

Yoga and meditation retreat in INDIA

21-28th September 2016

with RAD KAIM



Return to Love



# “Return to Love”

The retreat will consist of sutra study, discussions, meditations and asana yoga practice.

We will be reflecting on teachings from the Narada Bhakti Sutra - a 10th century yoga text from India. This is a wonderful set of teachings that can give us guidance regarding ways to cultivate higher levels of love and to bring that love forth in our own contemporary lives. Rad will weave these teachings through our bodies, minds and hearts through asana sessions.





“Basanti is a jewel, the kind of magical place that you might spend months looking for if you were travelling independently through India, and still never find.” - Sunday Telegraph  
[www.basanti-yoga-india.co.uk](http://www.basanti-yoga-india.co.uk)





YOGA in India is always a magical experience. Basunti, in the heart of a beautiful wildlife reserve, makes it special. Whether you have been travelling in India or just want to escape the bustle of everyday life, yoga at Basunti is the perfect way to unwind, relax and reclaim yourself. There are at least two Yoga classes per day, leaving plenty of time for swimming, bird watching, and exploring on foot or by canoe.

Classes are held twice a day, either in the circular, shaded yoga shala or on the roof terraces. Theshala, directly overlooking the lake, has a thatched roof and a marble floor that keeps it refreshingly cool at all times of the day. The main terrace has a 360° panoramic view of the lake and is perfect for morning and evening yoga sessions. The atmosphere at sunrise and sunset can be magical.



# Enjoy 7 days of YOGA and RELAXATION

Typical daily schedule...

7-9am Yoga & pranayama (generally a more flowing class)

9-10am breakfast (organic and local grown)

10-1pm time to relax (hike /swim in lake or pool)

1-2pm light lunch

2-4.30pm relax-massage-read

4.30-6.30pm yoga-pranayama-meditation, (on the roof top so we can see the stars in relaxation)

7-8pm supper.



Price £ 690 including full board/twin bedded  
accommodation  
(single room £ 960)

I suggest you fly into Amritsar (a lot of the airlines fly via Delhi)

Non refundable deposit £250

50 % refund if cancelled by 21st August

No refund after August 21st, 2016

Email: [radkaimyoga@gmail.com](mailto:radkaimyoga@gmail.com)

hotel website <http://www.basunti-yoga-india.co.uk/>





“Live your life filled with love and loving connections”