



Navarasa Immersion

Yoga of Emotions Retreat



A deep dive into exploring the Navarasās (9 primary emotions) through ideas and practices from Yoga, Yoga Sūtrās, Nāṭyaśāstrās, and Somatic Experiencing.

- Deepen your connection with your body.
- Discover insights into your emotional patterns.
- Learn Somatic Practices to regulate your nervous system.



November 06 - 09, 2025
3 Nights / 4 Days



Rishikesh,
Himalayas

[Register @ www.hariprasadvarya.com/yoga-of-emotion](http://www.hariprasadvarya.com/yoga-of-emotion)

Contact: +91-9966900337 || namaste@hariprasadvarya.com



Navarasa Immersion

What is this retreat about?

"A healthy individual is one who is able to experience all the rasās (emotions) as they arise in them, and return to śāntam (equanimity) after the experience." - Sri TKV Kriṣṇamāchārya

Nāṭyaśāstra, the classical Indian dance tradition, speaks of nine primary rasās (energy underlying emotions) that is universal. The suppression, repression, or substitution of the evocation of the rasās when events occur in life becomes the ground for many of the sufferings and illnesses in the long run.

Navarasa Immersion is a retreat designed to enable participants to explore the personal emotional patterns and discover insights to transform dysfunctional patterns to enable healthy relationships and enhanced sense of well-being in their lives.

This retreat will help you discover a deeper connection with your body, insights into your emotional patterns, and somatic practices to regulate your nervous system.

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Navarasa Immersion

What to expect at the retreat?

- Yoga: In the tradition of Sri T Kriṣṇamachārya-Desikachār & Hatha Yoga. Comfortable to practitioners of all levels.
- Applied Theatre: Exploring the rasās (primary emotions) through applied theatre.
- Reflective Arts: Working through evocations through self-reflective art practices.
- Meditation: Silent meditative spaces spread across the beautiful campus.
- Somatic Experiencing: Trauma healing practices to help transform locked up fight, flight, freeze energies in the body.
- Nature Walks: Reconnecting with self through mindful walks in nature and by the Ganges.

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Who is this retreat for?

- Corporate and Social Sector Leaders who wish to deepen emotional intelligence at work.
- Professionals seeking to deepen their connection to the wisdom of the body and sharpen their intuition.
- Individuals seeking to heal unhelpful relationship patterns through embodied and intuitive practices.
- Yoga teachers and serious practitioners who are keen to develop an understanding of yoga beyond āsana and prāṇāyāma.

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Navarasa Immersion

Logistics

- Date: 6th - 9th November 2025 (3 Nights / 4 Days)
- Date of Arrival: 6th November 2025 (Thu) by 2 PM
- Date of Departure: 9th November 2025 (Sun) by 3 PM
- Location: Rishikesh, Himalayas
- Last Date to Register: 30th September 2025
- Early Bird Price: Until 5th September 2025

Questions?

Reach out to Hari at +91-9966900337 (WhatsApp)

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Navarasa Immersion

Venue & Accommodation



The retreat is organised at the Aurovalley Ashram in Rishikesh. Accommodation is on twin sharing basis. The Aurovalley ashram is located precisely in Raiwala which is in between Rishikesh and Haridwar, giving us space away from the hustle bustle of both the cities yet close enough to enjoy them both.

Aurovalley ashram website link - <https://www.aurovalley.com>

Address of the Ashram:

AUROVALLEY ASHRAM, RISHIDWAR-RAIWALA - 249205 –
DISTRICT DEHRADUN – UTTRAKHAND – INDIA

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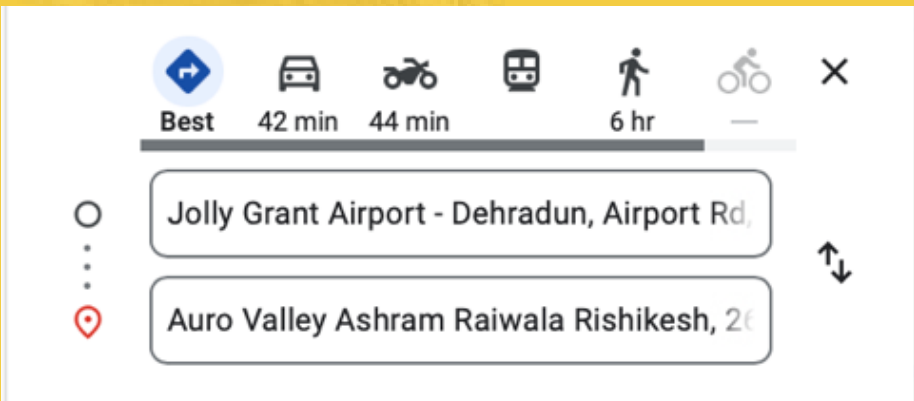


