



Leela Retreat

Viniyoga | Inner Work | Interactive Theatre | Serious Play



September 27 – October 3, 2023

6 Nights / 7 Days



Nimmu House, Leh, Ladakh

Curator & Facilitator



Hariprasad Varma

Founder: Yogaśāla & Zensei

Hari is a Facilitator, Leadership Coach, Interactive Theatre & Energy Work Practitioner, and Yoga Therapist (IAYT) in the Sri T Krishnamacharya-Desikachar tradition.

He is the founder of Zensei & Yogaśāla and has curated over 20 yoga retreats and numerous workshops across India and abroad in the past 7 years. He has a keen interest in blending music, interactive theatre and arts in exploring principles of Yoga as an embodied and self-reflective practice. He has designed innovative offerings such as *Rāga Yoga*, *Pilgrim's Pursuit*, *Minna Minni*, *Buddha Bowl*, and *Leela* in collaboration with artists and facilitators from diverse fields such as storytelling, Indian classical music, writing, and LEGO Serious Play.

He is trained in Yoga Therapy by YogaVahini under the guidance of Smt. Saraswati Vasudevan, in Yoga Sutras & Antaranga Yoga under the mentorship of Sri Raghu Ananthanarayanan and has been a student of many senior teachers in the Krishnamacharya-Desikachar tradition such as Srivatsa Ramaswamy, R. Sriram, Jyotsna and Latha Sathish.

He is part of the core team of Ritambhara Ashram and regularly facilitates inner work through yoga offerings based on Yoga Sutras and itihāsa-purāna traditions of Bhārat. He is currently completing his internship in process work with Sumedhas Academy of Human Context.

Retreat Highlights



Retreat Highlights

Cultural Immersion

Ladakh is the home for Tibetan Buddhism in India. Its people have been receiving travellers since the time of the Silk Route. The Ladakhi's, ancient as they may be, are simple and humble people. Warm, welcoming, friendly and honest are the best ways to describe them. The land resonates this compassion through its rich spiritual vibrations. The retreat brings together diverse experiences to explore the land, culture and people of Ladakh.

Monastery Visits



Village Walks



Yoga



Viniyoga

Introduction to āsana-prāṇāyāma-dhāraṇa (Bahiranga Yoga) practices in the Sri T Krishnamacharya-Desikachar tradition of Yoga. Focus of the teaching will be on adapting the practice to the needs and abilities of the individuals, with step-by-step progression, and application of necessary modifications and variations.

Antaranga Yoga

Antaranga Yoga or Inner Work Through Yoga practices to delve into and discover the patterns and stories one recreate in life. Exploring discovery of greater choicefulness and joyousness through embodied practices.

Healing Chants

Introduction to a variety of healing chants from Krishna Yajur Veda & Taittiriya Upanishad that promote healing, relaxation and replenishment of energy.

Leela

Leela is the attitude of "Serious Play". Learning and self-discovery become fun and embodied when the process is filled with a sense of play, fun and lightness.

Leela takes you through an experiential and fun-filled self-exploratory journey through a blend of the LEGO® SERIOUS PLAY® (LSP) method, Interactive Theatre, Process Work, and Contemplative Dialogue.

Leela is a inner work exploration designed by Hariprasad Varma bringing together his experience with LSP, Interactive Theatre, Process Work, and Yoga Sutras.

LEGO® SERIOUS PLAY®

The LSP method is a facilitated thinking, communication and problem-solving technique for use with organisations, teams and individuals. It draws on extensive research from the fields of business, organisational development, psychology and learning, and is based on the concept of "hand knowledge." You can learn more about this method at www.seriousplay.training.



Interactive Theatre



Interactive Theatre practices bring together powerful, fun and insightful theatre games based on the pedagogy of the *Theatre of the Oppressed* (TO) developed by Augusto Boal. Participants get an opportunity to uncover deep personal life patterns through engaging and embodied body-centred practices in these explorations. These practices are accessible to all and no prior theatre experience is required.

Process Work

Process oriented inner work focuses on following the flow of one's own experiences by paying attention to one's physical sensations, as well as subtler dreamlike experiences, and the most subtle, almost ineffable feelings and tendencies occurring within and around us.



Retreat Program Schedule

Daily Schedule*

7 AM – 8.30 AM: Viniyoga | Pranayama | Healing Chants | Meditation

8.30 AM – 10 AM: Breakfast

10 AM – 10.30 AM: Social Dreaming Matrix

10.30 AM – 11.45 AM: *Leela*

11.45 AM – 12 PM: Tea Break

12 PM – 1.30 PM: *Antaranga Yoga*

1.30 PM – 3.30 PM: Lunch Break

3.30 PM – 5.30 PM: Village Walks / Monastery Visits / Hikes

6.15 PM – 7 PM: Winding Down Practice & Sharing Circle

7 PM – 8 PM: Dinner

*This is the tentative schedule for the retreat. Sessions duration or sequence may shuffle based on the flow of the retreat.

Retreat Logistics

Dates

Arrival At Venue: 27th September 2023 by 1 PM IST

Retreat Commencement: 27th September 2023 at 4 PM IST

Retreat Conclusion: 3rd October 2023 at 12 Noon IST

Room Checkout: 3rd October 2023 (10 AM IST)

Retreat Duration: 6 Nights / 7 Days

Venue

Nimmu House, Leh, Ladakh (Click for Google Maps Location)

Retreat Contribution

Based on the type of accommodation, retreat contribution is as follows:

Double Occupancy - INR 81,000

Early Bird Discount (Until 15th June 2023) - **INR 74,000**

Single Occupancy - INR 1,15,000

Early Bird Discount (Until 15th June 2023) - **99,999**

Retreat Contribution Inclusions

- All Retreat Sessions
- Breakfast, Lunch & Dinner.
- Local travel and sight seeing.

Retreat Contribution Exclusions

- Travel to and from your location to venue.
- Day 1 (27th Sept) Breakfast.
- Food & Travel outside the retreat itinerary.

SIGN UP



Venue

Nimmu House - Heritage Rooms

Nimmu House is a heritage boutique hotel nestled at 3100 metres altitude surrounded by unmatched Himalayan panorama in the village of Nimmoo. In the early 20th century, a nobleman Zilder Rinchen Namgyal built this house in the traditional Ladakhi style with exterior walls slightly angled inwards, inspired by a property he saw on his pilgrimage to Lhasa.

80 years later, Nimmu House was put together by a team of interior designers, Tibetologists, art historians, and hospitality experts to transform the historic house into an authentic, sustainable tourism enterprise.



Venue

Nimmu House – Ambience



Payment Options

Option 1: UPI ID – yogicoach@icici

Option 2: Scan QR Code



Option 3: Bank Transfer – NEFT / IMPS

Bank Name: ICICI Bank

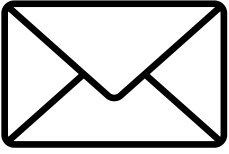
Bank Account No. 007605004916

Bank A/c Name: Yogasala

IFSC: ICIC00000076

Account Type: Current Account

Contact



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