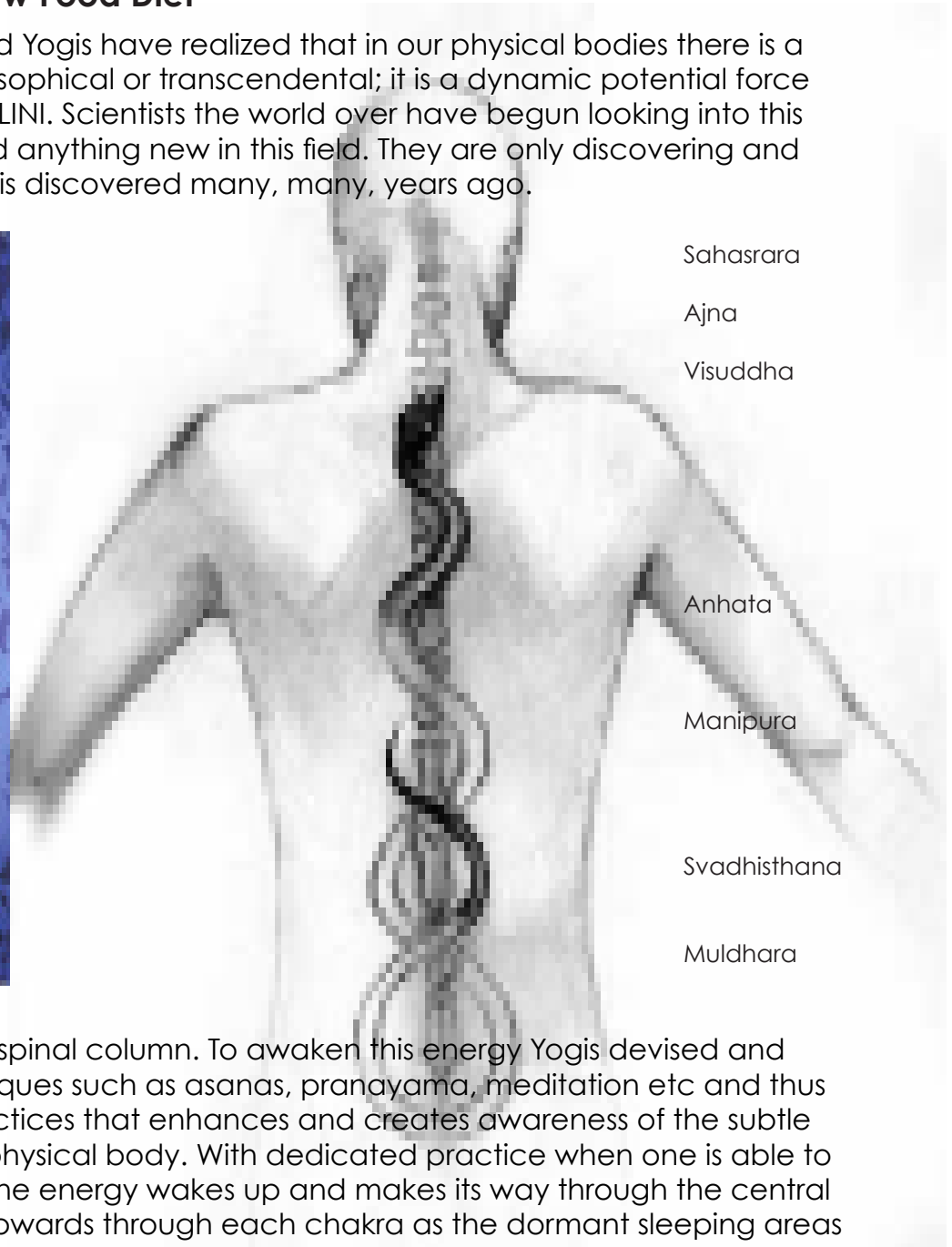
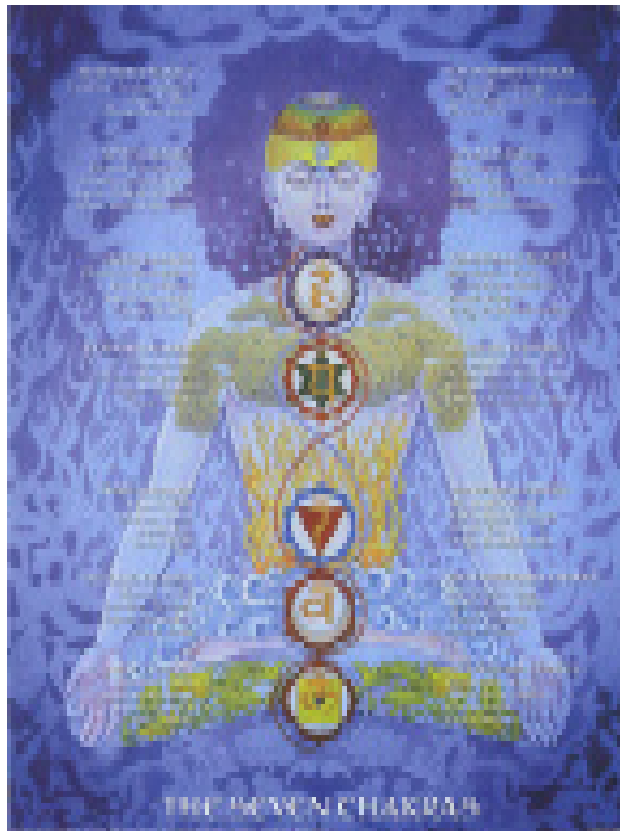
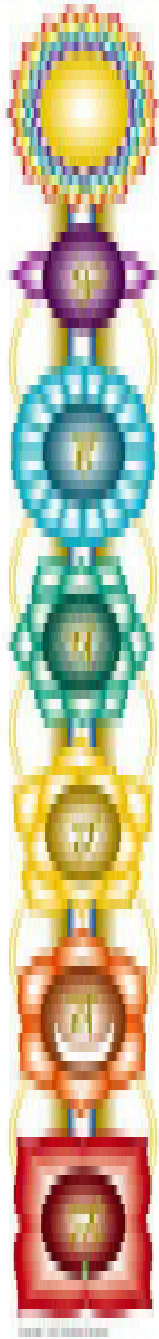


