

MYSTIC ART RETREATS  
PRESENTS



# RIVER OF LANGUAGES

Navigating Yoga with Sanskrit and English



DEC 11 - DEC 20 2026  
VARANASI, INDIA

# River of languages

## Navigating Yoga with Sanskrit and English

“

May that Goddess of pure knowledge, with graceful throat and beautiful lips, decorated with all ornaments, enter the tip of my tongue.

— Sarasvatī Rahasya Upaniṣad Verse 4

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## The Sacred River of Language

The River of Languages is a ten day immersion designed primarily for spiritual seekers who seek to study the potency of the language at the source. Set on the ancient banks of the Ganga, this retreat offers a unique opportunity to study at the source of the yoga tradition, where Sanskrit, English, and devotion converge.

In this sacred city of Varanasi, yogic teachings have been passed orally from teacher to student for millennia. Participants will connect to this oral tradition to improve the clarity and authenticity of their communication skills. Language is not merely a tool for communication—it is also an instrument of awakening. It shapes how we perceive, how we move, how we guide, and ultimately, how we connect to the divine within ourselves and others. Through Sanskrit, we encounter the original words of the sages; through English, we cultivate precision and clarity in teaching, bringing the ancient wisdom into the modern world without dilution.

Guides on this journey will be Elena Jessup, Sanskrit scholar and teacher, and Amalia Safi, yoga teacher and English specialist. Together, they will illuminate both the depth of sacred speech and its practical embodiment, guiding participants in a dialogue between ancient and contemporary ways of communicating wisdom.

## The Essence of the Immersion

At its heart, this training immersion is about connecting to the sacred speech of yoga. To do so, we will work with our communication so that our speech can hold and transmit the wisdom of yoga. This will take place in Varanasi, a city steeped in devotion and impermanence, where we can learn how language shapes presence. Here, every chant and every instruction is both offering and practice.



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## Participants will

- Engage with Sanskrit through the study of pronunciation and recitation. We will draw upon yogic concepts taken from important texts such as the Upaniṣads, Bhagavad Gītā, Yoga Vasiṣṭha, Yoga Sūtras and Haṭhayogapradīpikā
- Refine English communication for teaching with clarity, sensitivity, and respect.
- Experience the sacred rhythm of Varanasi: boat rides along the ghats, Ganga Aarti, visit to temples, pujas, and witnessing life's cycles in the burning ghats.
- Embody language through yoga āsana, prāṇāyāma, mantra, meditation, and spiritual silence.
- Establish a sacred relationship with communication through practices connected to Goddess Sarasvatī
- Restore their own energy with Ayurvedic meals, herbal chai, and reflective riverside time.
- Explore the city's living culture, guided by local pandits and scholars who share the cosmology, mythology, and sacred architecture of Varanasi.



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## How This Journey Transforms

Over ten days, this immersion will cultivate:

- The confidence to teach with clarity, authenticity, and authority, in English and through the lens of Sanskrit.
- A deepened connection to yoga's roots, philosophy, and sacred language, enriching both personal practice and teaching presence.
- A heightened sensitivity to the potency of speech, fostering connection with students and self alike.
- Immersion in a living culture where ritual, language, and devotion converge, refining attention, humility, and awareness.
- Restoration and replenishment, ensuring that participants prepare to share their transformation with others.

By the end of this journey, participants leave not merely equipped with teaching tools, but spiritually inspired, having touched the transformative power of the languages of yoga.

## Your Guides



Elena Jessup is a native New Yorker now based in the UK, Elena Jessup has been teaching Sanskrit and Hinduism to adults and children for over 30 years. She holds a Master's degree in Sanskrit Literature from the School of Oriental and African Studies (University of London) and is a Fellow of the Royal Asiatic Society.

Elena is a faculty member at The School of Ayurveda UK and Temenos Academy, and runs her own tutoring business, 3rd Eye Sanskrit, offering Sanskrit and Indic philosophy to yoga teachers and Ayurvedic practitioners worldwide. She has taught for many well-known teachers and schools, including Talia Sutra, Leo Cosendai, and India Yoga Studio, among others. She is also the co-author of several published Sanskrit translations and textbooks.

Elena's passion is sharing Sanskrit as a living wisdom that empowers spiritual voyagers on their own paths. Her teaching style is warm and welcoming, grounded in the belief that Sanskrit should be accessible and relevant for everyone. She also has a deep love of Vedic chanting and has studied the tradition with her teacher for over eight years.



Amalia is a yoga teacher with over a decade of experience practicing and teaching. Even though she is based in Argentina, she has travelled around the world, which has had an enormous impact on her career. She has completed multiple Yoga Teacher Trainings (at Hari Om International yoga School, Anugraha Yoga Studio and House of Om) and has also received education on Sanskrit, Yoga Sutras, Bhakti and Tantra from renowned teachers such as Tova Olsson, Edwin F. Bryant, Talia Sutra, Dr. Kavitha Chinnaiyan and Federico Oliveri.

Her passion for languages has inspired her to create “English for Yoga”, an educational project which helps non-native English speakers to study, practice and teach yoga in English. Also, in her role as a teacher trainer at House of Om Yoga School, she emphasizes on the linguistic aspect of teaching, guiding future teachers in creating effective and precise instructions that allow students to make the most of their practice. She also guides lectures on Anatomy, Biomechanics, yogic scriptures and more. She has served as an interpreter and translator of international yoga teachers, such as Edwin F. Bryant.

Amalia has a deep love for singing and holds a monthly kirtan in her town, as well as a recitation practice.

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## Pricing Information

- USD 3500 on single occupancy
- USD 2800 on twin sharing
- Early Bird available of USD 200 if paid in one installment
- Bank transfer including with Wise / Paypal available
- Installment plan available on a case-to-case basis

## Inclusions

- 9 nights 10 days in New Delhi (1 night) and Varanasi (8 nights) in 4\* plus hotels
- Instruction by world renowned teachers Elena Jessup and Amalia Safi
- Gourmet / Vegan / Vegetarian meals
- Domestic Airfare return ex-delhi or ex-mumbai to Varanasi
- Airport Pickup from Overseas flight and Drop for Overseas flight
- All Sightseeing, Boat Rides, Local Guides and Entrance fees
- Aarti / Pujas / Kirtans

## More Information

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