



UNBOUND

A NAVRATRI YOGA & TANTRA
RETREAT IN THE HIMALAYAS



WITH MISCHA VARMUZA & GUEST FACILITATOR SULOCHANA
3-12 OCTOBER, 2024
KASAR DEVI, UTTARAKHAND, INDIA



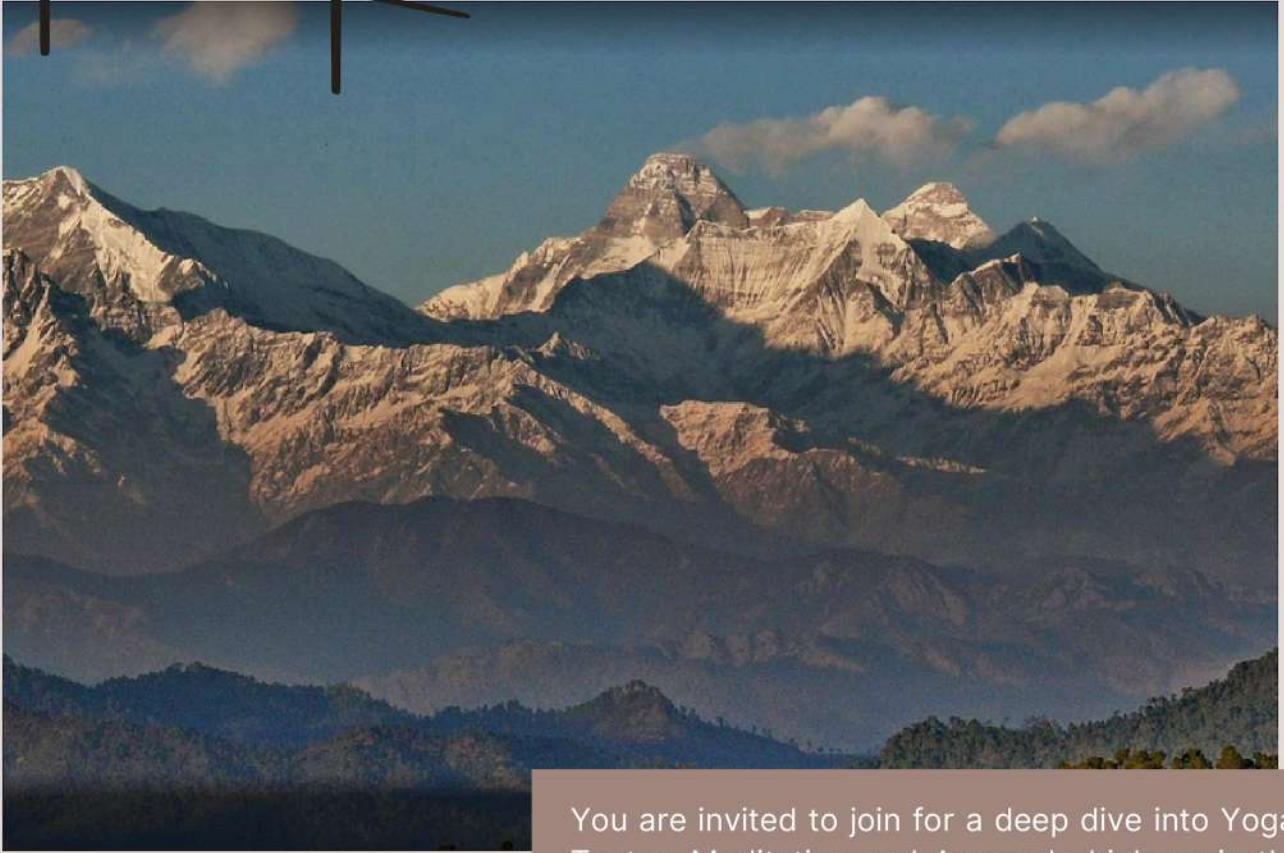
YOGA | TRADITIONAL TANTRA | RITUAL | AYYURVEDA | YATRA & MORE

ENQUIRIES & BOOKING:

INFO@MISCHAVARMUZA.COM

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The Retreat



You are invited to join for a deep dive into Yoga, Tantra, Meditation and Ayurveda high up in the mystical Himalayan Mountains for 10 days over Navratri, The nine night celebrating the Divine Feminine Principle, The Goddess in the form of Durga Ma, this October 2024.

