



SpandaSoulSisters

Divine Immersion Retreats Presents:

**India Retreat 2020**

# Nityananda Yatra

**'A journey celebrating the great Saint Bhagawan  
Nityananda.'**

January 1-11, 2020.

\*It is optional to add this to the Ganeshpuri and Varanasi retreat.

**Retreat – Nityananda Yatra**  
India 2020, January 1-11  
Cochin-Kanhangad-Udipi-Mangalore-Ganeshpuri

**A journey celebrating  
the great Saint  
Bhagawan Nityananda**

-Lead by Sally Lakshmi Amma

[www.divineimmersionretreats.com](http://www.divineimmersionretreats.com)



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Who are the SpandaSoulSisters?

We are Jules and Laksy aka Brahmani Ma and Lakshmi Amma. We are spiritual teachers, business women/entrepreneurs, single mothers and we are here to provide practical spirituality for awakened living for people who want to make a difference in the world.

Our motto is: Raw Messy Spiritual.

We know that to be happy and thriving with a meaningful life we need to stand in our raw, messy and own our true nature. We know as you are, no matter what is going on in your life is perfect and that with some yogic awareness we can all be happy, wise, loving, free.

We believe in celebrating the sacred in daily life.

After 20 years together studying and working with an ashram, the call came to bring our insights and skills to the world. We saw why people struggle in their daily lives and how the real skill is in holding awareness, celebrating life and allowing transformation to take place letting go of perfection and things we don't really want.

Everyone has a right to quality spiritual training for wisdom, love, abundance to have a life of purpose.

Our favourite thing is to take people who are ready for the Divine Immersion that we can provide. People who are prepared to expand their awareness and go beyond the mind to pure love. We take them to India with us – the only place to make this happen effortlessly.

You are invited to apply to come with us for a life-changing, game-changing yatra.

This year the pilgrimage will be led by Lakshmi Amma.

India is the home and 'mother ship' of our spiritual lineage that we became initiated in as teachers in 2018.

India is the epicentre of spirituality on the planet. Her gift to the world is this most universal and ancient of all the belief systems. It is what makes India and her people unique and unforgettable. There are certain hot spots in India that we say give a 100% return on investment and one of those rare places is Ganeshpuri.

Ganeshpuri was made famous in the last century because a very great being, a rare 'avadhut' chose to live there. It is the home of our lineage and tradition. His name was Bhagawan Nityananda. Most likely you know of him as you wouldn't be here otherwise! This is only for those who are the most serious and earnest of spiritual explorers and have some yoga experience.



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Yatra is a Hindu word for pilgrimage. This is a simple and elegant yet fun and adventurous pilgrimage following the movements of this great, great being and visiting the temples, mandirs and monuments to him while meditating and deepening our experience of the divine with his energy at those places.

We fly into Cochin on Dec 31st as the retreat begins first thing in the morning on January 1st. What a brilliant way to see in the New Year and start 2020! Seriously, Lakshmi Amma is so excited!

From a day seeing the beautiful seaside town of Cochin, we take an Indian train trip up to Kanhangad, the original home of Nityananda where he built the famous meditation caves. Due to the condition of the ashram there, we will be staying close by at a nice new hotel and spend all day at the ashram as well as visiting the nearby places and temples he frequented. There is also a wonderful ashram there called the Ananda Ashram, the home of Papa Ram Das who is also a favourite of ours and will be one of the most loving and beautiful places you will ever go to.

After Kanhangad we take a road trip up to Udipi. Heaven for Lakshmi Amma as this is the home of Indian cuisine, with a magnificent beach and an ancient and amazing Krishna temple. We will be eating and visiting the Bhagawan Mandir here that is run by Sadhu's...gotta see it. ;-)

From Udipi we go down to Mangalore and visit the ashram of Tulsi Amma who wrote the famous book of Bhagawan's teachings, the Chidakash Gita. Here we pay homage to her. Mangalore is a beautiful town with many temples, and great shopping...we will have a shopping afternoon here.