Kundalini Yoga Raw Food Diet

Since the dawn of creation, the Tantrics and Yogis have realized that in our physical bodies there is a potential force. It is not psychological, philosophical or transcendental; it is a dynamic potential force in the material body and it is called KUNDALINI. Scientists the world over have begun looking into this phenomenon but their research will not find anything new in this field. They are only discovering and substantiating what Yogis discovered many, many, years ago.



The Kundalini is situated at the root of the spinal column. To awaken this energy Yogis devised and prepared themselves through various techniques such as asanas, pranayama, meditation etc and thus Kundalini Yoga was born. It is a series of practices that enhances and creates awareness of the subtle energy centers (Chakras) that make up the physical body. With dedicated practice when one is able to direct ones prana into the seat of kundalini, the energy wakes up and makes its way through the central nervous canal to the brain, weaving its way upwards through each chakra as the dormant sleeping areas start blossoming like flowers. This awakened state is called by various names such as samadhi, nirvana, moksha, communion, union, kaivalya, or liberation.



About the location – AASHYANA LAKHANPAL

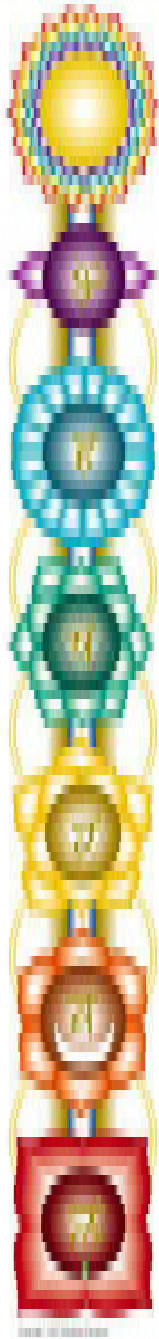
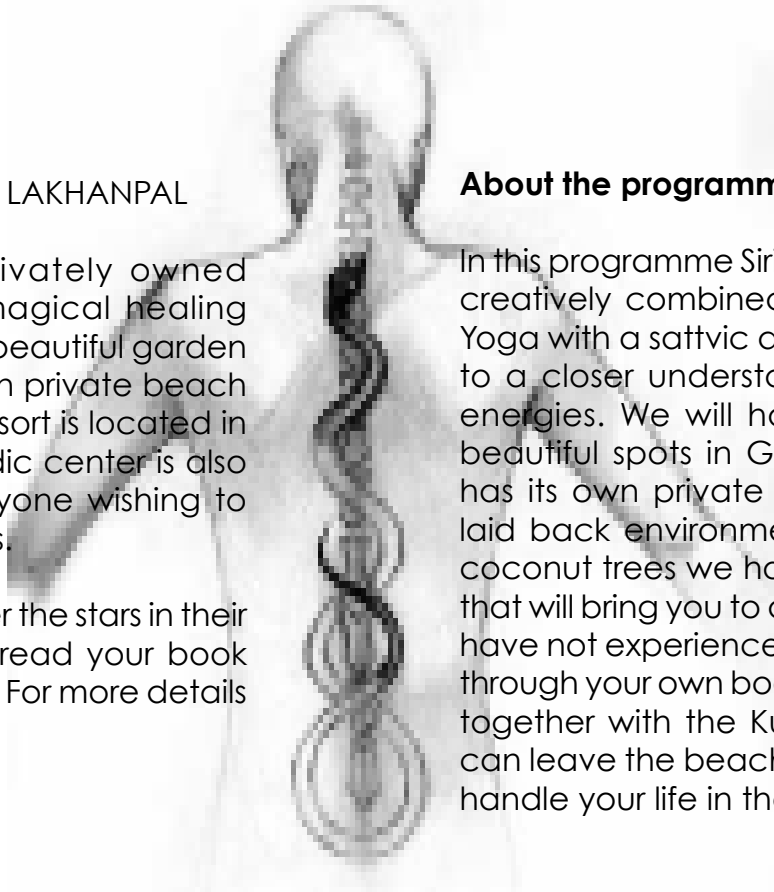
Aashyana Lakhanpal is a privately owned boutique hotel with its own magical healing properties. It is surrounded by a beautiful garden of coconut trees and has its own private beach in the area of Candolim. The Resort is located in the heart of Goa. A full ayurvedic center is also located in the premises for anyone wishing to avail of some relaxing massages.

