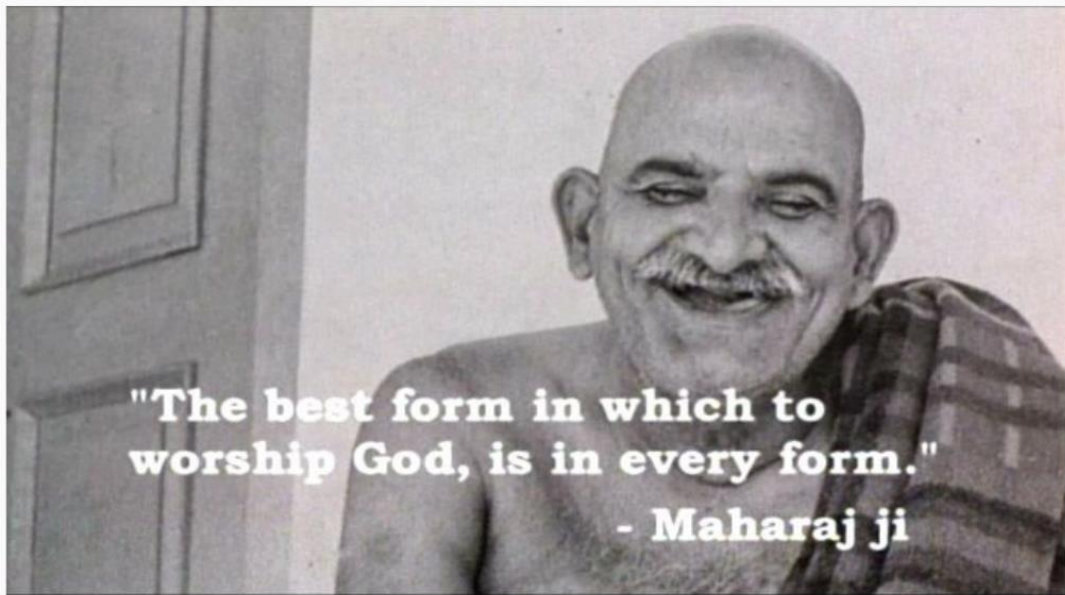


MYSTIC ART RETREATS
PRESENTS



Heart of Hanuman

Journey to the abode of
Neem Karoli Baba





HEART OF HANUMAN

29th October – 04th November 2024
Kainchi Dham, India

'Keep God in your heart like you keep money in the bank.' – Neem Karoli Baba

Hanuman is one of the most beloved figures in the Hindu pantheon of gods called Kimpurushas, mystic beings that are half-human and half animal. He is the symbol of selfless service (seva) and loving devotion (bhakti) to his supreme deity, Sri Rama; understood to be the seventh incarnation of Lord Vishnu and the embodiment of righteousness.



Photo Credits: Hanuman by Vijit Pillai

As the son of the god of the wind (Vayu), Hanuman is widely associated with prana and breath control, as a way of stilling the mind and reaching perfection (siddhi). Some traditions regard him as a portion of lord Shiva, incarnated in order to help Ramaa slay the great demon Ravana. He is further known as Ashtasiddhi (the holder of the "eight perfections" or "superpowers"), powers he uses to support dharma (cosmic order).

Throughout the years Hanuman has inspired countless spiritual seekers to cultivate a sense of devotion and to place their personal power in service of the divine.

The focus of this retreat will be to bring the energy of this deity or wisdom quality into our lives through making his yantra (the geometrical shape known as the body of the deity). The yantras will be created near the revered Bhakti saint Neem Karoli Baba's dham (place), a seat of great spiritual power. The ashram was established in 1962 by Neem Karoli Baba who cleared the forest and constructed a rectangular platform for a temple dedicated to Lord Hanuman. The temple was built over this platform, and the ashram was designed to serve as a center for spiritual seekers seeking solace, enlightenment, and self-realisation. This retreat is open only for **7 participants** and shall be led by Tova Olsson and Mavis Gewant, both world renowned erudite scholars of Indian philosophy and sacred art (yantra), respectively.



