

YOSSUM Yoga & Meditation Retreat August 20 - 31, 2010

Leh, Ladakh - India

The YOSSUM Retreats - www.yossum.com - are designed to provide the participant with a taste of Yoga in its entirety. We offer a different program from most yoga holidays. Our retreats are hosted by two highly qualified teachers, Ma Prem Kali and Lori Sjollema, and have been carefully structured to provide beginners with clear guidance and to take advanced students to their next level.

We will be journeying to Ladakh in the Indian Himalayas. Ladakh borders Tibet's Autonomous Region in the east and is still one of the few places on the planet where meditation is alive and practiced by thousands every day. This retreat will take place in a resort in the outskirts of Leh.

Retreat price

The price for the August 2010 Retreat in India is €1800.00. The single room supplement charge is Euros 240, making the total retreat price Euros 2040.

The price includes:

- Accommodation in twin-sharing rooms for 12 nights
- Full board with delicious vegetarian meals for 12 days
- All Hatha Yoga tuition
- All Meditation guidance
- Delhi-Leh-Delhi Flight
- Leh airport transfer to and from the retreat place
- Transport to all the visits to monasteries and gompas
- Overnight during the tour to Alchi Monastery

The price does not include:

- International flight to and from Delhi
- Travel and health insurance. Entry visas and departure tax
- Tips and extra meals

Travel

You will need to fly to Delhi International Airport. Delhi airport is served by daily flights by many of the major airlines from all of the major cities in the world. A person of the Yossum team will be waiting for you at the airport in Delhi. He will direct you to your domestic flight to Leh, the domestic terminal at Palam is located 5km (3.1 miles) away from the International terminal.

Domestic flight schedule:

Delhi - Leh flight / Departure - 6:30am Arrival - 7:45am
Leh - Delhi flight / Departure - 11:25am Arrival - 12:40pm

We highly recommend that you read the detailed information about the Retreat on our website to gain the most from your experience.

Please click the following links:

<http://www.yossum.com/retreats/india-himalaya-retreat.php>

http://www.yossum.com/retreats/india_retreats_booking.php

Or write to us at info@yossum.com with any questions you may have.



***YOSSUM Yoga & Meditation Retreat Program**

Day 1

Arrival in Leh
Acclimatization day
17:00 Introduction group meeting
19:30 Dinner

Day 2

Acclimatization day
Free morning
14:00 – 15:30 Lunch
15:30 – 16:30 Free Time
16:30 – 18:30 Yoga Practice
19:30 – 20:30 Dinner
21:00 Meditation Introduction

Day 3

07:30 – 08:00 Meditation Practice
08:15 – 10:15 Yoga Practice
10:30 – 11:30 Breakfast
11:30 – 01:15 Free Time
13:15 – 14:15 Active Meditation or
Self-Understanding
14:30 - 15:30 Lunch
15:30 – 16:30 Free Time
16:30 – 18:30 Yoga Practice
18:30 – 19:30 Free time
19:30 - 20:30 Dinner
21:00 Meditation Practice – Q & A

Day 4

07:30 – 08:00 Meditation Practice
08:15 – 10:15 Yoga Practice
10:30 – 11:30 Breakfast
Afternoon out Visit Hemis Gompa
21:00 Meditation Practice – Q & A

Day 5

Full programme as Day 3

Day 6

Morning free
14:00 - 15:30 Lunch
15:30 – 17:00 Self-Understanding Workshop
17:00 – 18:30 Yoga Practice
18:30 – 19:30 Free time
19:30 - 20:30 Dinner
21:00 – 09:00 Meditation Practice – Q & A
Start of 48 hours Silence period

Day 7

In Silence
Full programme as Day 3

Day 8

In Silence
Full programme as Day 3
Silence ends after the evening Meditation

Day 9

Day out to visit Lamayuru Gompa
Overnight in Alchi

Day 10

Day out to visit Alchi Gompa
Return to Leh

Day 11

07:30 – 08:00 Meditation Practice
08:15 – 10:15 Yoga Practice
10:30 – 11:30 Breakfast
Afternoon Free

Day 12

Return flight to Delhi

*Programme subject to small changes



Extra sessions available at the retreat

Although the activities included in the retreat make the retreat complete in itself, we do offer extra sessions to deepen your experience and address issues on a one-to-one basis. These sessions are paid separately in cash at the retreat.

Ma Prem Kali - Self Understanding

Her sessions are a valuable addition to your own experience at the retreat. Kali uses the Enneagram system as a mirror for your inner work. Her sessions are powerful and are eye opening. These sessions tend to get fully booked in advance. Please indicate in your Booking Form if you would like us to reserve times for you.

Lori Sjollema - Private Yoga & Thai Massage

In addition to being a gifted yoga teacher, Lori also has healing hands. Her training and experience in Massage Therapy and Thai Yoga Massage enables her to assist her clients to overcome pains and fears and create more flexibility and freedom of movement within their bodies.

Heath Wilson - Rolf Method of Structural Integration

Rolf is a structural bodywork which improves posture and reduces pain at the root-cause level, yielding lasting results. Rolf Sessions re-balance the body via precise manual manipulation of the client's connective tissue. Movement awareness education is part of Rolf Sessions, which helps clients maintain the benefits received during the manual work of the session.

Next steps to secure your booking

1. Fill out the Booking Form and send it to us. Please click on the following link: <http://www.yossum.com/retreats/bookingform.html>

2. The second step to secure your booking is to make the payment. Please see information below.

Payment for the August 2010 India Retreat – Total price is €1800. The retreat deposit (non-refundable) is €500.00.

Full payment (or the balance due if you paid a deposit) must be made 12 weeks before the retreat begins – May 24th, 2010. Please see cancellation policy below.

Please note your place is only secured once the payment of the deposit has been received.



Bank Transfer Information

Bank: Unicaja
Account name: C.E. Ornelas
Bank account no. 2103 0291 6 0 0030001950
Branch: 0291-6 Nueva Andalucia
IBAN: ES23 2103 0291 6000 3000 1950
Swift BIC Code: UCJAES2M

Unicaja – Address:
Urb. Guadaiza, Edf. Albatros III, Local 5
Marbella – Malaga - 29680 – Spain
Phone +34 – 952 906082

Please be aware of the following guidelines when making your bank transfer:

- All deposit payments are non-refundable.
- All bank transfer fees need to be paid for by the participant. Any bank transfer fees incurred by Yossum must be covered by the participant in cash at the retreat.
- All foreign transfers must be received in Euros. A good website to check currency exchange rate is www.xe.com

Cancellation policy

If you must cancel your place on our retreat, our cancellation policy is as follows:

- A cancellation more than 8 weeks before the retreat begins: We will refund you the payment received less the deposit.
- A cancellation 8 to 12 weeks before the retreat begins: We will refund 50% of the total cost of the retreat.
- A cancellation less than 12 weeks before the retreat begins: We apologize, but we are unable to refund any of the payment.

Thank you for your booking and we look forward to welcome you at the Yossum Retreat in India!

NAMASTE