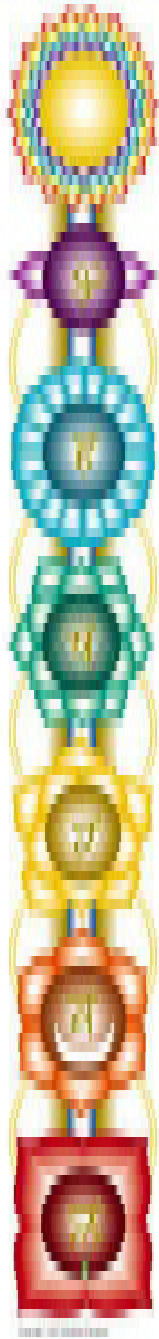
Alternatively you may relax under the stars in their magnificent swimming pool or read your book peacefully lying on a hammock. For more details on the resort please visit:

www.aashyanalakhanpal.com

About the programme

In this programme Siri Datta and Mystic-Asia have creatively combined the practices of Kundalini Yoga with a sattvic diet of raw foods to bring you to a closer understanding of your subtle body energies. We will host you in one of the most beautiful spots in Goa, India where our venue has its own private beach in Candolim. In the laid back environment under the shade of the coconut trees we hope to create a programme that will bring you to an awareness of the kind you have not experienced before. You will be guided through your own bodily requirements for diet and together with the Kundalini Yoga exercises you can leave the beaches of Goa well equipped to handle your life in the city thereafter.





SIRI DATTA

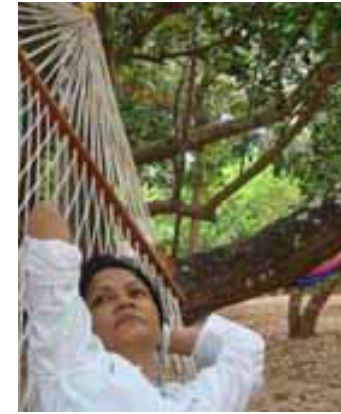
Julie Cuddihy (Siri Datta) has over 10 years experience teaching Kundalini Yoga. Her professional training has been under the guidance of teachers from the Yogi Bhajan stream of Kundalini Yoga and she is one of the senior teachers from the School of Kundalini Yoga (SKY) in the UK and Singapore.

She is the author of two books *Open Your Heart with Kundalini Yoga* and *Mini Size Me* and is the monthly Nutritionist with *Kindred Spirit* and also with *Yoga Magazine, UK*.

Siri has lived on a 100% raw food diet for the last four years and is a self taught Raw Food Nutritionist who travels extensively throughout UK spreading the "raw" news! She is currently studying the Essene way of life and from this study will be writing a book called *The Divine Diet*.

