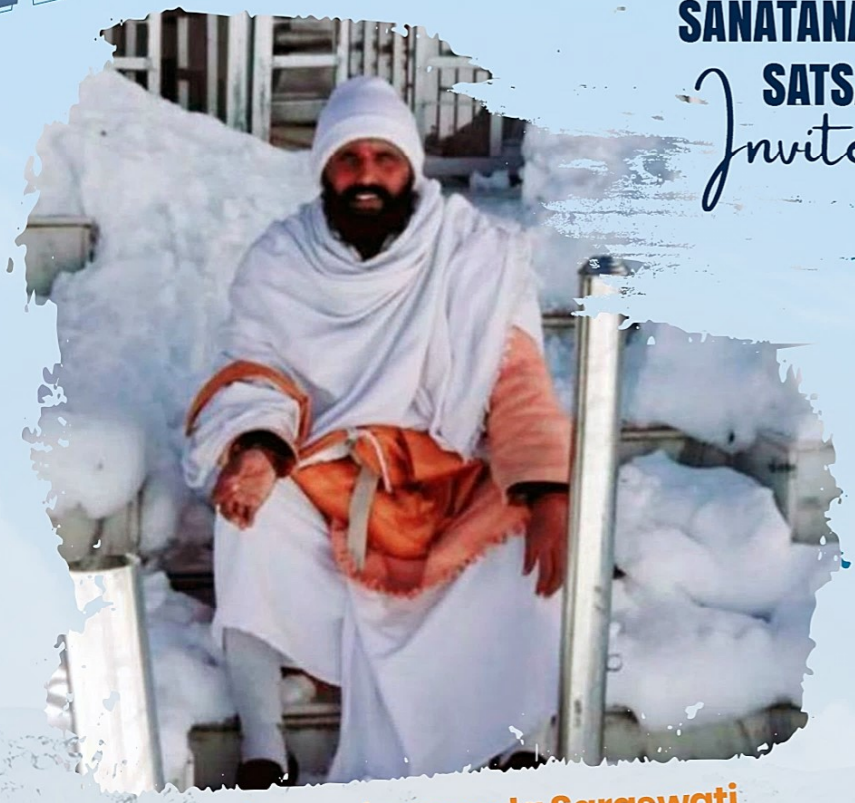
LIVE AS YOGI

SANATANA SINDHU SATSANG

Invites you



Swami Sthitaprajnananda Saraswati
(Himalayan Master, Uttarkashi)

HIMALAYAS CALLING

3 LIFE CHANGING DAYS FOR MEN & WOMEN

It's a 3 Days Challenge to Experience, Learn and Grow Internally
in an Environment that's Spiritually Nourishing.
It's available for both men and women

for More details Contact

CELL : 98855 20000 REGISTRATION STARTS www.gitavision.com

Sanatana Sindhu Satsang

About SSS Trust

The trust was established by Swami Sthitaprajnananda Saraswati to spread the all encompassing knowledge of the Bhagavad Gita. It is the aim of Swami to reach as many households, organizations and individuals to help understand our ethereal and practical teachings in our divine scriptures/books. To reconnect all the people with our timeless Vaidika / Rishi parampara and also help the current generation see the marvelous expansive all encompassing knowledge of our tradition and culture.

Swami Sthitaprajnananda Saraswati

Swami Sthitaprajnananda was deeply drawn into the teachings of Swami Vivekananda and Swami Ramtheertha, resulting in deep vairagyam. He has studied many years from Arsha Vidya Peetam (Swami Dayananda Ashram) in Rishikesh, Sandeepany Sadhanalaya, (Chinmaya Mission) in Mumbai, Adi Shankara Brahma Vidya Peeth in Uttarakasi, Himalayas. He has taken Sanyasa Deeksha from Pujya Swami Tattvavidananda Saraswati, he is now mission oriented to Educate and Enlighten about the Bhagavad Gita under Gita Vision to every nook and corner of our Bharat and world over.

DO YOU WANT TO BECOME A YOGI ?

What is Yogi Deeksha ?

Generally we have redundant collection of information in our brain cells but it won't help us to face the flood of challenges like extreme stress, negative emotions etc. Yogi sadhana makes a person connect with the nature, in a healthy atmosphere and improve mental balance and spiritual strength. This also leads to healthy immunity for the physical body, mental strength and spiritual growth to overcome any negatives of stress.

Who is Eligible for Yogi Deeksha ?

Anyone and everyone with earnestness to lead vibrant Yogic life. Any age, any gender are welcome.

Certification:

All successful participants will be given a Yogic Life certificate.

Venue

Swami Dayananda Ashram,
Arsha Vidya Peetham,
Dayanand Nagar, Muni Ki Reti,
Rishikesh Uttarakhand 249137

LIVE AS YOGI

DAY 01 Yogi Life Time table

6:00AM – 7:30AM :Yogi Deeksha | Surya Namaskaras | Dhyanam

7:30AM – 8:30AM : Breakfast

9:00AM – 10:15AM: Introduction toYogi Life
(Bhagavad Gita and Patanjali Yoga Sutras)

10:15AM – 10:30AM : Tea Break

10:30AM – 12:15PM : Yogi Life I

12:30PM – 01:30PM : Lunch

03:00PM – Tea

03:30PM – 05:00PM : Yogi Life II

05:00PM – Asharam and Ganga Vihar / Ganga Aarti

07:15PM – 08:15PM : Dinner

08:30PM – 09:30PM : Questions and Answers

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DAY 02 Yogi Life Time table

6:00AM – 7:30AM : Surya Namaskaras | Dhyanam
7:30AM – 8:30AM : Breakfast
9:00AM – 10:15AM: Yogi Life III
10:15AM – 10:30AM : Tea Break
10:30AM – 12:15PM : Yogi Life IV
12:30PM – 01:30PM : Lunch
02:00PM – 06:00PM : Yogi Life V at Vasita Guha
06:00PM – Asharam and Ganga Vihar / Ganga Aarti
07:15PM – 08:15PM : Dinner
08:30PM – 09:30PM : Questions and Answers

Himalayas Calling

LIVE AS YOGI

DAY 03 Yogi Life Time table

6:00AM – 7:30AM : Surya Namaskaras | Dhyanam
7:30AM – 8:30AM : Breakfast
9:00AM – 10:15AM: Yogi Life VI
10:15AM – 10:30AM : Tea Break
10:30AM – 12:30PM : Concluding Remarks
12:30PM – 01:30PM : Lunch

What is offered by the Course

Yogi Deeksha kit : Yogi Kanduva, Deeksha mala, chandanam/kumkum/viboothi, Bhagavad Geeta, Note book & Pen,

3 days, 4 nights Accommodation

Total 3 days, 4 Nights Twin sharing Accommodation, Hygenic balanced breakfast, Lunch, Dinner, tea/coffee and fruits etc.

Note: Single occupation at extra charges.

Do Follows..

1) Traditional Wear & Sufficient white dresses.
   Men: White Dhoti, Pyjama Kurta, comfortable shirt pant.
   Women: White Chudidar Kurta, sarees, white shirt, plazzos. Yoga dresses.
2) Bring your prescribed medicine.
3) Smile a lot and speak softly, the world is wonderful because of you.
4) Ask the coordinators for any info regarding any health or safety matters.
5) Avoid your digital toxic gadgets.
6) Do relax, explore, detox and absorb the pristine atmosphere.
7) Outside food not allowed
8) Don't Speak loudly / harshly or disturb the atmosphere in the ashram.
9) Don't Take any unnecessary risks.
10) Don't Forget your in the divine place.