After our southern trip, a tour of Nityananda is not complete without flying to Mumbai and going to where he spent the second half of his life, the holy town of Ganeshpuri. Here we will meet Brahmani Ma for the final two nights, before taking you back to the airport to go home or continue with us for the Ganeshpuri retreat.





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This is ideal for:

- Those wanting a pilgrimage experience.
- True spiritual seekers and those interested in the shakti and lives of the saints.
- Those wishing to travel and experience this kind of India and would not go alone.
- People with big minds and hearts.
- Those who love the exotic and beautiful and can handle the confronting and broken.
- People who want to connect to a divine power that is so magnificent there are no words to convey it.
- Those wanting some divine immersion.
- Those prepared to do the daily routine and live simply with a small group.
- People who are open and coachable.
- Those willing to be part of a group and share.
- Those who are ready to do something totally out of the box!

This is not ideal for:

- Anyone dogmatic or resistant to new spiritual culture.
- People who complain and find fault – there's tonnes in India!
- Anyone suffering special medical or mental health conditions that need attention.
- Anyone who has limited movement. (Please note that due to the location there will be uneven ground and steep stairs.)
- People who don't attend the pre-retreat orientation webinars that explain the do's and don'ts.
- Anyone who isn't a team player and open to being coached or processed if needed.
- Anyone who won't meet the requirements of going, i.e. get the right health checks, signed agreement forms, travel insurance, visas and pay in time etc.





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The application is through interview only. To apply for an interview for this incredible experience, please click here for the application form >>> <http://bit.ly/yatraindia2020>

Included in the retreat is:

- Transportation from the airport in Cochin on the 31st December 2019, to the hotel then to the train station.
- The train trip to Kanhangad. \*
- The road trip from Kanhangad to Udipi, to Mangalore and to the airport.
- All accommodation, breakfast and dinner.
- Flight from Mangalore to Mumbai. \*
- Food and accommodation at our Home Stay in Ganeshpuri.
- Trips to the temples and monuments.
- SIM card for your phone for the duration of your trip with us.
- Our own guide for the trip.

\*Please note that internal flight and rail prices may vary, and we will have to advise on any cost increase which will be covered by you.

It doesn't include:

- Airfares to and from India and travel visas.
- Extra food or drink when out and about.
- Lunch daily
- Laundry service, although that is available if you arrange with the homestay.
- Cost of your own sight-seeing on allocated time off.

We have an in-house travel counsellor called Rebecca, who is gorgeous and going to handle the group travel arrangements and she is fantastic at helping you if you are going to take further travel while there. We have the flight information ready and the cost at the moment is really reasonable but will go up as we get closer to the retreat.

Rebecca Munnings  
Travel Counsellor

T 0413604744

E [rebecca.munnings@travelcounsellors.com.au](mailto:rebecca.munnings@travelcounsellors.com.au)



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## Pricing

The pay in full price is \$2,280.

Your place on this fantastic yatra is secure once you pay the deposit of \$ 650. The balance of \$1,630 is to be paid within 21 days.

If you would like to use a payment plan, you have until November 30th to pay it off. You can pay with: 4 x payments of \$420 or 6 x payments of \$300. We can discuss this on our call together, especially if you wish to make the rest of the retreats also.

Payment can be paid by cash or electronic transfer (please use your name as reference).

\*\*\*It is possible to make retreats A+B+C! i.e. Yatra, Ganeshpuri and Varanasi. \*\*\*  
You are welcome to email [connect@divineimmersionretreats.com](mailto:connect@divineimmersionretreats.com) for the information of the Ganeshpuri and Varanasi retreat.

Account details:

BSB: 033-131

Account name: Spanda Living

Account number: 377183

\*Make sure to email a photo or snapshot of all transactions to [connect@divineimmersionretreats.com](mailto:connect@divineimmersionretreats.com).

The Retreat Participation Agreement must also be signed and returned before being allowed to travel on this retreat. Please note that all accommodation is a twin share room with bathroom, which you will share with another retreatant.

Thank you so much for inquiring into our wonderful services for you!

Looking forward to holding this fabulous space for you and sharing in something very few can understand and share with you.

Much love,

Sally & Julia



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