



Sadhana Retreat

Kerala, India

October 11th to 20th, 2018

Food Sadhana: The Essence of Purity

On the quest to realize the Self, one must always start with the gross and move to the subtle. The most fundamental aspect of our gross existence is food: it impacts not only our physical being, but our energetic self and mind as well. Yet, as fundamental as food is to our practical and spiritual well being, it is most often overlooked or overshadowed by the needs of modern living. Food Sadhana is a set of spiritual practices and way of living that recognizes the sacred nature of our food - what we eat, how it is prepared, how it is consumed, how it is processed and eliminated from the body - and seeks to transform the student into a living temple of the Self, a temple which is clean and pure, where devotion and meditation flow continuously and effortlessly.

Join us at the renowned Kairali Ayurvedic Healing Village in Kerala for a 10 day intensive Food Sadhana retreat. Pandit Dabral will guide you to the depths of applied philosophy of Food Sadhana with daily satsang from the Hinyayana Tradition's oral history. Pandit Tejomaya will guide you through the physical practices that support a pure and healthy body for a Food Sadhana. And the professional team of Ayurvedic physicians and staff from the Kairali Ayurvedic Healing Village will offer personalized treatments and astounding food to bring all of the practices into reality in your life.

This is a rare opportunity to take your sadhana to a depth that you never imagined was possible.



The Food Sadhana Retreat Includes:

- Daily Dhyana (Meditation) Practice
- Daily Asana (Posture) Practice
- Daily Pranayama (Breath) Practice
- Daily Satang (Teachings) on Food Sadhana

Sadhana

- Daily Ayurvedic Treatments
- Delicious Ayurvedic Meals

Typical Daily Schedule:

- 6:00 AM - Tea and Morning Cleansing
- 7:00 AM - Asana and Food Sadhana Kriyas
- 8:00 AM - Pranayama
- 8:30 AM - Meditation
- 9:00 AM - Breakfast
- 10:30 AM - Morning Satsang
- 12:00 PM - Food Sadhana Kriyas
- 12:30 PM - Lunch
- 1:00 PM - Rest/Ayurvedic Treatments
- 4:00 PM - Tea
- 5:00 PM - Asana
- 6:00 PM - Pranayama
- 6:30 PM - Dinner
- 8:00 PM - Evening Satsang
- 9:00 PM - Bed

Retreat Does Not Include:

- Airfare to from New Delhi and return
- Airfare from New Delhi to Palakkad and return
- Personal incidentals such as souvenirs and ayurvedic products

Date: November 5th to 14th, 2017
Location: Palakkad, Kerala, India
Cost: US\$ 2150
Registration: info@shriiraaminstitute.org
Leader: Pandit Dabral, Pandit Tejomaya



About the Instructors



Pandit Dabral PhD

Pandit Dabral was born near Dehradun, India, in a family of Sanskrit scholars. He holds a doctorate in Yoga Philosophy and Sanskrit from Varanasi, India. Panditji has been studying and living a food sadhana based life more than 40 years.



Pandit Tejomaya, MS

Pandit Tejomaya lives a life of sadhana off the coast of Pacific Canada in the Salish Sea. Tejomaya has more than 20 years experience in intensive yoga practices including therapeutic asana and pranayama as well as the internal cleansing practices of hatha yoga and food sadhana. His research has been published in the International Association of Yoga Therapists.