

DIVINE SOUND MEDITATION & YOGA RETREAT

Connect with the Divine Sound within you through spiritual folk music and Yoga

A unique 8-day residential program with Prahlad Singh Tipanya:

- Understanding, singing and meditating on Kabir's verses
- Daily Yoga and Pranayama sessions
- Guided Meditation to connect with the Unstruck Divine Sound within
- Refreshing nature walks in the rural countryside
- Nourishing & wholesome vegetarian Indian meals
- Musical jam sessions
- Spiritual discussions & sharing circles
- 2-Day Group Excursion to nearby hill station and historical places
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Dates: Dec 24th, 2023 to Jan 1st, 2024

Retreat Location: Kabir Ashram, Luniya Khedi, Madhya Pradesh, India

(Retreat participants traveling from outside of India can fly to Delhi and then from Delhi to Indore. They will be picked up from Indore airport and brought to the retreat location which is about 2 hours away)



*“Gagan mandal ke beech mein, tahaan sohungam dor
Shabd anaahat hot hai, surati lagi tahaan mor”*

Interpretation: In the ‘sky dome’ of the body (the forehead and the crown of the head), reaches the thread of the Breath. There, an unstruck divine sound resonates at all times, to which my Awareness is connected.

About Kabir

Kabir was a 15th century mystic saint of India whose verses serve as spiritual pointers of a deeper reality of oneness and divinity, and are widely popular all over the world - both as folk songs and poetry.

About Prahlad Singh Tipanya and his village Luniya Khedi

Prahlad Singh Tipanya is one of the most popular and respected folk singers of Kabir's verses in India. A school teacher by profession, Prahladji's life took a deep and profound turn when he first heard the tambura – the five stringed musical folk instrument. That became the gateway for him into the world of Kabir, and since then he has been tirelessly sharing the spirit of Kabir with countless rural, urban and international audiences over the last four decades.

His village Luniya Khedi has become a destination for many seekers of Kabir. Along with his son Ajay Tipanya, Prahladji organizes the vibrant Malwa Kabir Festival every year, where many singers and seekers gather and journey into the villages of the region in a traveling festival. Most will acknowledge him as the man who has deeply impacted and contributed to the resurgence of oral traditions of Kabir singing in India. For his contribution to culture, he was awarded the Padma Shri (fourth highest civilian award in India) in 2011.

During the retreat, Prahlad Ji will be leading the music concerts and meditation sessions, explaining Kabir's verses and leading the discussions. All verses will be simultaneously interpreted into English during the discussions and printed translations of the songs in the workshops will be provided to all participants.



RETREAT DETAILS

What is Divine Sound (Naad Brahma) Yoga?

Divine Sound (Naad Brahma) Yoga is the practice of Yoga primarily focused on preparing the mind and body, through posture and breathwork, to meditate on the subtle yet vibrant Divine Sound always resonating inside our bodies. This awakening process is aided by singing and understanding the verses of mystic saints like Kabir. The Divine Sound is a recurring motif in these verses. This sound, also called Anhad Naad (Unstruck Chord), is different from any other sound in the universe because it's unstruck and is not produced by the striking of two objects like other sounds. This is the Original Sound (created as a result of the universe coming into existence), also known as the sound of OM. By redirecting awareness to this sound within the body, one can start becoming liberated from the mental & conceptual false identities of oneself and realize one's true nature.

What are the essential teachings of this retreat?

Sound is the hidden energy that connects the outer and the inner cosmos. The message of the 15th century Indian saint Kabir is simple and profound. The One Divine Sound resonates vibrantly in all living bodies alike (humans, animals, plants, birds, insects etc) as well as every particle of matter in the universe around us. Only human beings have the spiritual ability to consciously connect their Surati (Awareness) to this Divine Sound and thereby establish themselves in the transcendental dimension, the substratum, the very source of Life. Bringing oneself in alignment with this One Divine Sound can be a path to enlightenment.

In this retreat, we will learn through music and meditation that everything around and within us can be experienced as *naad/shabad*/sound (the Divine Word or the expression of the One Divine Sound). We will learn the art of listening to and staying connected with this Divine Sound through mesmerizing folk music, transformational words of mystic saint poets and powerful yogic meditation practices, while being deeply immersed in nature.



What are the retreat location, accommodation and food like?

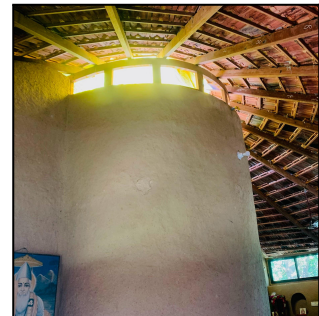
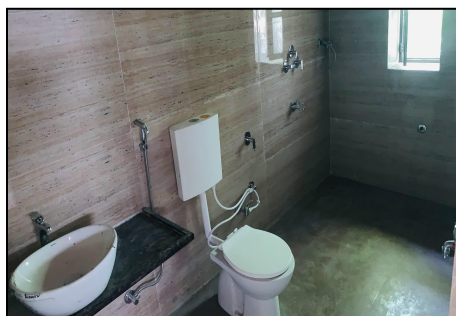
Luniya Khedi is a lush and green village full of farms and small lakes, in the Ujjain district of the state of Madhya Pradesh. The retreat location will be 'Sadguru Kabir Smarak', an ashram founded by Prahlad Singh Tipanya to propagate the ideas of Kabir, where he organizes several events throughout the year attended by thousands of rural audiences from the region. Here he also hosts annual week-long residential workshops and retreats for seekers wanting a deeper immersion into the music and philosophy of Kabir.



