

## Tapovan Tapasya

Intensive Meditation program for Sadhakas

September 20 - 27 , 2019



Tapovan Tapasya is an intensive meditation program designed for very serious *Sadhakas*, spiritual seekers, and for those who wish to progress along the spiritual path. Everyone who is interested in spiritual progress tries to put in effort. With work, one can allocate only some amount of time for meditation and *sadhana* and so the result that one expects does not commensurate with the effort that one puts in. Or, one is not able to put in the kind of effort for visible results to manifest. This leads to turmoil in the *Sadhaka's* mind.

Choosing an appropriate environment which would give one's efforts godspeed becomes important. Such a possibility is **Tapovan**. Located 4500 mts above sea level, the program is designed for thirsting spiritual seekers and. Closely coordinating multiple aspects such as Yogic practices, Pranayama, and Food so that one has a jump in one's own meditative experience and the feel that one gets. Once that feel is gotten, then one would have tasted that divine bliss and *Tripti*, which one cannot miss. The altitude and temperature of the Himalayas make it an ideal place for spiritual *sadhana*.

The program will be guided by our Founder, **Shri Adinarayanan** a Tapasvi and visionary teacher. He has spent more than 100 days in Mouna Tapasya for the well being of all and will be sharing his yogic insights and enabling *sadhakas* to attain deeper states of consciousness.

### Travel details

**Rishikesh - Gangotri - trek to Gaumukh and Tapovan - camping at Tapovan (3 nights)**

## Program Fee

Rs. **23,500** per person. International participants: **USD 350**

**Cost covers:** all local and planned travel starting from Delhi, all the way back to Delhi. Healthy, Satvik Meals on all days, boarding and lodging through the course of the program, Cost of trekking and camping.

## Who can attend?

Serious spiritual seekers and *sadhakas* wanting to make progress on the spiritual path

## Age

The program is open to individuals in the age band of 18 - 50. Individuals with conditions, heart problems, epilepsy and specific medical conditions may not be able to participate.

## Itinerary Brief

Starting from Delhi - September 20th at 1 PM

Return to Delhi - September 28th at 7 AM

The detailed program itinerary will be shared after Registration.

## Application Process

- Fill the registration form at [anaadi.org/tapovan](http://anaadi.org/tapovan)
- Go through our response email
- Make payment (payment details & deadline will be mentioned in our email)

## Contact

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