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24/02/2020 - 01/03/2020

## *Kashi Retreat - An Exclusive Retreat for Special Group*

### Nurture the within in the primordial energy of the city of light

An exploration of the five elements in the city of light, powered by the water element of the mighty Ganga, and the fire element from the embers of the cremation grounds of Manikarnika. To witness one's own birthing and death in a highly charged energy presence.

### Where to arrive and depart from?

24<sup>th</sup> February 2020 - Arrival in Varanasi airport before 1pm

1<sup>st</sup> March 2020 - Departure from Gaya airport after midday

There will be pick up and drop off to and from the respective airports.

### Date 24<sup>th</sup> February – 1<sup>st</sup> March 2020

The retreat will start in Kashi, to explore this journey the retreat has been carefully tailored to transport the being into the age-old traditions of kas. Together with the backdrop of powerful spaces, the daily routine of cleansing the system with Ayurvedic practices cleansing the system both physiologically and physically.

After a deep exploration of Kashi, we will culminate the retreat in Bodhgaya, where we will commune with the spirit of Buddha at the original Bodhi Tree, under which he gained enlightenment.

Further detailed information will be available at the point of completion of booking and itinerary will be made available once pilgrims have settled in.

### Where will we stay?

Bodhgaya – we are in the process of securing stay in a monastery near the Mahabodhi - this will be a one night stay and Kashi – 6 days stay in a designated hotel (details to follow)

### Cost of retreat - includes shared accommodation, all food and all local transportation

Note: Any other additional costs which you may be responsible for would be to buy your attire for puja, specific personal items for daily cleansing or any personal purchases

### Payment process

We can guide you through the registration and payment on our website so please contact us when you are ready at [sansaaruk@outlook.com](mailto:sansaaruk@outlook.com)