Navarasa Immersion

Travel Logistics

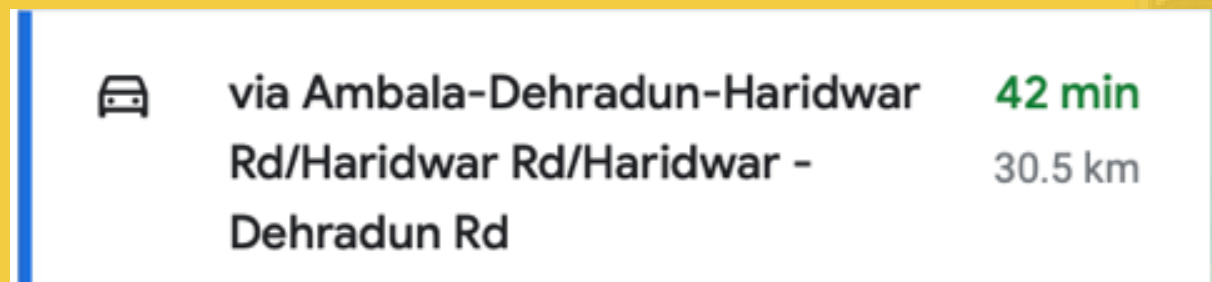
By Air

Jolly grand in Dehradun is the closest airport and is 30kms away should take 40 minutes by taxi.



By Train

Raiwala junction in Raiwala after Haridwar is the closest and is 8.7kms away and should take 15 minutes by taxi. You may get autos more easily here than taxis.



By Road

You may also choose to travel by car from Delhi to the retreat venue. Depending on traffic conditions this may take anywhere between 4 to 6 hours.

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Navarasa Immersion

Life at Auro Valley Ashram

Weather in November

Rishikesh in November offers delightful weather, with mild temperatures and clear skies. Rishikesh's temperature in November ranges from approximately 11C to 27.7C, making it an ideal month for outdoor activities and sightseeing.

Ambience of Ashram

The Ashram is very clean and well kept. It is a beautiful and a very big space and has a small stream of the Ganges that flow very close to ashram. It is a 10 minutes beautiful walk to get there.



Nature & Wildlife

The ashram has deers on most nights waking in the campus. If you are lucky you could spot an elephant as well. Peacocks are very common around the venue too. Don't be surprised to find a variety of birds chirping and flying around you. The beauty and the nature will leave you only wanting for more.

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Food at Ashram

The meal timings at Ashram will be shared in the schedule we will share after your registration. Please ensure to follow timings as the ashram is very mindful of these things.

The food provided in the ashram is very simple and Satvic. They do not have the bandwidth to accommodate for any allergies like Gluten intolerance or Vegan specifications.

Retreat fee covers 3 meals and tea twice daily. Any additional food requirements needs to be arranged by the participants themselves.

If you have any of these specifications, please ensure to bring along the food you may need to ensure you are comfortable.

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Accommodation

The rooms are well kept and clean, but as this is an ashram, there will be no room service. One must ensure to be responsible and keep their room clean.

The ashram has a common pantry where there is an electric kettle for anyone needing hot water. There are water purifiers on every floor from where you can fill your water bottles.

The ashram will provide you with fresh sheets once for a change during your stay. We will be providing a Hand-wash and Toilet paper upon request.

The ashram runs on a Solar Water heater and hence one must have to wait for 10-15 minutes to get hot water after turning the tap on.

Default accommodation is on twin sharing basis. If you prefer single occupancy, please inform Hari at the time of registration by writing to namaste@hariprasadvarma.com.

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Facilitator Team



Hari Prasad Varma is an internationally certified Transformation Coach, LEGO® SERIOUS PLAY® (LSP) & Flow Game Facilitator, and Yoga Therapist (C-IAYT). For over a decade, he has been working at the intersection of well-being and leadership in corporate, educational, and social sectors.