Mavis will teach the Hanuman Yantra, including construction, correct colors and mantra. Making a yantra is a meditative practice coming from the Tantric tradition. As Hanuman is connected to bhakti, making this yantra is a devotional practice.



Photo Credits: Hanuman Yantra made in a class taught by Mavis Gewant

Tova will offer yoga classes inspired by the stories of Hanuman, meditation sessions focused on the heart, and lectures on the Ramayana (the epos which contains the stories of Hanuman, Rama and Sita) and the wider bhakti tradition, including anecdotes about Neem Karoli Baba.

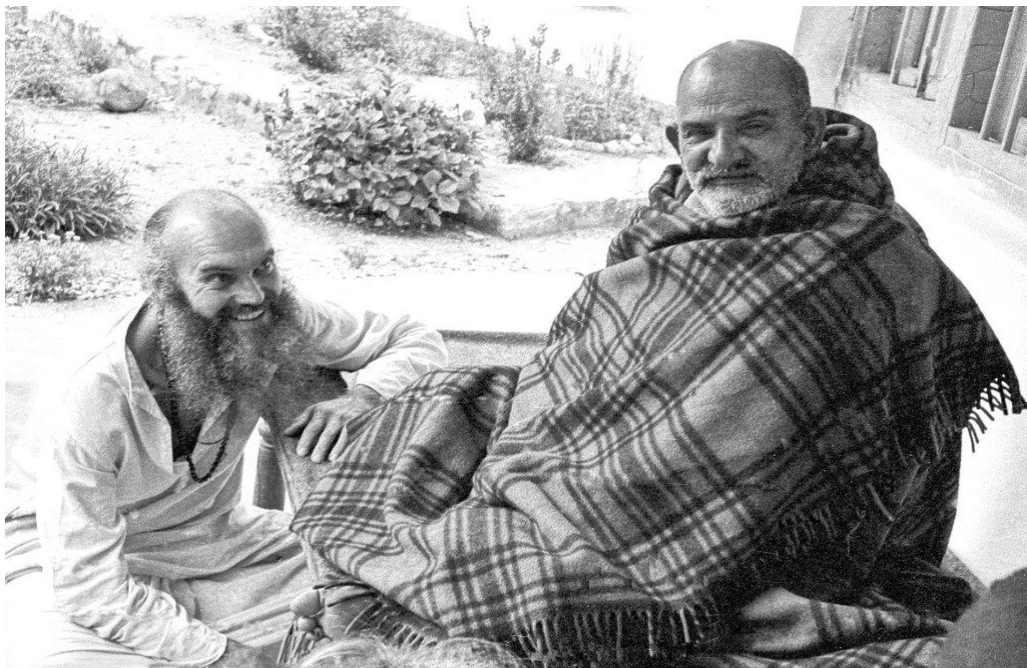


Photo Credits: Neem Karoli Baba with Rama Dass

The retreat dates have been deliberately chosen to offer our participants the opportunity to celebrate Diwali at Kainchi Dham. The ashram is a popular destination



for Diwali celebrations. The temple and ashram are decorated with colorful lights and diyas (earthen lamps), and devotees gather to offer prayers and perform puja rituals dedicated to Lord Rama. The Diwali celebrations at Kainchi Dham are deeply rooted in spirituality, emphasizing the importance of unity, compassion, forgiveness, and gratitude. The festival serves as a reminder of the triumph of light over darkness and good over evil, and devotees seek blessings from Lord Rama and other deities




