

By : Vani Shukla.

By the grace of God ,I have successfully completed my second Yoga retreat to India last month.

12 people from Adelaide travelled to India and joined me in Delhi,from there we went to Uttarkashi,Gangotri and Rishikesh, where we stayed in an Ashram for Yoga Sadhna and Meditation.

It was 14days program.



As suggested by my fellow team members ,I am sharing it with HCA interstate teams so that people from other states can also join next year if they are interested.

The purpose of my retreats are to explore local Indian culture and authentic Yoga practices.

So far people's feedback has been amazing which encouraged me to conduct two retreats

next year.

It's my small effort to keep the tradition alive in this modern world of Yoga.

This is the YouTube link -

<https://youtu.be/HpnBoxm3UY0>

Thank you very much.

Hari Om!

Kind Regards

Vani



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