



# SLC Himalayas in Association with MyYogaTeacher

## 10-Day Himalayan Philosophy & Yoga Retreat (Ex-Delhi)

**Location:** Various Uttarakhand, India

**Route:** Delhi → Kathgodam → Shama → Ramganga → Mukteshwar → Kathgodam → Delhi

**Dates:** 8 October 2026 (Friday) to 19 October 2026 (Monday)

**Cost:** USD 1200 per person (Includes travel, accommodation, food, and all activities). The amount also contains govt. tax. The amount doesn't contain any kind of insurance, health or accident or otherwise. Please arrange on your own if needed. Not compulsory though.

**Capacity:** Limited to 20 participants only. At least quorum of 8-10 is needed for the program to take place. Kindly let me know as soon as possible to make necessary arrangements.

### Essence of the Journey

This retreat is designed as an experiential philosophy immersion—not a vacation. It invites participants into intentional living amidst the serene Himalayan landscape, where philosophy is not merely discussed but lived through silence, nature, disciplined routine, reflection, and pratyahara (withdrawal of the senses).

Participants will live in traditional stone houses and alpine tents, with minimal electricity, limited internet access, and reduced external stimulation. The aim is to move from constant consumption toward presence, clarity, and self-inquiry.



## Living & Food Philosophy

- Accommodation in traditional stone houses and alpine tents
- Limited electricity and digital detox
- Clean shared or private restrooms depending on location
- Organic vegetarian meals sourced from local Himalayan farms
- Meals are simple, nourishing, and often consumed in silence

## Silence & Inner Discipline

Noble Silence is encouraged as a central practice. Participants are invited to speak minimally, allowing attention to turn inward. Silence serves as a philosophical and psychological experiment to deepen awareness and clarity.

## Daily Rhythm

- 07:00 – 08:30 Yoga, Pranayama, and Pratyahara  
09:00 – 10:00 Breakfast  
10:30 – 15:30 Travel, trekking, or mountain activities (lunch included)  
16:00 – 17:00 High Tea  
17:30 – 19:00 Quiet practice and contemplation  
20:30 – 21:30 Dinner (mostly in silence)  
21:45 – 22:45 Philosophical discussions and bon-fire dialogue

## Day-Wise Schedule

### **Day 0 – 8 Oct – Arrival in Delhi**

Arrival at Delhi airport, hotel check-in, rest & overnight stay

### **Day 1 – 9 Oct – Journey to Mountains**

Travel via flight/train/road to Kathgodam/Shama or Almora. Overnight stay.

### **Day 2 – 10 Oct – Arrival at Shama**

Journey to Shama camp. Theme: Leaving the familiar behind.

### **Day 3 – 11 Oct – Body as the First Site of Philosophy (Shama) 8-9K feet**

Yoga, meditation, forest walk, nature observation, and philosophical dialogue.

### **Day 4 – 12 Oct – Attention, Mind & Perception (Shama)**

Yoga, silent mountain observation, Himalayan trek, and evening discussion.

### **Day 5 – 13 Oct – Movement Towards Water (Travel)**

Travel to Ramganga (2-3 hrs), riverside silence, and journaling.



**Day 6 – 14 Oct – Water, Flow & Surrender (Ramganga river side camp)**

River activities, meditation & philosophical discussion on surrender. Water & beach sports

**Day 7 – 15 Oct – Stillness & Inner Observation (Ramganga)**

Long meditation, inner silence, reflection, and star-gazing. River Trekking

**Day 8 – 16 Oct – Ascent & Aspiration (Travel) 9K feet**

Travel to Mukteshwar, high altitude silence, reflection, and discussion.

**Day 9 – 17 Oct – Fear, Effort & Courage**

Rock climbing, meditation on fear, and philosophical dialogue.

**Day 10 – 18 Oct – Integration & Return to Kathgodam**

Reflection, closing fire dialogue, and preparation for return.

**Day 11 – 19 Oct – Return to Delhi**

Arrival in Delhi and retreat completion.

## What Participants Take Back

- Direct experience of simple, intentional living
- Deep encounter with silence and inner awareness
- Philosophical insight grounded in lived experience
- Greater clarity, humility, and self-understanding
- A deeper understanding of philosophy beyond intellectual study

## Contact

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Possible: depending on flight availability there may be slight change in itinerary. Places can change depending on availability, climate and/or other conditions not within control. Trip may get cancelled due to weather, political or any unforeseen condition. Minimum quorum is needed. It is not a luxury trip but a basic one so come prepared for that.

**Who should do this:** Anyone willing to undertake a journey in self should do this. Doesn't require superior physical strength. Normal is ok.