

Tattwa Shuddhi & Ashram Life Retreats

Anahata Yoga Retreat, PO Box 155, Takaka 7142, New Zealand
indiaretreat@anahata-retreat.org.nz www.anahata-retreat.org.nz



ITINERARY 2024

Tattwa Shuddhi: Purification of the Elements

Receive the ancient practice of Tattwa Shuddhi from Swami Karma Karuna under the direct guidance of Swami Satyasangananda Saraswati in a traditional Ashram environment.

Package Options

Includes: 1 night hotel stay in Kolkata, group dinner, domestic flight to Deoghar, car hire from airport to the Ashram, all course fees and program donations.

Excludes: International travel to/from India, fees for visa, passport, and other travel documentation, travel insurance, any individual travel and associated costs outside of official retreat dates.

Option 1 – Tattwa Shuddhi & Diwali Retreat

Option 2 – Tattwa Shuddhi, Diwali, Ashram Life & Sat Chandi Mahayajna Retreat

Option 1: 18 Nights

\$2,995.00 NZD

29 October

- All participants arrive in Kolkata and make their own travel arrangements to the hotel.
- Retreat officially begins upon arriving at the hotel. Includes one night accommodation, dinner, and orientation.
- Meet at 4:00pm for orientation and 5.30pm Dinner.
- It is highly recommended to arrive and settle in at least 1-2 days earlier (optional)

30 October

Depart hotel and travel to Rikhia by domestic flight and hired car

31 October

Rest Day

1-3 November

Diwali Celebrations at Rikhia & Ashram Life

4 November

Tattwa Shuddhi Retreat: Course Orientation

5 November

Tattwa Shuddhi Retreat officially begins.

Includes: asana, pranayama, Tattwa Shuddhi Meditation, satsang and theory sessions

13 November

Tattwa Shuddhi Retreat officially ends.

14-15 November

Clean room & Depart from Ashram

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Option 2: 39 Nights

\$3,495.00 NZD

Includes all of Option 1 and the continued itinerary as follows:

14 November

Rest Day

15 November - 1 December

Ashram Life - you will join the regular Seva activities of the Ashram in preparation for Sat Chandi Mahayajna.

Anahata trip leaders will be available for guidance and support during this time, however you will be under the direction of the Ashram Sannyasins and Swamis for your Ashram Life experience.

2-6 December

Sat Chandi Mahayajna

7 December

Clean room & Depart from Ashram



After Tattwa Shuddhi Retreat or Sat Chandi Mahayajna Celebrations

Depart Rikhia and make your own travel arrangements henceforth. All ongoing transport & accommodation is the responsibility of the individual.

Other programs that can be attended at Rikhiapeeth: (apply directly through the Ashram)

Rikhia Ashram Life & Seva Retreat 18 Nov - 20 Dec.

Anand Utsav: Festival of Peace 8-10 Dec.

Kriya Yoga Retreat 8-14 Dec.

Yoga Purnima 11-15 Dec.

*All additional transport, accommodation, food, and miscellaneous costs prior to arriving at the designated hotel and after the Retreat officially ends are the responsibility of the individual.

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*If you choose to stay at a different hotel on the night the Retreat commences, costs are the responsibility of the individual.