

YOUR PROGRAM

The retreat combines the four classical paths of Yoga into a holistic practice. Every day, you can expect 3 hours of Hatha Yoga, Pranayama, Meditation, inspiring lectures, Ayurveda, Mantra practice, temple visits, Pujas and cooking together. You will learn through practice and theory, develop your personal Sādhana and integrate your experiences into your everyday life.



YOUR ACCOMMODATION



Our accommodation is ideal for our retreat: a peaceful location directly on the Ganges.

Simple, clean rooms with private bathrooms.

Hatha Yoga with a view of the river in an authentic, inspiring atmosphere.

Vegetarian, sattvic meals are prepared together or prepared for us.

Just a few steps away: Ghats, temples, and the vibrant spiritual life of Varanasi.

YOUR COACHES



HEMANT

I was born and raised in Varanasi and completed my training as a Yoga Master at several universities: a Diploma in Yoga from Banaras Hindu University and a Master's degree in Yoga & Philosophy from S-VYASA University. For more than 15 years, I have been teaching Yoga and Meditation to international groups in India, Nepal and South America — from intensive Yoga practice to multi-month educational programs.

In the retreat, I combine Hatha Yoga, Pranayama and Meditation with my experience in group leadership and experience-oriented learning. Varanasi is not only my workplace but also my home. I would like to provide you with a well-founded Yoga practice while also giving you access to the traditions and everyday life of my beloved city.



EARL

For more than 30 years, I have been studying Varanasi and Indian spiritual traditions. My studies of Psychology, Philosophy and Religious Studies particularly introduced me to Vipassana, Jnana Yoga and Advaita. Professionally, after 25 years in leadership positions, I was ultimately drawn back to my roots. Today, I work as a logotherapist Germany and Varanasi.

My own spiritual practice is deeply rooted in Shaivism and closely connected with Kali and Kaal Bhairav. During the retreat, I am responsible for the program, content and organization of the location. I would like to provide you with a reliable framework in which you can experience the different paths of Yoga and deepen your own Sādhana.



KASHI

Varanasi (Kashi) is more than just the location of this retreat — the city itself becomes the teacher. Yogis, Sadhus and priests introduce you to special traditions and accompany selected practical experiences.

Temples, rituals, the Ganges and the immediate surroundings of life, death and rebirth create a space in which trusted perspectives open up.

Here, you encounter Yoga where it has been practiced, passed down and experienced anew for centuries.

Here, Yoga can be experienced as a living tradition — as a connection between practice, knowledge, devotion and the way of life from which your personal Sādhana can develop its form and direction.

YOGA SADHANA RETREAT

THE FOUR PATHS OF YOGA IN PRACTICE

Go beyond the asanas. Discover yoga as a living culture.
Develop your own sadhana in Shiva's holiest city.

27 Dec 2026 – 10 January 2027
Varanasi, India

For many, yoga begins with Āsana. But yoga extends far beyond physical practice.

Two intensive weeks in Varanasi open up the four classical paths of yoga in theory and lived practice: Rāja, Jñāna, Bhakti and Karma Yoga. In Kashi, the city of Shiva, you encounter these traditions not only in teaching, but also in temples and rituals, on the Ganges and in the spiritual everyday life of the city.

Explore different approaches to body, mind, knowledge, devotion and action – and bring your experiences together into a personal Sādhana that continues beyond the retreat.

RAJA YOGA

PATH OF MEDITATIVE DISCIPLINE

Train body and mind through continuous practice. Hatha Yoga provides the daily physical foundation and is combined with Prāṇāyāma, concentration and meditation.

IN THE RETREAT

3 hours of Hatha Yoga daily

- Āsana & Prāṇāyāma
- Advanced Prāṇāyāma
- Kriyās & Shatkarmas
- Concentration & Meditation
- Mantra Meditation

JÑĀNA YOGA

PATH OF CONSCIOUS KNOWLEDGE

Encounter yoga as a path of knowledge. Classical texts and philosophical reflection open perspectives on consciousness, reality and the intellectual foundations of your practice.

IN THE RETREAT

- Vivekananda, Shankara & Patanjali
- Jñāna Yoga & Advaita
- Kashmir Shaivism
- History & Philosophy of Religion
- Death, Moksha & Transformation
- Ritual & Temple Studies

BHAKTI YOGA

PATH OF LOVING DEVOTION

Experience Bhakti where religious practice is part of everyday life. Temples, Pūjās and Ārtis offer direct access to ritual, devotion and lived spirituality.

IN THE RETREAT

- Morning Ārtis
- Temple Visits & Darśana
- Pūjās with Local Priests
- Mantra Practice
- Temple Culture & Rituals
- Lived Spirituality in Kashi

KARMA YOGA

PATH OF SELFLESS ACTION

Let yoga become part of everyday action. Cooking together, conscious nutrition and group life make practice tangible beyond the mat and meditation.

IN THE RETREAT

- Daily Group Cooking
- Sattvic Nutrition
- Conscious Action
- Karma Yoga in Practice
- Yogic Living
- Developing Your Sādhana

ALL-INCLUSIVE RETREAT

- Airport transfer
- 14 nights' accommodation
- Ayurvedic guidance
- 3 sattvic meals daily
- Cooking with the teacher
- 7 restaurant visits
- Excursion: Sarnath
- Excursion: Shooltankeshwar
- New Year's Eve celebration
- Ayurveda workshop
- Daily Hatha Yoga
- Daily Prāṇāyāma
- Daily Vedic lectures
- Tantric Ārtis and Pūjās
- Temple visits and city tour
- Ritual and temple studies
- History and philosophy of religion
- Mantras and Yantras
- Vivekananda & Shankara
- Kali & Kaal Bhairav

2-week retreat in Varanasi

2,265 USD

Additional costs:
Round-trip airfare, visa

100-HOUR "YOGA CULTURE CERTIFICATE"

