Santina.
- Gestalt group process after breakfast.
- Afternoons for swimming, rest, walking or Rishikesh.
- Evening kriya and Yoga Sutra study with Germán.



THE PROCESS

GestaltGroup Process

After breakfast, we meet in Gestalt group process. One person may bring forward what is alive for them and, with Santina, follow it through sensation, breath, gesture, speech and relationship. Santina tracks where contact is interrupted: where explanation replaces experience, the breath stops, the body braces, or attention leaves the self to manage the room. She supports the person to return to what they feel, need and know. The group witnesses the work, offers resonance rather than advice, and becomes part of the living field in which familiar relational patterns can be felt in real time. Individual work, dialogue and embodied experiments allow a new response to emerge and be integrated within the support of the group.

Choose Stage 1, Stage 2 or the full journey.

Choose Your Journey

Shared and single room options · Prices in US dollars

STAGE 1 · 20 TO 30 APRIL

Shared (<i>pay before 30 Nov</i>)	\$500	Single (<i>pay before 30 Nov</i>)	\$600
Shared (<i>pay from 1 Dec</i>)	\$600	Single (<i>pay from 1 Dec</i>)	\$700

STAGE 2 · 1 TO 7 MAY

Shared (<i>pay before 30 Nov</i>)	\$1,500	Single (<i>pay before 30 Nov</i>)	\$1,600
Shared (<i>pay from 1 Dec</i>)	\$1,600	Single (<i>pay from 1 Dec</i>)	\$1,700

FULL JOURNEY · 20 APRIL TO 7 MAY

Shared (<i>pay before 30 Nov</i>)	\$2,000	Single (<i>pay before 30 Nov</i>)	\$2,200
Shared (<i>pay from 1 Dec</i>)	\$2,200	Single (<i>pay from 1 Dec</i>)	\$2,400

RESERVATION

- A US\$200 deposit confirms the reservation.
- The deposit is deducted from the final price and is nonrefundable.
- Different room types may be combined across Stage 1 and Stage 2.
- Air conditioning at Yoga Niketan is approximately US\$8 per day, payable on site.

INCLUDED

- ✓ Accommodation and meals from 20 April through breakfast on 7 May.
- ✓ Taj Mahal, Akshardham, Kunjapuri and Neelkanth Village excursions.
- ✓ Transfers between Delhi, Rishikesh and Ananda Lok.
- ✓ All retreat teaching and scheduled practices.

EXCLUDED

- ✗ International flights.
- ✗ Indian tourist visa.
- ✗ Yellow fever vaccination when required.
- ✗ Airport transfers, both ways.
- ✗ Travel medical insurance.

TRAVEL PREPARATION

- A valid passport and an Indian tourist visa are required. Guidance with the online visa process will be provided.
- Shoulders and upper legs remain covered in ashrams and sacred places.
- A WhatsApp group will coordinate forms, meeting points, possible flights and transfers.
- The outward journey can be coordinated as a group; trusted taxis are available for individual return travel.

FACILITATORS



SANTINA GIARDINA CHARD
Ashtanga and Gestalt



GERMÁN GARRO
Kriya, Yoga Sutras and cultural guidance



LEANDRO GIOVINAZZO
Cultural guidance

India Awaits

Questions and bookings through Santina's website, email or WhatsApp, or Germán at Anahata · @anahatayogapatagonia

Venue · anandlokganga.com