Photo Credits: Neem Karoli Baba Ashram, Kainchi Dham



Photo Credits: Group from Seats of Power 2023



SCHEDULE

<div>DAY 1</div> <div>29th Oct</div> <div>NEW DELHI</div> <div>Arrival at New Delhi</div> <div>Accom: 4*</div> <div>Lunch: Hotel</div> <div>Dinner: Hotel</div>		<div>DAY 2</div> <div>30th Oct</div> <div>NEW DELHI – KAINCHI</div> <div>DHAM</div> <div>Luxury Car to Kainchi</div> <div>Accom: Kainchi Home Stay</div> <div>Lunch: Enroute</div> <div>Dinner: Venue</div>	<div>DAY 3</div> <div>31st Oct</div> <div>KAINCHI</div> <div>Accom: Kainchi Home Stay</div> <div>Lunch: Venue</div> <div>Dinner: Venue</div>	
<div>DAY 4</div> <div>01st Nov</div> <div>KAINCHI</div> <div>Accom: Kainchi Home Stay</div> <div>Lunch: Venue</div> <div>Dinner: Venue</div>	<div>DAY 5</div> <div>02nd Nov</div> <div>KAINCHI</div> <div>Accom: Kainchi Home Stay</div> <div>Lunch: Venue</div> <div>Dinner: Venue</div>		<div>DAY 6</div> <div>03rd Nov</div> <div>KAINCHI</div> <div>Accom: Kainchi Home Stay</div> <div>Lunch: Bheemtal</div> <div>Dinner: Venue</div>	<div>DAY 7</div> <div>04th Nov</div> <div>KAINCHI – NEW DELHI</div> <div>Luxury Car to New Delhi</div> <div>Depart for New Delhi Airport or your own hotel</div>

When you are on a Mystic Art Retreats tour, every detail is taken care for you so you can relax and truly experience each moment. Airfare to India is not included in the price of your trip. Please contact your local travel agency or the airline directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Mukul Purohit (details below) who shall personally guide you on every facet of your travel planning.

PAYMENTS AND CANCELLATION

- USD 2000 on single occupancy only
- 50% deposit non-refundable and remaining on arrival; USD 75 off if total paid in advance
- Bank Details and Paypal details available following expression of interest to mp@mysticart.org (Mukul Purohit, Co-founder of Mystic Art Retreats)
- Full refund in case of cancellation of event by Mystic Art Retreats sans your airfare to India
- 50% deposit non-refundable

INCLUSIONS

- Be taught by world-renowned artists and scholars Mavis Gewant and Tova Olsson
- Your trip includes 6 nights of accommodation in 4* hotels in Delhi and the best homestay at Kainchi with rooms comparable to boutique hotel stays
- All meals including Breakfast, Lunch and Dinner are included except for Breakfast on arrival day and lunch/dinner on departure day
- All fees to temple sites along with Puja material



- Homa (Havan) on Day One and Diwali celebrations
- New Delhi – Kainchi – New Delhi by luxury vehicles
- Sightseeing in and around Kainchi Dham including ancient temples
- Be guided by our Executive Producer Mukul Purohit, cofounder of Mystic art retreats, who will masterfully orchestrate our trip and details
- All Art Materials
- Government educated English speaking guides

WEATHER

The weather in Kainchi Dham in November is generally pleasant and enjoyable. The temperatures range from 10°C to 22°C, making it an ideal time to visit the area. The weather is characterized by clear skies and a moderate climate, which is suitable for outdoor activities and sightseeing. The region experiences a mix of autumn and approaching winter, with a chill in the air, but the overall conditions are pleasant and inviting.

The weather in Delhi in November is generally hot with average temperatures ranging from 21°C to 30°C (69°F to 86°F). There are no rainy days in November, making it a good time to visit.

VISAS

If you haven't already, please do secure your airfare and Indian visa as soon as possible. It is very easy and quick to secure an e-visa. Rules vary dramatically depending on your passport and nationality. Be sure to check online as soon as possible for more detailed information. It is helpful to check your own country's travel advisories as well as the Indian Government website.

INSURANCE

We care about you but cannot be responsible if you become injured, ill, miss a flight, or need emergency transport. We recommend that you buy travel insurance. Policies cover missed flights, lost or stolen luggage, and most importantly, emergency evacuation.

PACKING LIST

A separate packing list produced by our co-founder Ekabhumi Ellik would cover all possible items you would need to bring with you on your journey to make it hassle free.

IMMUNISATION

The rules for citizens of different countries vary. We strongly suggest that you make an appointment to a travel medicine clinic as soon as possible. They will confirm if there are any immunisations that are required by India for your entry into their country, and make suggestions based on the season, location, and any recent outbreaks.

