



# MYSTICAL HIMALAYAN FESTIVAL

22ND TO 28TH DEC



## **ABOUT AURYANA**

### **The Mystical Himalayan Retreat**

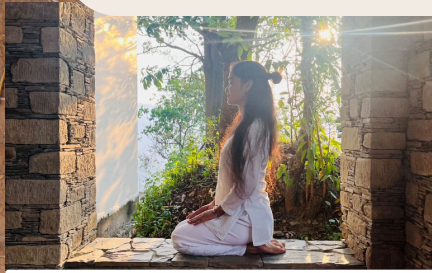
Auranya, in the Middle Himalayas, is set within a dense mixed forest overlooking the river Nayar- the first tributary of the river Ganges. Local lore has it that this place was once a centre of spiritualism in the ancient times. A 'Divine' Peepal Tree graces the entrance of the retreat. The unique aura of the natural surroundings and the dramatic views of the hills and the Nayar valley, all make for a perfect getaway to rejuvenate one in body, mind and spirit.

The buildings at Auranya, all designed by Ar. Yogi Udai, the owner of the retreat, blend seamlessly with the natural surroundings, offering dramatic, "picture-perfect" views of the hills and the Nayar valley. Relax and lounge at the numerous spaces at the eco-retreat and soak-in the aura of the Himalayas. Go for a stroll in the woods and feel one with nature. After all it is an extension of you!

Spread over an area of 10 Acres within a dense mixed forest of more than 1000 Acres, the spacious living and dining spaces- both indoor and outdoor- offer sufficient privacy to the discerning guests, so desirable in these times.

# FLOW OF EVENT

## DAY 1, FRIDAY 22 DECEMBER



- Bonfire & Party

## DAY 2, SATURDAY 23 DECEMBER



### Morning Session:

- Musical Satsang
- Jungle Hike

### Evening Session:

- Intro to Alternate Healing Therapies

## DAY 3, SUNDAY 24 DECEMBER, CHRISTMAS EVE



### Morning Session:

- Havan, Yoga Asanas & Pranayama
- Acupressure
- Karma Yoga

### Evening Session:

- Discourse on Bhagwat Gita
- Bonfire / Music & Dance

## DAY 4, MONDAY 25 DECEMBER, CHRISTMAS

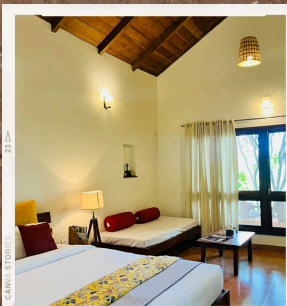
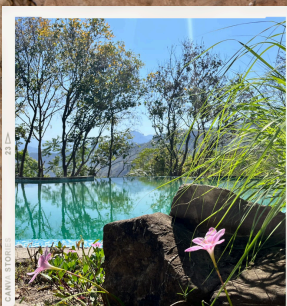
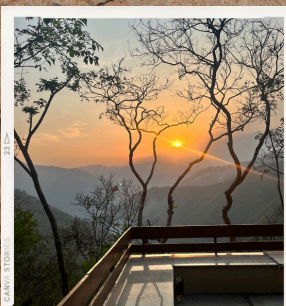
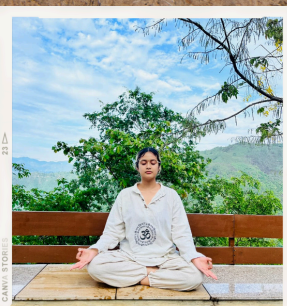


