

Schedule of the five days:

	630 – 730 am	1030 am – 12 pm	1230 – 1.30 pm	5 pm – 7 pm	7 – 730 pm
	PRACTICE	THEORY	EXPLORATION	PRACTICE	CHANTING
28/5	Arrival	Welcome & Introduction to BARPS	Mapping the Body: bones, joints, muscles	Guided Practice: <i>asana</i> w/ BARPS principles	Chanting: Yoga Sutras
29/5	Guided Practice: <i>asana</i> w/ BARPS principles	Samkhya philosophy	Sensing the Body: breath, touch and gaze	Guided Practice: <i>asana, nyasa & pranayama</i>	Chanting: Yoga Sutras
30/5	Guided Practice: <i>asana & pranayama</i> w/BARPS	Yoga Sutras: Chapter 1	<i>Dharana</i> : Visualising object of inner - correspondence	Self-Regulated Practice: <i>asana, pranayama, nyasa, dharana</i>	Chanting: Yoga Sutras
31/5	Self-Regulated practice: <i>asana, pranayama, dharana</i> w/BARPS	Yoga Sutras: Chapters 1 & 3	<i>Dhyana</i> : meditation of absorptive containment (<i>sukha</i>)	Self-Regulated Practice: <i>asana, pranayama dharana, dhyana</i>	Chanting: Yoga Sutras
1/6	Self-regulated practice: <i>asana, pranayama, dharana, dhyana</i> w/BARPS	Rasa Theory: “Poetics of Correspondence” and absorptive containment	Wrap Up + Q & A	Departure	

For more information please call 9711733507

Fee & payment options: The fee for the five-day retreat is Rs 22,000. This includes all meals, accommodation on a twin-share basis, plus content.

You may wire the money (bank details provided below), or else pay by cash or cheque.

Account details:

Studio Abhyas
A/c Number: 015010100176835
Axis Bank Branch Green Bank
IFC code UTIB0000015

Group Travel: If you wish to travel on an overnight train with the group then please let us know ASAP. We will depart on the night of 27/5 to Pathankot/Chakki Bank and then take a cab to Sidhbari in the early morning of 1st. The return from Pathankot will be on the night of 1/6

Flying to Dharamsala (Gaggal) is also an option.

Feel free to forward this announcement to others who might be interested.

Thank you!