

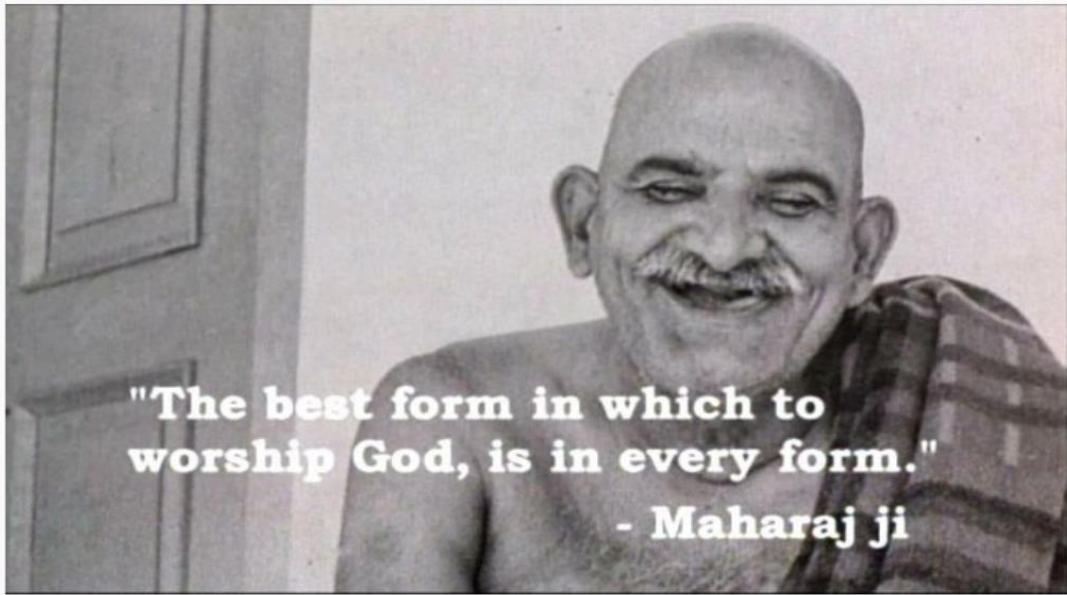
MYSTIC ART RETREATS



PRESENTS

Heart of Hanuman

Journey to the abode of
Neem Karoli Baba





HEART OF HANUMAN

30th May – 2nd April 2025
Kainchi Dham, India

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

Join us for four days of profound spiritual immersion, nourished by the nectar of devotion (Bhakti). Our focus will be Sri Hanuman, the great hero whose immeasurable power was unlocked through devotion to Lord Rama. It is said that the blessings of Hanumanji help to alleviate the unwanted effects of negative karma, bad luck, poor health, and even black magic. We will be based at the peaceful mountainside location of Neem Karoli Baba’s ashram, home of the renowned devotee of Hanumanji. Here, the auspicious influence of the great saint will inspire us all. Under the guidance of two highly-regarded international teachers, we will practice gentle yoga, make sacred art, visit local temples, and enjoy nourishing vegetarian cuisine. This unique immersion is a fantastic way to unwind from the stress of daily life, align with ancient teachings of great saints, and receive the protection and blessings of Hinduism’s humble hero.

Our teacher, Ekabhumi writes:

‘Hanuman, the son of the Wind God Vayu, is a profound allegory for the mind—dynamic, restless, and impulsive. His guru, the Sun, symbolises enlightenment and the supreme soul. As a child, Hanuman leapt toward the Sun, mistaking it for a giant mango, showcasing his impulsive and mischievous nature. The Sun’s qualities—bright, harsh, and unyielding—represent its role as the enforcer of Dharma and the energy of enlightenment itself. Hanuman’s connection to the elements of wind and fire reflects the interplay between mental activity and fiery emotions. Anger and passion stimulate the mind into restlessness, while mental fixations such as anxieties or attachments provoke impulsive reactions fuelled by fiery emotions. Bhakti, or devotional love, serves as a cooling force that tempers these impulses with empathy, genuine connection, and nourishment.’



Photo Credits: Heart of Hanuman first edition



Ekabhumi further says, 'Hanuman is associated with Mars, embodying qualities like passion, impulsivity, charisma, and transformation. Mars represents fiery energy but can lead to pridefulness and impulsive actions. Saturn, Mars' natural counterpart, symbolizes humility, accountability, and tradition. Saturn tempers Mars by enforcing consequences for impulsive decisions driven by anger or passion. Hanuman exemplifies how devotion to Lord Rama—the embodiment of Dharma and the supreme soul—transforms impulsivity into disciplined strength. In spiritual interpretations of the Ramayana, Hanuman represents the "monkey-mind," which becomes tamed through service to Rama (the Atman). His disciplined devotion enables Rama to overcome Ravana (lust and ego) and rescue Sita (Shakti). This journey symbolizes the mind's alignment with the soul through devotion. Through practices like Asana Yoga and devotional rituals at temples dedicated to Hanuman and Saturn, participants can harmonise their inner energies while alleviating karmic imbalances and negative influences.'



