

# Ashwin Navaratri FESTIVAL

## 16-25 OCT 2020

### ShantiDwara Yoga Ecology Ayurveda Wellness Centre

9-day Intensive Yoga Camp in Devi Temple,  
Middle Pocket, NSW.

Join full program, day, half-day or individual sessions.



ŚRI VIDYĀ • MAHA VIDYĀ • PARĀ VIDYĀ • BRAHMĀ VIDYĀ

16-25 October 2020

9-DAY DEVI SADHANA INITIATION CAMP

LIMITED SPACES - INTIMATE SMALL GROUP

*Immerse yourself in advanced and exclusive yoga sadhana during Navaratri nestled in a tranquil wellness centre*

**WHATS INCLUDED?**

Learn how to Connect and Worship the Elements and Devis to bring about a Radical Transformation and **Complete Rewiring of BODY-MIND-SOUL**

Initiation into Exclusive **Śri Vidyā Kriyā Yoga**,  
Devi Sadhana, Special Mantras, Stotras & Ancient Chants

**Daily Yoga Practice** (Asana, Pranayama, Mudra, Bandha)

**Advanced Meditation** and Deep Yoga Nidra

**Ancient Sri Yantra** Exploration and Embodiment

**Potent and Magnificent** Fire Pujas and Abhisheks

**3 Delicious Vegetarian** Sattvic Meals per day

**Ayurvedic Cleansing** and Purification Practices

**Forest Bathing** and Water Hole Swims

Shantidwara Yoga Ecology Ayurveda Wellness Centre, Middle Pocket, Byron Bay Shire, NSW, Australia



**Full immersion into  
Shri and Brahma Vidya -  
science of Devi worship.**



<b>FRI 16 Oct</b> Chaturdashi DEVI	<b>SAT 17 Oct - DAY 1</b> Amavasya SHIVA	<b>SUN 18 Oct - DAY 2</b> Dwitiya ATMA Chandra Darshan	<b>MON 19 Oct - DAY 3</b> Tritiya SHIVA	<b>TUE 20 Oct - DAY 4</b> Chaturthi VISHNU-RAM
<p>arrive before 5pm</p> <p>PM PROGRAM 5-6pm Dinner</p> <p>▼ 6-8pm <b>KIRTAN</b> "Navaratri Introduction"</p>	<p>AM PROGRAM 5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b> 7.30-8:30am <b>GHATASTAPANA</b> (invoking Devi)/Breakfast 8:30-10am <b>Chanting MATRIKAS 1 and Sri Kunjika Devi Stotra</b> 10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM 12-12.45pm <b>PRANA/YOGA NIDRA</b> 1-2pm <i>Lunch</i></p> <p>PM PROGRAM 2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b> 3-4pm <b>Karma Yoga</b> 4-5pm Satsang, chai, meditation</p> <p>▼ 5-7pm <b>MAHAMRITYUMJAYA HAVAN ShivaLinga ABHISHEK and KIRTAN</b></p> <p>7-7:30pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras</b> 7-8pm <i>Dinner</i></p>	<p>AM PROGRAM 5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b> 7.30-8:30am <i>Breakfast</i> 8:30-10am <b>Chanting MATRIKAS 2 and Sri Kunjika Devi Stotra</b> 10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM 12-12.45pm <b>PRANA/YOGA NIDRA</b> 1-2pm <i>Lunch</i></p> <p>PM PROGRAM 2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b> 3-5pm <b>Sri Lalita Trishati Namavali Stotra</b> 5-6pm <i>Dinner</i> 6:30-8pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras, Pranayama and SAMSKARA SHUDDHI MEDITATION 1</b></p>	<p>AM PROGRAM 5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b> 7.30-8:30am <i>Breakfast</i> 8:30-10am <b>Chanting MATRIKAS 3 and Sri Kunjika Devi Stotra</b> 10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM 12-12.45pm <b>PRANA/YOGA NIDRA</b> 1-2pm <i>Lunch</i></p> <p>PM PROGRAM 2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b> 3-5pm <b>DRAWING SRI YANTRA 1</b> 5-6pm <i>Dinner</i> 6:30-8pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras, Pranayama and SAMSKARA SHUDDHI MEDITATION 2</b></p>	<p>AM PROGRAM 5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b> 7.30-8:30am <i>Breakfast</i> 8:30-10am <b>Chanting Sri Lalita Trishati Stotra, Sri Kunjika Devi Stotra, Sri Devi Khadgamalarchana stotra</b> 10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM 12-12.45pm <b>PRANA/YOGA NIDRA</b> 1-2pm <i>Lunch</i></p> <p>PM PROGRAM 2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b> 3-5pm <b>DRAWING SRI YANTRA 2</b> 5-6pm <i>Dinner</i> 6:30-8pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras, Pranayama and GAYATRI NIYASA MEDITATION 1</b></p>

