

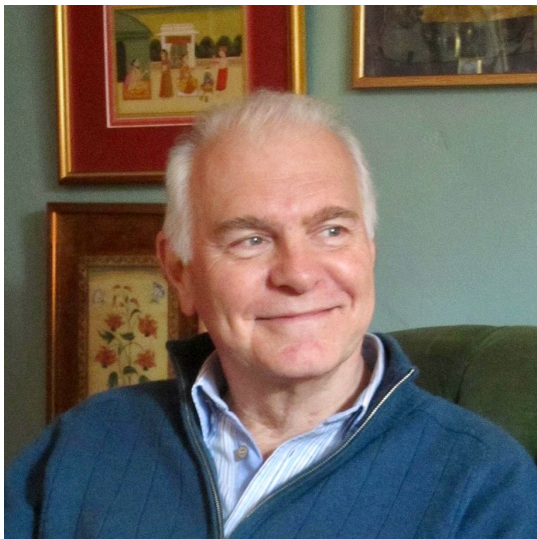
JOIN US FOR A TRANSFORMATIVE RETREAT IN INDIA!

A unique opportunity to deepen your understanding
of true (Satya) yoga at its source

10-18 March 2025

*Optional 9-day add-on India tour 18-27 March to explore:
Mumbai, Varanasi, Agra, Jaipur and Delhi*

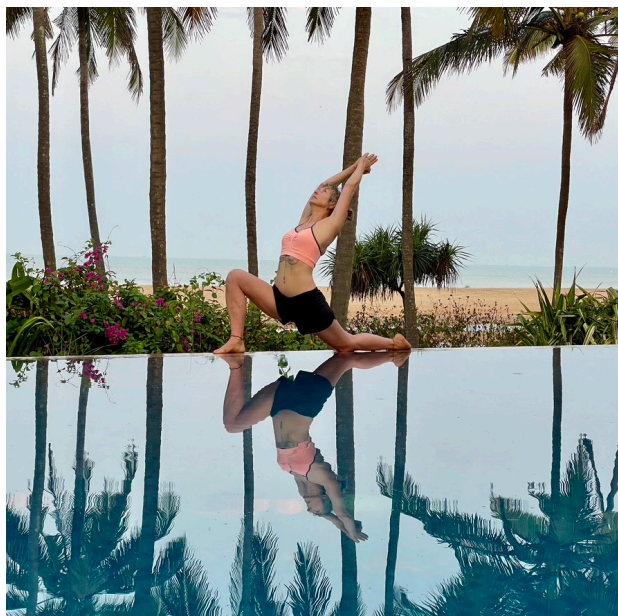
Hosted by Debs Albon, Mina Blair and Alistair Shearer
at the magical Neeleshwar Hermitage Hotel in Northern Kerala



This wonderful immersive wellness package includes:

- ❖ Daily yoga classes (Hatha and Yin) hosted by Mina & Debs
- ❖ Meditation instruction and 3 philosophy talks hosted by Alistair Shearer
- ❖ 8 nights accommodation in a deluxe cottage
- ❖ A consultation with the resident Ayurvedic doctor and 4 prescribed personal Ayurvedic treatments
- ❖ All vegetarian meals and Ayurvedic drinks
- ❖ Two hours sunset cruise through the magical backwaters on the Lotus Houseboat
- ❖ A 2-hour Indian classical concert followed by a theme dinner
- ❖ A visit to see the Theyyam Ritual dances in the local temple or a Village Head's home
- ❖ Cooking class with the (amazing!) Neeleshwar Chef
- ❖ Arrival and departure transfers from Mangalore Airport
- ❖ Wifi/Taxes

MEET YOUR HOSTS



DEBS ALBON

Debs has been practicing and teaching yoga for more than 25 years and is a fully qualified and insured teacher with the British Wheel of Yoga and the internationally recognised body, Yoga Alliance. She holds further qualifications in Anusara Yoga, Pregnancy Yoga, Yoga as Therapy, Kundalini Yoga, Meditation, Inner Yoga Foundation Course. She is also a tutor for the B.W.Y. Foundation Course and is currently training with Inner Yoga London to teach students to become qualified teachers. She brings her sense of humour, dynamic style of teaching and close attention to alignment detail to ensure a supportive, fun and fruitful experience. Insta: @yoga_with_debs

MINA BLAIR

Mina's yoga story began in 2011 when, searching for a solution for back pain, she went to her first yoga class taught by Debs. It was an eye-opening experience and the first step on the yogic path. Six years later she received her 200-hour qualification from Akasha Yoga Academy in Bali and has been teaching ever since. In Nov 2023, Mina gained the additional 300-hour qualification, adding meditation, pranayama and Yin Yoga to her offering. She is registered with the Yoga Alliance and fully insured. Additionally, she is a mentor for YTT students currently studying with Akasha Yoga Academy online.