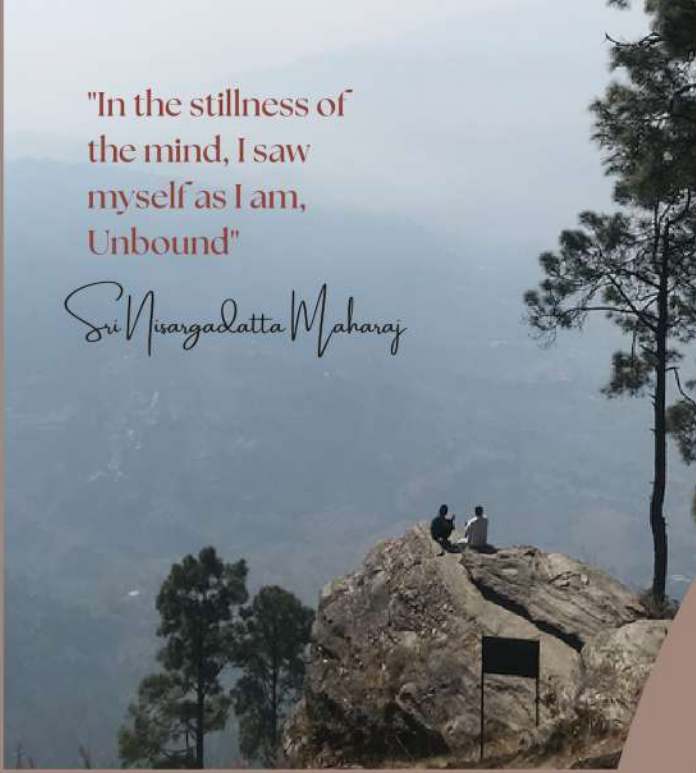
Durga is aspect of consciousness that moves as the power of Love, the fearless heart and the fortitude of the heart. It is the energy that seeks to bring balance, equality and justice to the structures of our world and that asks each of us to look deeply within, to track and transform our shadows and to discover our authentic power, in service of our lives, our collective heart and our earth.

Our time together will include extensive daily practice and *sādhana* in yoga and tantra, Ayurvedic wisdom and treatments (provided by the in-house team), stillness and time in nature, mountain hikes and visits to sacred sites, temples and magical corners of this part of Northern India..



"In the stillness of
the mind, I saw
myself as I am,
Unbound"

Sri Nisargadatta Maharaj



Your Guides

You will be led by myself, Mischa, throughout the 10 days of immersive and exploratory practice and I will also be joined by Sulochana.

Sulochana and I met in 2019 at the Tantric ashram of our guru in India and connected instantly through our devotion and love for India, Spirit, Goddess and the Tantric Path. We offered our first collaboration in Yoga and Tantra later that same year! Sulochana will be supporting the Tantric Rituals which come through direct initiation and with permission from the lineage.

Sulochana will also be sharing her wisdom of Yoga and Tantra and her gift of music during our time together!



The Experience

Daily Yoga & Tantric Practices

- Cultivate daily sādhana through mantra, mudra, pranayama and kriya
- Practice immersive Rasa Yoga with attention to alignment and biomechanics, intelligent sequencing through both stillness in held postures and creative flow.
- Traditional Tantric Ritual including Yagna, fire ceremony and Yantra making (from the Sri Bhairavanand Tantra Lineage with initiation and permission from [Gurujii Maharaj](#) and [Guruma](#)).
- Explore facets of Tantric philosophy through teachings and practices
- Deeply rejuvenate with restorative yoga sessions
- Open your heart with devotional chanting and the power of mantra and voice

Codes of Divine Feminine

- Invoke the Energy and awaken the consciousness of the Tantric Deity Durga Maa
- Connect to the supporting energies of Kali, Lakshmi and Saraswati Maa
- Explore practices including asana, pranayama, kriya, mantra and mudra to tap into Truth and awaken courage and bravery, inner strength and the power of Love

Wheel of the Year

- Harness the power of the season, shortly after Equinox, a night of balance, where we then start to shift into the longer nights, retreating into the darker months of Autumn and Winter.

Shadow tracking

- Guided Inquiry, contemplation and sharing to deepen awareness of limited beliefs and to alchemise the power of our shadows into gold

Celebration & Offering

- Activate the vibration of joy through devotional practices, ritual, prayer and community

Wellness & Rejuvenation

- Be supported by Ayurvedic treatments, nourishment (diet and herbs) and wisdom to balance and energise your body, mind, heart and soul.

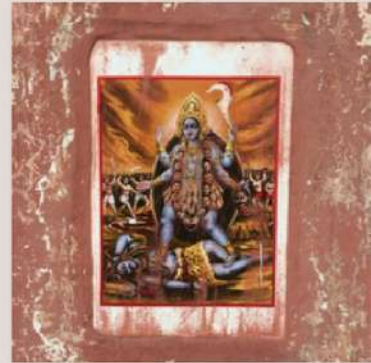
Immersion in Nature

- Spend 10 days in the lap of the Himalayas, the Land of the Gods, majestic views, clean air, simplicity, endless walks. Discover inner and outer spaciousness

Experience Sacred Sites & Yatra (pilgrimage)

- Visit and spend time at powerful and ancient temples and shrines and experience the local Kumaon culture.