MONEY

All your necessities are covered, but it is still wise to bring some cash, which you can get changed at the airport. We suggest you get some cash for tipping, shopping, and snacks outside of the hotel. ATM machines are common. Credit cards are widely accepted. We recommend you call the contact number on the back of your cards to see if there are any foreign transaction fees for your credit and ATM cards, as well as to notify them of your travel plans so you don't get cut off by their security.

FOOD AND WATER

The general rule for food when traveling to India is "wash it, cook it, peel it, or forget it." The



well-run hotels where we stay and the restaurants where we eat prepare foods in a sanitary manner, using distilled water to wash vegetables, and iodine to kill any bacteria. You should drink bottled water and avoid ice cubes and frozen drinks if you are unsure of the water used for making the ice. Bottled water is provided by hotels for use when brushing your teeth. We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where it is safe to do so.

DIGESTION AND GUT HEALTH

There are many tips people give for avoiding illness while in India, like taking supplements such as probiotics and grape seed extract. The best advice is usually the simplest: get enough sleep, cultivate strong digestion, use hand sanitizer, and avoid tap water. We have had no illnesses or upset stomachs from the food at the retreat, but we cannot control the quality of food you eat elsewhere. Make sure your digestion is strong. Not only does strong digestion and healthy gut flora help avoid food poisoning, it also supports general immunity and improves mood. Our host retreat will filter all water used to make your drinks and meals, so no worries in the dining room. Use bottled water for brushing your teeth (NOT THE TAP WATER) and rinsing your toothbrush. We suggest you bring hand sanitizer or “wet wipe” napkins in a sealed package to clean your hands, especially on field trips.

TRIP LEADERSHIP



Mavis Gewant, MA, CD, CLC - Sacred Artist, Labor & Postpartum Doula, Birth Educator has over 30 years experience as a painter and teacher, in the Harish Johari Tradition. Mavis Gewant is a close student and disciple of the late Tantric artist and yogi, Shri Harish Johari. Dadaji, as he was fondly known, passed his knowledge on to Mavis and requested her to teach. A professional artist and popular teacher, Mavis has mastered the exquisite and sensitive Wash Painting technique taught by Dadaji, as well as Yantras. She has dedicated her life to inspiring others by sharing the benefits of this healing and transformative art form. Mavis is an international teacher taking groups to India. Her most recent tour through Mystic Art Retreats involved visiting powerful temples and was called "Seats of Power"



Tova Olsson - is a scholar of religion, author and yoga teacher with over 20 years of experience in educating. She is appreciated for her deep knowledge, her ability to explain esoteric ideas and philosophical concepts in an accessible way, for her skillful storytelling and humorous approach.

As a 'Scholar-Practitioner', Tova strives to combine an academic, critical understanding with the experience of a long-term practitioner, offering courses that provide liberating knowledge - on many different levels. She holds a MA in Religious Studies from Gothenburg University and is currently working on her PhD at Umeå University, Sweden, researching the construction of gender in contemporary tantra in Europe. She is the author of *Yoga and Tantra: history, philosophy and mythology*, published by Motilal Banarsidas and runs the online school Saraswati-Studies. Tova taught at the Seats of Power 1 yatra in Himachal Pradesh in 2023 for Mystic Art Retreats.

PRODUCTION

Mystic Art Retreats™ are immersive events in spectacular locations that serve to expand



consciousness through creative expression and skillful craft.

These retreats are typically based around the arts as an avenue for encouraging the expansion of awareness, personal growth, and deep connection to the cultures we visit. Beauty, pleasure, and spiritual wisdom are key components of every retreat with events meant to be inspiring and encouraging rather than challenging and disciplined.

The programming includes both fine art and performing arts. We believe that our retreats work best when we inspire in our participants a sense of wonder, awe, and delight in being exactly where they are in the present moment. Transformation and spiritual growth will happen naturally when we are in sacred places and making sacred art.

CONTACT

Mukul Purohit

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Mystic Art Retreats

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