



Authentic Himalayan Tantra-Yoga



From 14 November 2014 onwards...

The first retreatcourses given in our new ashram in South India.

In an beautiful, secluded, natural environment which is most beneficial for the inner transformation of the students.

Guided by Swami Amrit Mahamedha, a yogi and artist, who brings ancient yogic tradition back to life, for those who are seeking and are able to realize their true nature.

Welcome to TRIKA Yoga Art Ashram,

Satyam Shivam Sundaram is the key mantra of Tantra Yogic selfrealisation. Satyam is the ultimate transpersonal Truth, Shivam is the Divine transpersonal state of being and Sundaram is the beauty of transpersonal unlimited reality. The realisation of Satyam Shivam Sundaram is the main aim of TRIKA ashram, through unity of yogic practice with artistic creativity.

TRIKA Yoga Art Ashram is a space where aspirants can realise their spiritual and artistic potentialities in a harmonious way. The environment is based on the practical use and timeless wisdom of Vastu (structure and composition of plot, buildings.) In the ashram an Ayurvedic lifestyle is followed, which includes diet, bodycare etc. The ashram aims towards an as much as possible organic way of living. With nutrition coming directly from own farming and local farms, use of clean renewable energy resources, processes of recycling, consequent water management and close contact to the natural environment are deeply interwoven in the daily life within the ashram.

Accommodation

In Southern India, Tamil Nadu at Arunachala (mountain of holy fire) have we founded our TRIKA Yoga Art Ashram. This is a sacred spot where the ancient Rishis (wise man) experienced ultimate reality in the form of fire Shiva Lingam through the power of external and internal transformative fire. The ashram area in Tamil Nadu is a place that stimulates this inner transformative fire, which is necessary for energy ascendance and which will also helps one's development in a true Tantra Yogic art process.

Food

We serve twice a day healthy, balanced, vegetarian Ayurvedic and traditional South Indian food. Herbal (milk) tea and fruits will be served. Drinkingwater is available.

Dress Code

All students are recommended to wear traditional Indian dresses which are available at the ashram. These dresses are part of sadhana (spiritual practice), which is related to the whole practice of transformation from limited individual into transpersonal energy. By wearing these clothes all students are dressed in one colour, this creates a certain atmosphere which intensifies energy. It makes stress not on difference, but on universality; not sameness, but on oneness.

According to Tantric Yogic culture intimacy and intimate parts of our body are considered highly secret and not a subject of public exposure and exhibitionism. Please keep in mind that the Indian society has different norms of decency. We request everyone coming to the ashram to appreciate the hospitality that India is giving to her international visitors, and to dress in such a way that the community in which our ashram is situated does not unnecessarily feel provoked. Public displays of affection can make local people feel embarrassed and uncomfortable, so save any long hugs for private places.

Karma Yoga

Karma Yoga (selfless service) is an integral part of the course and provides an opportunity for students to participate and take part in the life of the ashram. Students are encouraged to offer selfless service for the ashram.

Admission

Admission of students goes through sending an admission request to the ashram. Or ask your personal yogateacher for the organisation of groupcourses held in TRIKA ashram.

Certificate

Upon successful completion of the Yoga Retreat Course of Himalayan TRIKA tradition, the students receive a certificate.

Authentic Himalayan Tantra Yoga Course curriculum:

Daily Classes:		Course content:
07-11 AM	Tantra Yoga Sadhana Tea/Fruits Talks on practice	<i>Asanas, Bandhas, Mudras, Pranayama, Meditation</i>
12 AM	Lunch	
02-05 PM	Satsang	<i>Topics of the Satsang are Vastu, Ayurved, Yama-Niyama, Chakras, Kundalini, Karma (individual karma, family karma and collective karma), Partnership, Conception, Pregnancy, Birth, Infancy, Further stages of life and other forms of programming)</i>
06 PM	Light dinner	
07-09 PM	Evening Satsang Questions & Answers on individual topics	<i>Analysis of the individual and partnership situation from the viewpoint of Yoga Sadhana, including Jyotish (Vedic Astrology) and Bodyreading.</i>
A cultural program will be organised in which sacred places will be visited.		

What to bring:

White comfortable asana clothes (preferably cotton) to practice yoga asanas, torch, shawl, towel, writing pad, a compact umbrella (if you are coming during monsoon time), minimum private things (to experience a new environment with minimum habitual things is a part of transformative sadhana. Please do not bring; chemicals in form of soaps, toiletry items, cosmetics, washing powder etc.

Kindly note

- * For Art students we can provide at this moment only Visual Art classes next to Yoga Sadhana.
- * The spoken and teaching language of the ashram is English. Courses in Russian, German are available. As well as translations into Japanese or Dutch language.
- * The daily schedule, time and activities may vary according to season and need.

For further information and enrolment, please contact:

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