

## Ganga Yoga Retreat

The Ganga Yoga Retreat led by Ishwarya Chaitanya includes asana, pranayama, meditation as well as relaxation.

Swamini Svatmavidyanandaji will be gracing us with her talks on the topic of 'The Yoga of Objectivity

**Dates:** November 10-15, 2023

**Location:** Swami Dayananda Ashram, Rishikesh.

Kindly visit [www.kulahouseofyoga.com/retreats](http://www.kulahouseofyoga.com/retreats) for more details

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