### Morning Session:

- Yoga Asanas, Pranayama & Shakti Kriya
- Access Consciousness Session

### Evening Session:

- Sound Healing
- Bonfire / Music & Dance



# FLOW OF EVENT

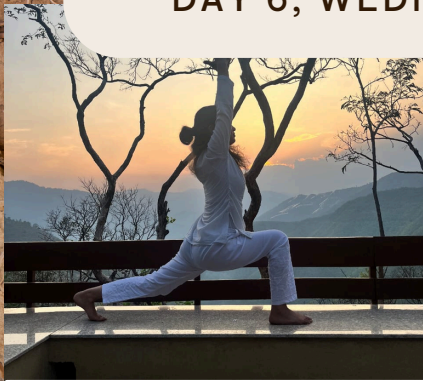
## DAY 5, TUESDAY 26 DECEMBER



### Morning Session:

- Yoga Asanas, Pranayama & Shakti Kriya
- Qigong Session
- Karma Yoga
- Evening Session:
- Tarot
- Bonfire / Music & Dance

## DAY 6, WEDNESDAY 27 DECEMBER



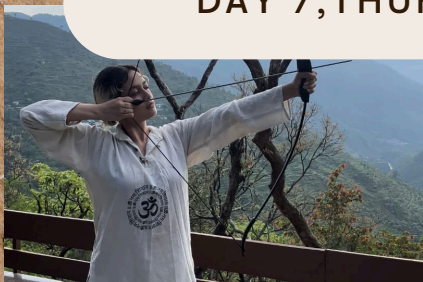
### Morning – Afternoon Session:

- Yoga Asanas, Pranayama & Shakti Kriya
- River Hike & Chanting Meditation & Lunch

### Evening Session:

- Bonfire / Music & Dance

## DAY 7, THURSDAY 28 DECEMBER



- Breakfast & Departure

### DONATION

34999/- + GST @12% FOR 5 DAYS / 49999/- + GST @12% FOR 7 DAYS

📍 AURANYA  
The Mystical Himalayan Retreat.  
Village & PO Eeda Malla, Tehsil Satpuli, Pauri Garhwal, Uttarakhand-246131

☎ 83683 12022 | 78955 07977

Organised By

*Auranya*

&

*Sanidhaya*

THE MYSTICAL HIMALAYAN RETREAT

[www.auranya.in](http://www.auranya.in)

SYNCHRONIZING SCIENCE WITH SPIRITUALITY

[www.sanidhaya.com](http://www.sanidhaya.com)



[auranya\\_retreat](https://www.instagram.com/auranya_retreat)

# SPECIAL FEATURES OF THE EVENT



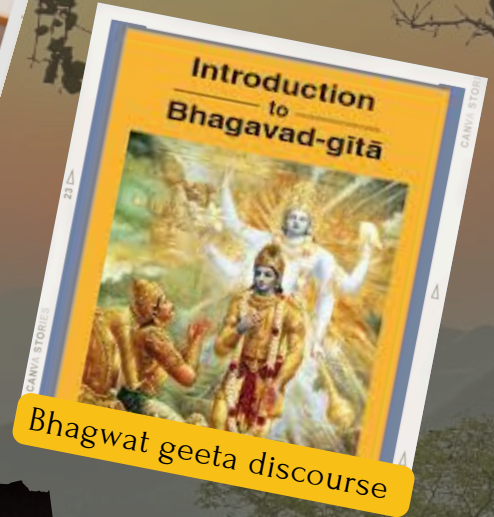
Sound healing sessions



Qi gong practice



Access consciousness



Bhagwat geeta discourse



Accupressure introduction



Tarot card reading



Village tour



Jungle walk



River hike

# MYSTICAL HIMALAYAN FESTIVAL



HEALING : DETOX : NATURE : ADVENTURE

22th December - 28th December ( 7 Days 6 Nights )

RETREAT OPTIONS: 5 Day / 7 Days

- 
- Yoga & Pranayama
  - Sound Healing & Meditation
  - Tarot Reading Sessions
  - Bon-Fires & Music
  - Nature Walks
  - River Hikes
- Access Consciousness, Qigong, Bhagwat Gita, Organic Food
- 

**AURANYA**

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[www.auranya.in](http://www.auranya.in)

&

**SANIDHAYA**

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[www.sanidhaya.com](http://www.sanidhaya.com)



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