

Spiritual Pilgrimage to India with Girish and At Om Yoga

A devotional exploration into mantra, meditation, and flow yoga at the epicenters of yoga (Rishikesh) and Buddhism (Dharamshala). This 14 day journey is designed to liberate your soul and evolve your practice. Join beloved mantra musician **Girish** and the shakti flow yoga guides of **At Om Yoga** on an adventure quest into sacred places and awakened states through meditation, mantra, and flow yoga classes accompanied by live Sanskrit serenades.

Rishikesh is the yoga capital of the world. It sits in Himalayan foothills on the banks of the sacred Ganges River. Here we will stay at a traditional ashram, study the Sanskrit language, mantra, and the meditation techniques of the local saints such as the Yoga Nidra of Swami Sivananada. Maybe a white water rafting adventure on Ganga Ma, increasing our intimacy with the holiest river on Earth? Karmas will burn in a traditional fire ceremony on her banks. We will join in song at the legendary Beatles ashram.



Dharamshala is the home of His Holiness the Dalai Lama and Tibetan Buddhism in exile. Here we will ascend higher into the holy Himalayas. We will enjoy an optional overnight trek to Triund at the snow line of these majestic and sacred mountains. We will explore the effective meditation techniques of the Buddha and Dalai Lama such as Metta (loving kindness) and Om Mani Padme Hum (jewel in the lotus) with monks and nuns at the Dalai Lama Temple. Practicing in these vortexes of awakening is indescribably powerful and effective.



November 16-30, 2020
\$2500 all inclusive after airfare*
\$250 off if preregistered by 5/1/20
contact asa.atomyoga@gmail.com
for information and applications.



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Girish has been accompanying shakti flow yoga classes at **At Om Yoga** in Concord, NH for well over a decade. The rhythm of the songs and the flows of yoga poses are synchronized skillfully in joyful union representative of the consistency and depth of this collaboration.

Your shakti flow yoga guides have lead numerous pilgrimages and yoga teacher trainings through many of India's holiest places. This adventure into the heart of yoga and Buddhism is the culmination of lifetimes of practice and play. It is a significant rite of passage for seekers and healers.

Girish, an accomplished musician of many genres, former monk infused in spiritual practice, loving wordsmith linking lyrics and rhythm in blissful musical experiences, sings traditional Sanskrit mantras with a modern, funky, yet deeply devotional twist. Live Sanskrit chants set to modern melodies while you practice yoga with skilled guides in spiritually charged and beautiful places has the power to be extremely transformational. Let go and let your yoga flow with effortless grace.



Shakti flow yoga classes focus on the union of breath and movement, stillness and flow, body and soul. Practitioners are encouraged to allow the internal flows of energy and sensation to inform the authenticity of their postural alignment. It is experienced through asana, meditation, mantra, and pranayama. This yoga is both challenging and accessible. There is freedom for practitioners to work at their own level within the guided structure.

All levels of experience are welcome.



Liesl, Ray, Asa, Shivani Devi

At Om Yoga 40 N. Main St. Concord, NH www.atomyoga.com
www.girishmusic.com

