

On Cloud Nine... A Camp at Amboli Ashram

(18 – 20 June 2010)

This time the camp at Amboli Ashram was timed with the onset of the monsoons. Needless to say that this is the most beautiful season at Amboli with verdant valleys , rushing streams, rolling clouds , lashing rain and pure sunshine. And yes, with clouds floating into the ashram and in and out of our rooms we were indeed on cloud nine – a state of extreme happiness!

Our day at the ashram began at 7 am with Nidhidhyasana. The soothing voice of Giriji guided us through deep meditation setting the calm and measured pace for the rest of the day. This was followed by the yoga class with Sheelaji patiently guiding us



through the asanas and pranayama and also managing, at the same time, to give us individual attention .