Hari has coached industry leaders and change makers from over 25 countries across a diverse set of themes ranging from trauma healing and therapy to professional excellence and team synergy. He is passionate about integrating globally celebrated facilitation modalities with ideas and practices from Indic wisdom traditions. He has curated over 18 retreats across India and abroad in the past 10 years.

He is the founder of Zensei & Yogaśāla.

- At Zensei, he offers personalised one-to-one and team coaching services and design customised leadership journeys for organisations through embodied and intuitive modalities such as the LSP method and Flow Game.
- At Yogaśāla, he practices as a yoga and trauma therapist integrating practices from Yoga and Somatic Experiencing method for his clients with specific therapeutic conditions.

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Facilitator Team



Hari has received in-depth training in Navarasās from his mentor and renowned Koodiyattom Artist Venu G (Kerala). He is also grateful for his studies and dialogues with R. Sriram and Anjali Sriram, authors of the book 'Nāṭya Yoga' which explores parallels between ideas in Nāṭya Śāstra and Yoga Sūtrās.

Hari has been learning, practicing and facilitating offerings based on Yoga Sūtrās, Nāṭya Śāstra, Vāstu Śilpa Śāstra, Mahābhārata and Rāmāyaṇa for numerous groups for the past eight years as a member of the Ritambhara Ashram under the guidance of Sri Raghu Ananthanarayanan and his peers at Ritambhara Āchārya Sangha.

Currently, Hari is in his Intermediary Level training in becoming a Somatic Experiencing Practitioner (SEP) under the mentorship of Ms. Efu Nyaki (Brazil), and he is looking forward to completing his internship in Process Work with Sumedhas Academy for Human Context.

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Facilitator Team



Upasana Tendulkar is a passionate Bharatanatyam dancer, educator, and entrepreneur dedicated to combining ancient wisdom with modern methodologies.

As the founder of Dancing Tales, she integrates performing arts with life skills, well-being, and corporate solutions, delivering immersive learning experiences.

Her work blends the timeless principles of the Natyashastra, Saundarya Shastra, and other Indian wisdom with contemporary science, fostering intellectual, emotional, and spiritual growth.

Upasana has facilitated workshops focusing on Agile collaboration and employee well-being, as well as events celebrating Krishna Janmashtami and Shivratri through dance, meditation, and chanting.

Her career spans roles in human resources, where she contributed to policy development, change management, and organizational culture alignment.

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Facilitator Team



Upasana has also curated courses and programs on managing change through dance and movements and contributed to Faculty Development Programs on Natyashastra Pedagogy.

With academic qualifications that include an MBA from Cardiff University and certifications in Bharatanatyam Visharad and leadership courses, Upasana exemplifies the integration of art and education.

Her vision is to nurture grace and harmony in all aspects of life, inspiring personal and professional transformation. She is multilingual, skilled in communication and experiential learning, and enjoys fencing, writing, and travel in her leisure time.

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Facilitator Team



Aayushii is a dedicated yoga teacher and wellness guide who shares the ancient practices of asana, pranayama, and holistic living with warmth and clarity.

Rooted in traditional wisdom, yet deeply practical, her guidance helps students find steadiness in the body, spaciousness in the breath, and calm clarity in the mind.

At this retreat, she will lead a 90-minute Asana & Pranayama session designed to awaken prana, balance the nervous system, and leave participants feeling refreshed, aligned, and quietly powerful.

She is the founder of Ayu Yoga Kulam and Ayu Anandam – A Wellness Stay in Rishikesh.

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Payment Details

- Retreat Price: INR 30,000* (including GST)
- Early Bird Price (Until Sep 20): INR 27,500*
- Retreat Fee - Inclusions:
 - All sessions
 - 3 Meals & Tea every day
- Retreat Fee - Exclusions:
 - Travel to and fro to Rishikesh and retreat venue.
 - Food outside of retreat plan.
 - Any expense outside of retreat itinerary.
- Payment Mode:
 - UPI: hariprasadvvarmaraja-2@okicici
 - GPay / PhonePe: +91-9966900337
- Cancellation Policy: 50% refund of total fee for cancellations up to 30 days before retreat start date. No refund for cancellations less than 15 days from the start date of the retreat.

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