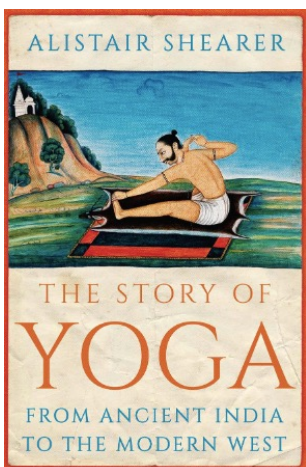
Off the mat, Mina is a keen reader of yogic philosophy and strongly feels that the teachings of the Indian spiritual scriptures are key to living a joyful and content life. www.minablair.com /Insta: @empoweredwithmina



ALISTAIR SHEARER

Alistair is well-known on the UK yoga circuit for his translations of *The Upanishads*, *Patanjali's Yoga Sutras* and most recently, *The Story of Yoga* – as well as for his lively, humorous and engaging lecture style.

A longtime teacher of meditation, his particular interest is in using the philosophical and spiritual background of yoga to illuminate the concerns and interests of those who are on the path of self-transformation. A former guest tutor for The British Wheel of Yoga, over the years he has run many courses on Indian and South Asian art for numerous prestigious institutions including SOAS (the School of Oriental and African Studies at London University), the British Museum and the auction houses Sotheby's and Christie's. Several of his fourteen books have been translated into the major European languages, as well as Chinese, Japanese and Hebrew. Alistair is co-founder of the Neeleshwar Hermitage Hotel. www.alistairshearer.co.uk



MORE ABOUT THE RETREAT EXPERIENCE

Pancha Maya Koshas

We will be exploring yogic philosophy in our yoga practice through the theme of the Pancha Maya Koshas (the Five Sheaths or layers of being). This framework can be viewed as a yogic map of the body, mind and soul as described in the ancient yogic scripture the Taittiriya Upanishad (around 600 BC). It gives us clarity into who we are and why we are and helps us navigate our life's journey.

Alistair will also share his wealth of knowledge on this topic in his philosophy talks.

Classical Hatha Yoga*

Traditional Hatha yoga incorporates a deeper focus on inner re-alignment through utilising asana/posture work (both flow and static), breathing practices (Pranayama), Mudras and Bandhas as well as deep relaxation to enhance the subtle flow of energy. This helps to develop strength, flexibility and aids the detoxification process in order to bring balance to all levels of our being. You may feel the release of old stuck patterns and in turn increased vitality.

Yin Yoga*

Yin and Yang are concepts borrowed from the ancient Chinese Taijost tradition that describes all levels of manifest existence. Yin is the unmoving, hidden aspect, whereas Yang is the changing, moving, revealing aspect. These two qualities always coexist.

Unlike classical asanas, Yin Yoga is a passive practice where the body is still, static and relaxed. There is little or no movement, and since the postures are long-held (usually 3-5 mins), the sequence consists of relatively few floor postures. The main target area is the ligaments, joints and bones. This deeper way of working with the body encourages the introspective practice of reflection and acceptance.

Ayurvedic medicine

Ayurveda is a natural system of medicine that originated in India more than 3000 years ago. It comes from the Sanskrit *ayur* meaning life and *veda* meaning science/knowledge. Based on the idea that disease is due to an imbalance or stress in a person's consciousness, Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment. The concepts of universal interconnectedness, the body's constitution (*prakriti*), and life forces (*doshas*) are the primary basis of ayurvedic medicine. Herbs and other plants, including oils and common spices, are used extensively in the treatment.

**These sessions are suitable for beginners through to advanced practitioners as clear instruction and modification will be offered throughout. The use of yoga props for both beginners and the more experienced are encouraged and used intelligently to help students work at their own individual level to modify the poses and to improve alignment.*

YOUR ACCOMMODATION AND FEES

Debs and Mina have experienced first hand the wonderful hospitality of this magical place. The yoga pictures (more on Mina's website) reflect our amazing experience and enthusiasm to come back and share it with you.

An oasis of calm set in twelve naturally landscaped acres, Neeleshwar Hermitage is built according to the traditional architectural principles of Kerala Vastu. The whole site oriented to the east and the rising sun, while the buildings are all placed in correct relation to each other, the four directions and the site as a whole. The traditional wood-and-thatch architecture is balanced with stylish contemporary touches and familiar modern comforts. The site overlooks a gloriously unspoiled beach of sand, stretching as far as the eye can see in both directions. The sea is clean and safe for swimming most of the year.