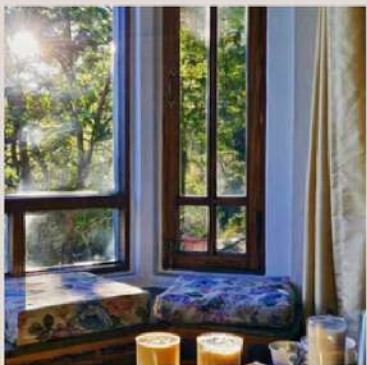




What's Included

- 9 nights accommodation (single or shared)
- Wholesome vegetarian meals (breakfast, lunch & dinner)
- Daily sādhanā & yoga practices
- Devotional Navratri practices & Tantric ritual
- Meditation, pranayama & chanting
- Mythic Yoga Flow
- Naadi Parikshan (pulse diagnosis) & consultation with in-house doctor
- 4 sessions of Ayurvedic treatments
- One-to-one Ayurvedic advice on lifestyle & diet
- A group session on Ayurvedic Wellbeing by in-house Vaidya (doctor)
- Visits to powerful temples (as a group, & accessible by foot to visit in your free time!)
- Mountain hikes
- Additional group activities & excursions, to be revealed once you arrive!





Our Retreat

Our home for the retreat will be a beautiful oasis of healing in the stunning Kumaon, or Kumanchal of the yore, a land of pristine mountains and valleys of flowers, fit for the Gods in Uttarakhand in the Himalayas.

Set upon a lush hilltop amongst 14 acres of land with idyllic stone cottages, a calming yoga and meditation hall, healing ayurvedic treatment rooms and decks, nooks and hammocks for resting and taking in the mountain air, views and magic.

SUPER EARLYBIRD UNTIL 1 APRIL: SOLD OUT

EARLYBIRD UNTIL 1 JUNE, 2024. Shared £1195 | Single Occupancy £1595

STANDARD. Shared £1345 | Single Occupancy £1745

A DEPOSIT OF 25% confirms your booking. The remaining balance is due 2 months before by 2 August, 2024.



What Else?



NOT INCLUDED:

- International and domestic flights
- Transfers to and from the retreat (however I will book these for you).
- Hotel stays in Delhi
- Additional ayurvedic treatments or medicines
- Meals taken outside of the retreat
- Donations at temples and sacred sites
- Visas & travel insurance, please check requirements
- Personal shopping

TRAVEL

- Arrive in Delhi by 2nd October Evening (Delhi Accommodation not included, however, if you wish, I will connect you as a group to stay, gather and travel together).

TRAIN

- Arrival: The Express Train departs from Delhi to Kathgodam approx 6 AM on 3 October. I recommend travel as a group, and will assist with train booking. You will be met at Kathgodam Station for onwards travel.
- Departure: Saturday 12th October. I would advise travelling on the PM train and booking your return flight on/from Sunday 13th October.

DOMESTIC FLIGHTS

- You may also fly from Delhi to the closest airport, Pantnagar, from which it is about 4 hours taxi drive.

VISAS & TRAVEL INSURANCE

- You are responsible for your visas and checking any additional travel requirements from your country.





MISHIKA
HOUSE OF RITUAL
& YOGIC ARTS

CONTACT

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CANCELLATION POLICY

ALL DEPOSITS ARE NON-REFUNDABLE.
THE REMAINING BALANCE IS DUE 2 MONTHS BEFORE THE RETREAT START DATE.
BOOKINGS WITHIN THE LAST 2 MONTHS MUST BE PAID IN FULL AT TIME OF BOOKING.
50% BALANCE (NOT INCLUDING THE DEPOSIT) WILL BE REFUNDED 30-60 DAYS BEFORE THE
RETREAT START DATE.
NO REFUND IF LESS THAN 30 DAYS BEFORE THE EVENT.





There is a path that spirals
Through the inner terrain
Of longing and desire
Resistance and shame
Twisting inwards and outwards
Touching the void
Drinking the silence
Drawing down into shadows,
Reaching, expanding back upwards,
Connected to centre and wholeness,
Unbound by attachment
Free to flow with change
Trusting the transience
Dissolving the intensity
Of a grasping mind
Re-sensitising into presence
Surrender as the way unfolds,
No longer captive of the past
Or expectant of a future
That has yet to be revealed
Whilst open to the possibility
To taste Divinity and Truth
To grow Love, in each moment.
Remembering the interdependence
Of every heartbeat, each being,
Woven of the same fabric, of consciousness,
each a mirror of the same beauty and pain,
Joy and heartache, reflecting back particles of
each other for each fragment of Self
To be seen and embraced
In Loving Awareness, celebrating
The full spectrum of the rainbow
Light of God(ess)ly presence
Within and without, immanent,
omnipresent and eternal.

Follow your heart for there is a path
That is waiting to be discovered by you alone,
To carry you across the threshold of fear
Through the unknown
Into a multi-dimensional reality
Where each heart is held
Whole, Holy and sovereign.

Love, Mischa