<b>WED 21 Oct - DAY 5</b> Panchami VISHNU/RAM Saraswati Avahan	<b>THU 22 Oct - DAY 6</b> Shashthi GURU	<b>FRI 23 Oct - DAY 7</b> Saptami DEVI	<b>SAT 24 Oct - DAY 8</b> Ashtami SHIVA/DURGA/RAM Durga Ashthami, Maha Navami	<b>SUN 25 Oct - DAY 9</b> Navami DEVI Dussera (Dashnami begins 1:11pm)
<p>AM PROGRAM  5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b>  7.30-8:30am <i>Breakfast</i>  8:30-10am <b>Chanting Sri Lalita Trishati Stotra, Sri Kunjika Devi Stotra, Sri Devi Khadgamalarchana stotra</b>  10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM  12-12.45pm <b>PRANA/YOGA NIDRA</b>  1-2pm <i>Lunch</i></p> <p>PM PROGRAM  2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b>  3-5pm <b>SRI YANTRA SADHANA 1</b>  5-6pm <i>Dinner</i>  6:30-8pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras, Pranayama and GAYATRI NIYASA MEDITATION 2</b></p>	<p>AM PROGRAM  5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b>  7.30-8:30am <i>Breakfast</i>  8:30-10am <b>Chanting Sri Lalita Trishati Stotra, Sri Kunjika Devi Stotra, Sri Devi Khadgamalarchana stotra</b>  10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM  12-12.45pm <b>PRANA/YOGA NIDRA</b>  1-2pm <i>Lunch</i></p> <p>PM PROGRAM  2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b>  3-4pm <b>SRI YANTRA SADHANA 2</b>  ▼ 5-7pm <b>SARASWATI HAVAN and KIRTAN</b>  7-7:30pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras</b>  7-8pm <i>Dinner</i></p>	<p>AM PROGRAM  5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b>  7.30-8:30am <i>Breakfast</i>  8:30-10am <b>Chanting Sri Lalita Trishati Stotra, Sri Kunjika Devi Stotra, Sri Devi Khadgamalarchana stotra</b>  10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM  12-12.45pm <b>PRANA/YOGA NIDRA</b>  1-2pm <i>Lunch</i></p> <p>PM PROGRAM  2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b>  3-5pm <b>SRI YANTRA SADHANA 3</b>  5-6pm <i>Dinner</i>  ▼ 6-8pm <b>DEVI KIRTAN</b></p>	<p>AM PROGRAM  5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b>  7.30-8:30am <i>Breakfast</i>  8:30-10am <b>Chanting SUNDARKAND</b>  10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM  12-12.45pm <b>PRANA/YOGA NIDRA</b>  1-2pm <i>Lunch</i></p> <p>PM PROGRAM  2-3pm <b>Chanting: Durga Dwatrimshanamamala, Devi Suktam, Mahishasuramardini</b>  3-4pm <b>Karma Yoga</b>  4-5pm <i>Satsang, chai, meditation</i>  ▼ 5-7pm <b>MAHA MRITYUMJAYA HAVAN and KIRTAN</b>  7-7:30pm <b>Manas Shakti Yoga class, Chandra Namaskar with mantras</b>  7-8pm <i>Dinner</i></p>	<p>AM PROGRAM  5:30-7am <b>Prana Shakti Yoga class, Surya Namaskar with mantras, Sri Hanuman Chalisa</b>  7.30-8:30am <i>Breakfast</i>  8:30-10am <b>Chanting Sri Lalita Trishati Stotra, Sri Kunjika Devi Stotra, Sri Devi Khadgamalarchana stotra</b>  10-12pm <b>Karma Yoga</b></p> <p>AM/PM PROGRAM  12-12.45pm <b>PRANA/YOGA NIDRA</b>  1-2pm <i>Lunch</i>  ▼ 2-4pm <b>DEVI HAVAN MERU ABHISHEK and KIRTAN</b>  4pm <i>departure</i></p>

What to bring:	Avoid bringing:	Individual Sessions:
<p>Camping essentials: tent, sleeping bag, mats Swimmers, towel Basic biodegradable/grey water safe toiletries Warm clothes, torch, umbrella</p> <p>For Sri Yantra drawing: pencil, eraser, ruler, compass For Yoga classes: Yoga mat, cushion, light blanket for Yoga Nidra For saltwater cleanse: Kunjul a 2L plastic jag/glass jar, for Neti - a Neti pot</p>	<p>Yoga study material, books - days packed with activities</p> <p>Snacks/own cooking unless on a special/strict diet</p>	<p>\$20/class: Yoga 5:30-7am, Mantra 8:30-10am, Yoga 6:30-8pm</p> <p>\$15/class: Prana/Yoga Nidra 12-12:45pm, Mantra 2-3pm</p> <p>Meals: \$10</p> <p>Havans are open for all by donation.</p> <p>Enquire: <a href="mailto:shantidwara@gmail.com">shantidwara@gmail.com</a> or 0404351252 *check calendar for future events at <a href="http://shantidwara.com">shantidwara.com</a></p>

## INVESTMENT OPTIONS

<p><b>- 9 DAY RETREAT -</b> Full immersion in yoga sadhana - BYO camping <b>\$1845*</b></p>	<p><b>- 1 DAY PASS* -</b> Single day participation including 3 meals <b>\$150*</b></p>	<p><b>- 1/2 DAY PASS* -</b> AM/PM attendance including 2 meals <b>\$90*</b></p>
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\*for local residents only \*PAYMENT/CONTRIBUTION OPTIONS AVAILABLE ON REQUEST  
CONTACT MATA AT [SHANTIDWARA@GMAIL.COM](mailto:SHANTIDWARA@GMAIL.COM) / 0404 351 252