Northern Kerala, traditionally known as Malabar, is a jewel awaiting discovery. Empty beaches fringed by coconut plantations, peaceful inland waterways and lush hillside spice gardens are features of an undisturbed rhythm of life set against the immensity of the ocean.

The Hermitage is approximately two hours from Mangalore international airport. Mangalore has flight connections to most major cities in India, the closest being Bangalore and Mumbai.

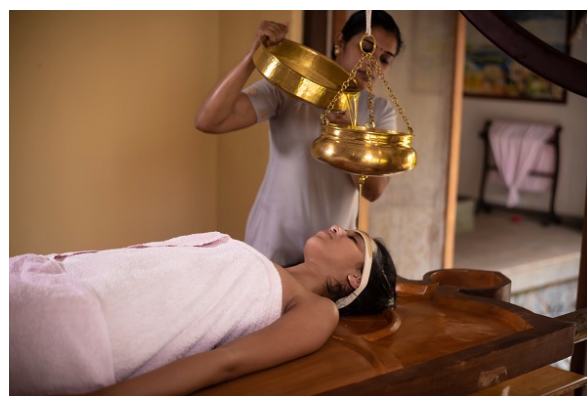
www.neeleshwarhermitage.com

Fees for Yoga Retreat*:

- Single pool/garden view: £2600 per person
- Single sea view: £2795 per person
- Single private pool: £3205 per person
- Double pool/garden view: £4215 two sharing
- Double sea view: £4430 two sharing
- Double private pool: £4840 two sharing

Not included:

- Airport transfers at travel origin
- Flights
- Visa and travel insurance
- Alcohol/food outside vegetarian Ayurvedic menu



To book:

Secure your place by sending an email to Deborah.albon@gmail.com by:

1 October 2024

Your booking will require a 25% non-refundable deposit.

Debs Albon +44 (0)7790 367009
Mina Blair +44 (0)7718 581021

ADD-ON INDIA TOUR!

We are excited to be offering a luxury tour of some of the magical highlights of India to:

Mumbai - Varanasi - Agra - Jaipur - Delhi

Continue the journey to explore the sights and sounds of these ancient, vibrant places of cultural and spiritual significance!

18 March Day 1

Drive from Neeleshwar to Mangalore Airport, fly to Mumbai. Rest of day free.

Overnight at the Trident Nariman Point.

19 March Day 2

Mumbai sightseeing inc dawn visit with guide to the bazaar before breakfast. Visits to various buildings of interest inc the Hanging Garden and the historic railway station.

Overnight at the Trident Nariman Point.

20 March Day 3

Fly to Varanasi, a key spiritual centre of India, transfer to the Taj Ganges by this famous river.

Attend Aarti ceremony in the evening by the banks of River Ganges.

21 March Day 4

Varanasi sightseeing inc sunrise boat ride and excursion to Sarnath where Buddha delivered his first sermon. Overnight Taj Ganges.

22 March Day 5

Fly to Delhi, transfer to The Claridges. Afternoon visit to Old Delhi, the Jama Mosque and a rikshaw ride to Chandni Chowk Bazaar. Overnight The Claridges.

23 March Day 6

Fast train (Vande Bharat) to Agra and on arrival visit Agra Fort. Transfer to The Trident. Afternoon visit to Itmad-ud-Daulah (Baby Taj), followed by evening visit to Mehtab Bagh to see sunset view of the Taj Mahal. Overnight The Trident.

24 March Day 7

Early morning visit to the Taj Mahal. After breakfast, drive to Jaipur, visiting Fatehpur Sikri (The City of Victory) along the way. Transfer to the hotel. Attend prayer ceremony in a Hindu Temple in the evening. Overnight at The Narain Niwas Palace.

25 March Day 8

Jaipur sightseeing inc the 16th century fortress of Amber, a UNESCO World Heritage Site and a medieval Rajput capital. Enjoy a jeep ride here! In the afternoon, visit to the Jantar Mantar, the City Palace and Hawa Mahal (an 18th century astronomical observatory). Overnight at The Narain Niwas Palace.

26 March Day 9

Drive to Delhi and transfer to hotel near the airport – Lemon Tree Premier.

27 March Day 10

Fly home.

*Package price for this amazing deal**

Two people sharing: £2380.00 in 5-star accommodation

Single Supplement: £860.00

* Includes 3 domestic flights (*nb flight price may vary slightly at time of booking*), daily hotel breakfast, transport in air-conditioned mini-coach, jeep ride, train journey from Delhi to Agra, one time entrance fee to monuments/temples/parks as per programme, Aarti ceremony, boat ride on Ganges River and local English-speaking guides, applicable taxes.

Please note, does not include: visa, airport taxes, lunch/dinner/drinks, tips, spa treatments, laundry or items of a personal nature.

More information/details regarding the tour available upon booking.