

# THE YOGA OF SILENCE WITH MANSOOR

AT **ANAND LOK** ON THE GANGES,  
*Near Rishikesh, India*

24th to 31st October 2014

The River Ganges has been the source of inspiration and a place for reflection for saints and seekers alike for millennia.

Anand Lok "The Abode of Bliss" on the Ganges is a place of tranquil beauty, situated 20km away from the hustle and bustle of Rishikesh, providing an ideal setting for introspection, exploration and learning.

Under Mansoor's guidance, and in the focused and peaceful atmosphere of Anand Lok, new dimensions in our practice open up. The retreat becomes an opportunity to recognize awareness, to enter more deliberately into the asana and meditation practice, and to sharpen the capacity to understand Indian philosophy through the study of selected sacred texts.

The program includes twice daily yoga and pranayama, meditation and study periods. This practice is relevant and accessible to both the beginner and more advanced practitioner since it is not something to be qualified or quantified but simply experienced. Body and mind open naturally to relaxed states, effortlessly entering the underlying, ever present Silence.



# YOGA TEACHER MANSOOR

**MANSOOR** was born and raised in New Delhi, India. He began his spiritual quest at the early age of 17 when he per chance picked up and read books of Ramana Maharshi. These teachings were later to have a profound influence on him. Shortly thereafter, he set off traveling through Europe, studying and working along the way and eventually settling in the USA. There he spent the next 24 years exploring and being actively involved with a wide range of spiritual traditions, namely, Vedanta, J. Krishnamurti, Zen, Catholicism, Transcendental Meditation and EST.

On moving back to India, he found his way to Vipassana meditation, and then to Yoga. Mansoor received his yoga teacher training in classical Hatha Yoga through the Sivananda Vedanta tradition in Kerala, India. This opened the door to his deep study and love for the scriptures. Over the years of teaching he has developed his own teaching style, having drawn on the experience of several teachers and traditions, and incorporating his knowledge of the scriptures to guide the class. Mansoor has been teaching and conducting yoga retreats in India and Europe for the last 14 years. His multi-faceted background, and his openness to embrace and to experience Knowledge from many different sources, has given him a unique approach. He has stirred and motivated students from all over the world. He teaches with humor and focus.

The practice draws on several different sequences in pranayama to explore subtle states. The set of asanas, while not physically demanding, are powerful in their effect in balancing the body and mind. The primary focus is on Awareness, in preparing body and mind to be receptive to sitting for meditation, and open to hearing the subtle teachings of Yoga. A typical two hour class would contain about 30 minutes of preparatory exercises in chakra balancing, 45 to 50 minutes to asana practice and 45 minutes devoted to pranayama and deep relaxation. This combination can vary according to the student's capacity.

His **two books**: **Chup Sadhana** (Lulu.com 2009) and **Ashtavakra Gita** – translation and commentary (Lulu.com 2010) highlight his great talent to convey the messages with extraordinary simplicity and beauty.



# YOGA TEACHER SUSIE ROY



**SUSIE** initiated to Yoga through the International Sivananda Yoga School in Kerala, India, Susie completed the basic and advanced yoga teacher training programs. Since her initial training in 1998, she has been inspired and taught by many international yoga teachers and spiritual masters in India, USA and South Africa. Her greatest guidance and inspiration has come from the continued study with her own teacher, Mansoor, with whom she has been working and teaching closely since 1999, both in India and in Europe. Her teaching experience covers individual and group classes, workshops, residential retreats and teacher training programs. Susie is currently a visiting faculty member at the School of Inspired Leadership, Gurgaon, India where she formulated and conducts a course in Wellness through Yoga and basic Ayurveda. She teaches in Europe and Asia with the Global Leadership Program.

Susie holds a BSc. (Hons.) Dietetics degree from the University of Stellenbosch, South Africa and a Diploma in Hospital Dietetics from the University of Iowa Hospitals, Iowa USA.

# WHAT TO BRING:

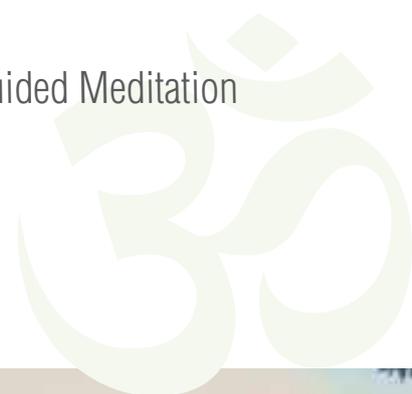
- Anand Lok needs your passport and visa details. Bring either a photocopy of those pages or the original passport please
- The weather is gorgeous on the Ganges in October but mornings and evenings may be a little cool. The days will be T-shirt weather
- Wool shawl and warm socks
- Several sets of comfortable clothes for Yoga asana class (laundry takes two days)
- Cotton sarong
- Walking shoes or sneakers - to reach Anand Lok we have to walk over a rocky path and cross the river in a row boat so please wear your walking shoes for the trip.
- Slip on sandals or shoes (yoga hall is "no shoes")
- Yoga mat - let us know if you need one so that we can bring extras
- Flashlight
- Notebook and pen
- Mosquito repellent
- Swimsuit and sarong for Ganga dip
- Sunscreen
- We are 20km from the nearest shop and while there is a dispensary at Anand Lok be sure to have enough of any medication you may need.



## RETREAT DAILY SCHEDULE:

*We maintain a daily schedule but keep it somewhat flexible to meet the needs of the group.*

<b>5:30</b>	Kriyas	<b>3:30</b>	Tea
<b>6:00</b>	Pranayama and Guided Meditation	<b>4:00</b>	Asana Class
<b>7:00</b>	Tea	<b>5:30</b>	Pranayama and Guided Meditation
<b>7:30</b>	Asana Class	<b>6:30</b>	Dinner
<b>10:00</b>	Fruit / Tea / Free time	<b>7:30</b>	Teachings
<b>11:00</b>	Teachings	<b>9:00</b>	Rest
<b>12:30</b>	Lunch		



## RETREAT FEE:

**\$ 700 double sharing, \$ 800 single**

The fee includes the Yoga program, teaching materials, accommodation, all meals and beverages, travel from Delhi to Anand Lok and back to Delhi by train and taxi.

## TRAVEL ARRANGEMENTS:

We will meet at New Delhi railway station and travel as a group.



# REGISTRATION

24th to 31st October 2014  
At Anand Lok on the Ganges, India



Name: .....

DOB: ..... Gender: ..... Nationality: .....

Address: .....

City: .....

State: ..... Pin Code: .....

Tel (Home): ..... Mobile: .....

Tel (Work): ..... E-mail: .....

Please advise us of any medical conditions or dietary needs that you would like us to be aware of.

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Any other information you would like to share.

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## PLEASE NOTE:

All meals will be vegetarian and no alcohol will be served. No smoking is permitted on the premises and we would urge you not to smoke whilst on the retreat. Please do not swim in the Ganges alone and only swim in the recommended areas. The current is unpredictable.

I confirm that I choose to attend this course, and therefore accept any risks inherent in this program. I agree to hold harmless the teachers and organizers from any liability in this regard.

Signature: ..... Date: .....

For further information about the retreat, and registration contact **Susie Roy** at:  
Susie70@gmail.com | 91-9811217849

For further information about **Mansoor** and other retreats see website: [www.chup-sadhana.com](http://www.chup-sadhana.com)

For further information about **Anand Lok** please see website: [www.anandlok.info](http://www.anandlok.info)