March 17 - 25th, 2019

Himalayan Spring Equinox Retreat

Price: $2995 / €2650
(based on twin sharing)
Single supplements apply.
Explore the foothills of the Himalayas and rejuvenate in nature during the spring equinox as we merge out of the dark winter to rise into the light of spring, in the vibrant and sacred hills of Sikkim, India.
WHAT IS THE VERNAL LYLIS EQUINOX RETREAT?

LYLIS is a holistic program combing the ancient arts of Ayurveda, Yoga and Meditation. It is a tender way to holistically connect with your true self, an invitation to explore the vegetal intelligence of nature to rebirth and blossom into the spring season. The Spring Equinox Retreat is a perfect time to consider the balance of your life - work, play and relationships.

Your journey begins in Delhi, where we meet and fly to the secret jewel often referred to as the “Switzerland of India” for five transformative days at a traditional Sikkimese Heritage Farmhouse on 100 acres, ensconced amidst the foothills of the great Himalayas. A sacred location, awakening your senses, as you begin to tune in to the nectar of this rare magical time of the year.

After the retreat we will travel further north in West Sikkim to an altitude of 6,800ft for three nights. The tranquil town of Pelling presents a majestic view of entire snow-capped Kanchenjunga mountain range, the third highest peak in the world. Pelling’s tranquil atmosphere and panoramic ambience are ideal for favorable nature walks and gentle treks to sacred sites and ancient Buddhist monasteries.
WHAT TO EXPECT

• Nourish your body with fresh local organic food from the farm.

• Enjoy plenty of discovery time in nature, for quiet reflection and contemplation, Hot Stone Baths, and relaxed evening Satsang’s by the fire, overlooking the foothills of the Himalayas.

• The combination of healing sounds and chanting will invoke the transformative qualities of the elements, to soothe your mind.

• Experience gentle Yoga, and the art of Ayurveda through slow yogic sequencing & conscious movement meditations with balancing mudras to heal your mind, body and soul.

• Deepen your meditation practice by learning Primordial Sound Meditation so you can remain profoundly connected to your true self even after you return to your daily life.

• Gain a clear sense of direction and purpose for your life – by tuning into the voice of your soul which will always lead you to fulfillment and joy.
SAMPLE ITINERARY

Day 1 – Meet at Delhi International Airport by 10am and fly to Bagdogra, transfer to West Sikkim by AC Luxury vehicles. Check in and experience the warm hospitality offered by the wonderful team at Biksthang Heritage Farm and enjoy a delicious dinner prepared with local organic ingredients grown on the farm.

Day 2 – Leisurely Breakfast followed by our meet and greet session. Introduction to Primordial Sound Mantra Meditation with guests receiving their mantras in a very special ceremony. Hot Stone Baths are prepared using local herbs picked at dawn and the ideal way to cleanse and purify your body, available every day with plenty of time to relax in Nature.

Day 3 - Sunrise Group Meditation by the pool and morning yoga before breakfast. Explore Ayurveda and discover your Dosha, followed by one to one session on creating your Perfect Health Ayurvedic Lifestyle. Afternoon trek to the sacred caves.

Day 4 – RETREAT HIGHLIGHT VERNAL EQUINOX RITUAL
During the Spring Equinox ritual, we will gather outdoors at sunrise, and engage in a unique ceremony in nature to give thanks for the miracle that is the Continuity of Life and celebrate that everyone might have a bright and blessed Spring.

Day 5 - Group Meditation, Yoga and plenty of time to relax and reflect. Enjoy a traditional Sikkimese celebration dinner followed by an evening Satsang with a fire ceremony.

Day 6 – Sunrise Group Meditation by the pool and morning yoga before breakfast. Depart for Pelling at noon. Travel time approx. 2 hours. Check in to our beautiful hotel in Pelling where you can enjoy a massage or treatment of your choice at the spa.

Day 7 – Spectacular sunrise meditation overlooking the Himalayan Kanchenjunga peaks. Later trek to the sacred lakes and waterfalls nearby.

Day 8 – Sunrise Meditation. Trek to local Buddhist Monastery. Afternoon free to explore as you wish. Group meditation followed by a celebration dinner with our closing Satsang.

Day 9 - Sunrise meditation with early breakfast. Check out. Travel from Pelling to Bagdogra Airport and take return flight to Delhi for onward travel or sightseeing in Delhi. (Arrival approx. 5pm)
WHAT IS INCLUDED?

Return Flights from Delhi to Bagdogra
Accommodation based on double occupancy
Airport Transfers
All Meals
Hot Stone Bath with local medicinal purifying herbs
Instruction in Primordial Sound Meditation
Daily Meditation & Yoga
Personalized Ayurveda Mind-Body Consultation
One to One sessions
Immersive instruction & holistic experiences
Retreat Highlight - Vernal Equinox Ritual
Evening Satsang’s
Group Meditations
All Transportation
Spring Equinox Ceremony and Celebration!
Healing Massage
Treks and tours to local Sacred Sites

DISCOVER A NEW PATH TO HEALTH AND HAPPINESS

The Vernal Equinox is known as the day of equilibrium. It is one of the two days in the year that night and day are in balance. Nourish your entire being and receive individual guidance to transform your health and life. Whether you are experiencing overwhelm, an accumulation of stress, or simply wish to feel more energetic this retreat is customized for you, leaving you feeling more rested, joyful, and in tune with yourself than ever before & with the resources to stay that way.

“Life is a balance between rest and movement.”
~ Osho
Anne Vetter
MEDITATION INSTRUCTOR, CERTIFIED COACH & PUBLIC SPEAKER
As a certified Instructor of meditation with the Chopra Centre, Hypnotherapist, Coach & Member of the Tony Robbins Leadership Team, Anne shares the timeless teachings for inner wisdom, healing and transformation with people in the USA and Europe. Her teachers include Deepak Chopra, Tony Robbins, Rinpoche Mingyr and the Oneness University in India. Anne has a vision to take groups to sacred sites around the world and connect them with their true nature to discover their unique dharma or purpose in life.

Suzi von Mensenkampff
VEDIC EDUCATOR, YOGA, MEDITATION & AYURVEDA
As a Vedic Educator Suzi is certified by The Chopra Centre to teach Primordial Sound Meditation, Seven Spiritual Laws of Yoga and Ayurveda for Perfect Health. With a deep passion for Meditation, she is a program director for Europe and a Course Advisor with the McLean Meditation Institute in Sedona, Arizona at the Meditation Teacher Academy. With a passion for travel and hosting retreats across the globe, Suzi’s dharma is to Travel, Teach and help Transform others life experiences using ancient wisdom. Combining her experience taking groups to India with a lighthearted sense of humour, she will guide you with ease and grace on your journey.

Magali Mazzei
VEDIC EDUCATOR, YOGA, MEDITATION & AYURVEDA
Magali Mazzei was born in Africa, raised in Greece, France and Germany and feels at home in many places with a love for travel and experiencing new cultures. Magali began her spiritual journey in Sri Lanka in 2007, a deep desire to deepen her knowledge of Yoga and Ayurveda brought her to the Chopra Centre in the USA where she completed her training as a Vedic Educator with focus on Ayurveda as well as Yoga and Meditation. Guided by the Prana Flow® founder Shiva Rea, Magali went on to study the very roots of Yoga, to Krishnamacharya, deepening her knowledge and training as a Prana Flow®-Yoga Educator (RYT500).