Sri also leads the Circle of Sound, a world wide group of people who use sound at various sacred sites for world healing. She conducts workshops at Mind Body and Spirit shows, Yoga shows and other well being shows in the UK.

For more information on Siri please visit www.anaharta.com



MYSTIC-ASIA

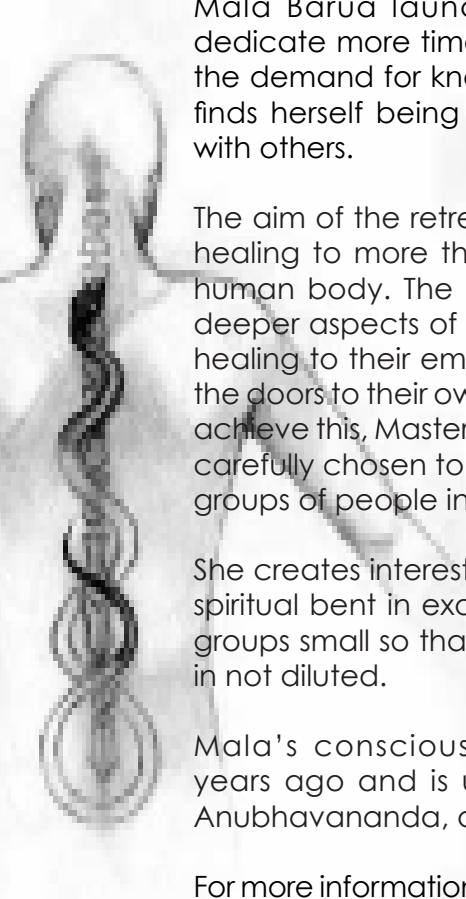
Mala Barua launched Mystic-Asia recently to dedicate more time to the mission of her heart. As the demand for knowledge of the Self grows Mala finds herself being able to share more and more with others.

The aim of the retreats created by Mala is to bring healing to more than the physical aspects of the human body. The participants get to explore the deeper aspects of their existence thereby bringing healing to their emotional states. This in turn opens the doors to their own spiritual aspirations. In order to achieve this, Masters of various spiritual traditions are carefully chosen to deliver ancient wisdom to small groups of people in a luxury environment.

She creates interesting and unusual retreats, with a spiritual bent in exotic parts of Asia and keeps her groups small so that the richness of the experience is not diluted.

Mala's conscious spiritual journey started 17 years ago and is under the guidance of Swami Anubhavananda, a teacher of Vedanta.

For more information on mystic-asia please visit www.mystic-asia.in.



Venue: Escrivao Vaddo, Candolim, Bardez Goa. India 403515

www.aashyanalakhnpal.com

Phones: 91-832-2489225 / 91-832-2489276.

Dates: 13th to 19th April 2008

Investment:

Indian Rupees per person on twin share basis
 Indian Rupees per person on single room basis

Investment includes:

- Six nights stay in Goa from arrival on 13-18 April 2008.
- Full board and lodging in Aashyana Lakhnpal, Goa.
- All course materials.
- One journey to visit the relics of St. Francis Xavier in Old Goa.

Investment does not include:

- Flights to and from New Delhi
- Gratuities
- Personal expenses
- Meals in restaurants, if chosen

Foreign Exchange rates will apply as at the time of payment.

Additional Information

- The retreat will take place only with a minimum of 10 participants..
- The registration form and cancellation policy will be sent to you on request.
- The closing date for bookings is 15th March 2008.

About Goa

Goa is the new holiday destination in India. Having been a home to backpacking travellers for many years, it has now evolved into a more gentrified yet authentic mixture of several cultures .With the combination of Portugese colonization, the western hippies and the new rich indians buying homes, Goa is now a delightful melting pot of restaurats, boutiques, beaches, resorts & markets.

While in Goa, you may also visit the old Portugese colony called Old Goa with its interesting Cathedrals & Churches. Or take a trip on a boat down the River Mandovi.

Other interesting activities could be a day by the beach doing water sports or even heading south to enjoy the vast white sandy beaches available there.

For registration please contact the following:

UK	Susan Healey	heartlight33@hotmail.com	+44 96757153
	Siri Datta	jeshoua33@aol.com	+44 7966451292
INDIA	Mala Barua	mala.barua@gmail.com	+91 9811086976
SINGAPORE	Jacqueline Seow	omegapt@pacific.net.sg	+65 90064062
	Stella Yfantidis	stella@whatever.com.sg	+65 91806914
HOLLAND	Jutta Konig	j.konig@vanede.nl	+31 355779975

