**Ayurvedic Yoga Weekend Retreat Outline Programme**

Please note this is illustrative and may be subject to change-

\*on the Summer Bank holiday retreat, day 3 has the same timings as day 2 and day 4 is the same as day 3

Day 1

* 4 -4.15 pm Arrivals may be earlier if you have a treatment booked and welcome
* 5 pm Meditation
* 5.45pm Hatha flow class
* 7pm Dinner

Day 2

* 7.30 – 8am Ppportunity to learn Neti – nasal cleansing
* 8 -10.00am Meditation followed by hatha flow class
* 10.00 -11.15am Brunch
* 11.15- 1pm Ayurvedic Seminar
* 1pm-4.30pm Free time / option for therapy
* 4.30 - 6pm Meditation / restorative yoga & yoga nidra
* 6.30pm Dinner
* 7.30pm Social time

Day 3

* 8 -10.00am Meditation followed by hatha flow class
* 10.00 -11.15am Breakfast
* 11.15am Workshops learn the basics of Abhyanga - Ayurvedic massage
* 12.00 – 12.30 pm Cooking lesson: Kichari with James (see recipe below)
* 1 – 2pm Free time / option for therapy
* 2 – 3pm Lunch
* 3pm Departures

**Session Options**

Holistic treatments with Kelly-Anne/therapist eg massage, Reiki , Angelic meditation

See different therapies available with Kelly-Anne here: <https://yorkshirewellbeing.co.uk/therapies/>

Use of Equipment: e.g. Physiocacoustic sound wave

Visit to the Turkish Baths or local hotel gym/ Spa local 4\* hotel spa/ leisure complex

**Tantra Chakra Yoga Weekend Retreat Outline Programme**

This retreat will include philosophical theory and practical tools in Tantra and yoga which will provide the groundwork for powerful transformative practices and healing through the Chakras. James teaches a style of Yoga which uses asanas (postures) to activate the chakras to bring the microcosmic energies of the body into coherence with the universal macrocosmic energies. It is a powerful form of yoga, which works in ascending order through the chakras, leading to higher states of consciousness. Below are lectures that you will get:

* Introduction to yoga and Tantra
* The chakras and the evolution of consciousness
* Tantric tools for transformation - Mantras and Yantras

### Tantra

Tantra is one of the most ancient spiritual pathways of India from which yoga was born. ‘Tantra’ means ‘warp’ or ‘extension’ and refers to the infinite energy of divine consciousness which permeates all of life. Tantra recognizes the human body as a microcosmic replica of the macrocosm. Through practices such as yoga and activation of the chakra centers, the latent energies of the body are liberated. As these energies are freed, an expansion of consciousness occurs as one progressively moves towards mergence with Shiva, universal consciousness.

### Daily schedule

Friday

* 16:00 : Arrivals
* 17:00 Mediation
* 17:30 : Yoga Flow class
* 19:30 : Dinner

Saturday

* 08:00 – 10.00 : Meditation / pranayama / Hatha Chakra flow class
* 10:00 : Brunch
* 11:15 : Seminar - Evolution and healing through the Chakras
* 13:00 : Free time / options
* 16:00 : Meditation / Restorative Yoga and Yoga Nidra
* 18:30 : Dinner
* 19:30 : Social time

Sunday

* 07:30: Meditation / pranayama / Hatha Chakra flow class
* 10:00 : Brunch
* 11:15 : Seminar - Tantric tools for transformation - Mantras and Yantras
* 13:00 : Meditation/ Yoga Nidra
* 14:00 :  Lunch
* 15:00 : Departures

# James’ Kichari Recipe

Ingredients: to serve about 6 people

2 tsp black onion seed

2 tsp turmeric

2 tsp cinnamon

2 tsp cumin (seeds or powder)

2 tsp coriander

Chilli to taste.

2 tbs ghee

Or

2 tbs coconut oil

* Garlic
* Onion
* Ginger all chopped reasonably finely.

Any veg you prefer including 1 root veg. For example:

Carrot

Kale

Broccoli

Cabbage

Spinach

Parsnips, peas and leeks are also good.

handful of raisins for sweetness (optional)

1 handful of uncooked (brown or basmati) rice per person – depending on dosha

(Brown rice takes much longer to be cooked)

1 handful of uncooked red lentils per person - wash under running water before cooking..

Vegetable Bouillon powder

Method:

Fry the spices in the oils to release the flavours + veg bouillon (heaped table spoon).

Add the ginger, garlic and onion to the pan and saute a little. Followed by the root vegetables. Add a little water if necessary.

Next, in go the raisins, rice and lentils – give a good stir.

Add the washed green vegetables, enough hot water to come to the top of the ingredients. ..probably about a pint.

Cooking:

In a pressure cooker for about 10 minutes. The food can be left in the pressure cooker to cool down slowly if you are not eating immediately, otherwise put the cooker under cold running water to cool rapidly and reduce the pressure.

As we don’t all have pressure cookers I googled Kichari (which has numerous spelling variations) for information on how to cook it without one, and here are some links. There seem to be as many variations of the recipe as there are spellings!

[https://www.ayurveda.com/online\_resource/**kitchari**\_recipe.html](https://www.ayurveda.com/online_resource/kitchari_recipe.html)

<http://www.sunwarrior.com/news/make-kitchari-healing-stew/>