The accommodation will be shared in cottages and rooms. The accommodation, while clean and neat, will be basic. You will be provided with bedding and will sleep dormitory style - sharing rooms with other participants. There are a number of western style toilets and shower rooms for the use of the participants. You will need to carry your own toiletries etc.

Nourishing Indian style vegetarian meals will be provided, cooked with fresh produce from the farms. Food will be separately cooked for participants with special dietary needs or allergies. RO (Reverse Osmosis) water filters will be available to provide clean drinking water. Participants should carry a refillable water bottle with them. An automatic washing machine and dryer is available on the premises for the participants to use.

The space also has beautiful walkways amidst farms and trees and a dedicated space to practice Yoga on the second floor overlooking the beautiful landscapes of the village. During the 2-day excursion, the whole group will be traveling in an air conditioned bus and will be staying overnight at a good quality resort affiliated to Madhya Pradesh Tourism.



Retreat Schedule:

Day 0 | Dec 23rd: Arrival and Orientation. Retreat Begins.

Day 1 | Dec 24th: Music Concerts, Yoga & Meditation

Day 2 | Dec 25th: Music Concerts, Yoga & Meditation

Day 3 | Dec 26th: Music Concerts, Yoga & Meditation

Day 4 | Dec 27th: Excursion

Day 5 | Dec 28th: Excursion

Day 6 | Dec 29th: Music Concerts, Yoga & Meditation

Day 7 | Dec 30th: Music Concerts, Yoga & Meditation

Day 8 | Dec 31st: Music Concerts, Yoga & Meditation

Day 9 | Jan 1st: Retreat Ends

Daily Flow of Activities (Day 1, Day 2, Day 3, Day 6, Day 7, Day 8):

6:00am - 7:00am: Optional morning walk & contemplation with Prahlad Ji

7:30am - 9:00am : Daily Yoga & Pranayama Session

9:00am - 11:00am: Breakfast, Shower

11:00am - 1:00pm: Morning Music Concert

1:00pm - 2:00pm: Lunch

2:00pm - 4:00pm: Rest

4:00pm - 5:00pm: Sharing Circle, Optional Q&A with Prahlad Ji

5:00pm - 5:30pm: Tea & Snacks

5:30pm - 7:30pm: Evening Music Concert

8:00pm - 9:00pm: Dinner, Retire to Bed



About Priyal and his Yoga sessions

Priyal Maheshwari is a Yoga Alliance-Certified Registered Yoga Teacher (RYT-500 hours) and Registered Pregnancy Yoga Teacher (RPYT-85 hours). In his classes, he primarily focuses on cultivating inner stillness and awareness of the present moment using posture, breathwork and meditation. He works with a diverse range of clients to help them realize their essential self by exploring the 5 sheaths of the body (Physical Body, Life-Force, Mind, Wisdom & Bliss) and connecting with the transcendental dimension beyond the 5 sheaths. To this end, he teaches simple, yet profound meditation techniques like awareness of natural breath, inner body awareness & listening to the eternal divine sound in the body.

During the retreat, Priyal will be facilitating the Yoga and Pranayama sessions, all of which will be conducted in English.



*“Guru bin gyaan na upaje, guru bin mile na moksha
Guru bin lakhe na koi satya ko, guru bin mite na dosha”*

Interpretation: Without Guru no wisdom is born, no liberation is possible. Without Guru, the Truth cannot be seen and the karmic cycle cannot be broken. The word ‘Guru’ refers not to the spiritual teacher in the human form but to the spiritual pointers provided by them and the body where the Truth can be realized.

Registration Details

Group Size: 35 Participants (We will stop taking registrations once we have 35 participants. So please do register ASAP, should you wish to come)

Retreat Contribution (Energy Exchange): \$1500 per person, \$2500 per family (2 adults and up to 2 children)

Retreat Contribution Includes: Accommodation in cottages, food, retreat activities, excursion, pick up from and drop off to Indore airport

Early bird discount of \$200 applicable for registrations before Nov 5th, 2023.

Confirm your participation: Should you wish to participate, please fill out the Google form and transfer your retreat contribution to the account details provided:

Google Form Link: <https://forms.gle/34aADdtEbC6NnJoG6>

Bank Account Details:

Name: Prahlad Singh Tipanya

Bank Name: HDFC Bank

A/C No: 50100415328484

IFSC Code: HDFC0001772

You can also pay using Zelle or PayPal to: info@consciousyogainstitute.com

Or UPI Payment to UPI ID: 9933558818@paytm

If you're interested in this retreat and in need of financial assistance, please write to us.

For questions or more information, contact:

+1 (630) 210 2564 (Call, Text & WhatsApp)

priyal.maheshwari03@gmail.com (email)

*“Agam gahe aru akah kahe, anhad bhed lahaaye
Anbhay vaani agam ki, le gaye sang lagaaye”*

Interpretation: The imperceptible cannot be understood intellectually or be spoken of, using words. The wisdom of the limitless cannot be grasped by the mind. Only through direct experience, can Truth be realized. Once realized, it always stays with us.