

Sacred Ganges Yoga Retreat



This retreat is an off-the-beaten track experience of an India unchanged since ancient times, with a strong spiritual focus. We immerse ourselves in incredibly special rituals and practices at their source by living at Sri Ram Ashram, attending sacred *Aarti* worship on the River Ganga, meeting babas and *sadhus*, visiting holy places. All grounded in a beautiful daily practice of *pranayama* (breath work), meditation and *asana* (physical postures) led by Chetna (Tracy) Boyd. This is not a conventional retreat and you will never be the same.

Scholarship Details:

In the spirit of inclusivity and diversity, we have one scholarship available for BIPOC individuals. This is a scholarship based on good merit. It is open to Black, Indigenous, People of Color (BIPOC) individuals who have some experience and are new to Yoga or have a regular yoga practice and have **never** been to India.

If you identify as BIPOC and would like to be considered for the scholarship, the criteria are simple. Please drop us a line outlining:

- Why you think you would be a good scholarship recipient, including:
 - Personal desire (your why)
 - Financial need (is your attendance contingent on receiving the scholarship)
- Where you are on your Yoga journey
 - New to Yoga or have a regular practice
- What your desire is in travelling to India

This scholarship does not include:

- International flight cost to India return
- Health and travel insurance
- Indian tourist visa
- Some meals (lunch, dinner) in Delhi and Rishikesh
- Free time activities, gratuities, and personal items