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 **10 participants**.

Ekabhumi will teach the Hanuman Yantra, including construction, correct colours 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. Tarini will offer yoga classes and the wider bhakti tradition, including anecdotes about Neem Karoli Baba.

Tarini Shanna Dadisman, the second teacher of the retreat says: 'This retreat is about finding your **Great Heroic Heart** in Hanuman's spiritual abode. It invites participants to embrace the transformative power of disciplined practice, devotion, and self-reflection.'





Photo Credits: Heart of Hanuman first edition (second from right is Tarini Shanna Dadisman, one of the teachers for the retreat)

Each day of the retreat begins with gentle asana, pranayama, and meditative practices led by me, designed to connect us with our physical strength and inner curiosity, much like Hanuman leaping into action. Through these practices, we explore areas of resistance and cultivate awareness of our energy using teachings from Ayurveda and the five Vayus. Meditative reflections guide participants to consider their personal hero's journey, fostering a deeper connection to devotion, perseverance, and forgotten aspects of the self that are ready for awakening.

This retreat emphasises the integration of Saturn's qualities—resilience, patience, and accountability—through structured practices that support personal growth and karmic resolution. By slowing down and embracing life's trials with perseverance, participants learn to transform challenges into opportunities for spiritual evolution. Inspired by Hanuman's unwavering devotion to Lord Rama, we awaken our Great Heroic Hearts, recognising our inherent strength to overcome obstacles and serve humanity with love and humility. This sacred journey aligns the mind and soul, empowering participants to manifest their highest potential while resonating with Hanuman's example of disciplined service and divine connection.








SCHEDULE

<p>DAY 1 31st May'25 KAINCHI</p> <p>Retreat begins 11:00 am Accom: Kainchi Lunch: Venue Dinner: Venue</p>		<p>DAY 2 01st Jun'25 KAINCHI</p> <p>Accom: Kainchi Lunch: Venue Dinner: Venue</p> <p>Visit to Neem Karoli Baba temple at Kainchi</p>
<p>DAY 3 02nd Jun'25 KAINCHI</p> <p>Accom: Kainchi Lunch: Venue Dinner: Venue Visit to Kakri Ghat</p>		<p>DAY 4 03rd Jun'25 KAINCHI</p> <p>Accom: Kainchi Visits to Bhumidyar & Hanumangarhi temples</p>

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

-  INR 69,000 on single occupancy only
-  INR 60,000 on shared – only 2 places available for shared
-  50% deposit non-refundable and 50% payable 3 weeks prior to the start of the retreat
-  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 or within India



INCLUSIONS

- 🏠 Be taught by world-renowned artist and scholar Ekabhumi Charles Ellik and yoga recovery therapist Tarini Shanna Dadisman
- 🏠 Your trip includes 3 nights of accommodation in a 9plus rated (booking.com) homestay in 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
- 🏠 Visits to Hanumangarhi temple Nainital, Bhumiadhar temple, Kakri Ghat and Neem Karoli Baba temple at Kainchi
- 🏠 Homa (Havan) on Day One
- 🏠 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

Daytime temperatures usually range between 20–30°C (68–86°F), with cooler nights around 10–15°C (50–59°F). Humidity often ranges between 40–70% during this transitional period.

VISAS

All nationalities require a visa to travel to India. We recommend the Indian e-visa which has an expeditious decision and easy user interface. 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.

To acquire an Indian eVisa, follow this structured process:

1. Visit the Official Website

Navigate to the official eVisa application portal: Indian Visa Online
<https://indianvisaonline.gov.in/>

2. Choose the Type of eVisa

Select the e-Tourist Visa option from among many

3. Fill Out the Application Form

Complete the online application form with accurate personal information, including:

Name

Nationality

Passport details

Travel itinerary

Ensure all details are correct to avoid rejection.

In the Reference section please write:

Mystic Art Retreats LLP

373 Sector-14 Gurgaon

India 122001

M: +91 9810115366



4. Upload Required Documents

Upload a recent passport-sized photograph and the data page of your passport. Ensure that all documents are in English and meet the specified guidelines.

5. Pay the eVisa Fee

Make the payment online using a credit/debit card or payment wallet. The fee varies based on nationality and type of visa. After payment, you will receive a confirmation of your transaction along with a reference number.

6. Submit Your Application

After completing the form and making the payment, submit your application. You will receive a confirmation email regarding your application submission.

7. Wait for Processing

The processing time for an eVisa can take up to 72 hours or more. You will be notified about the status of your application (approved or rejected) via email.

8. Download Your eVisa

Once approved, download and print your eVisa from the same portal using the link provided in your approval email.

9. Present Your eVisa on Arrival

Upon arrival in India, present your printed eVisa at the immigration checkpoint for verification.

Apply for your eVisa at least 4 days before your intended date of travel. We recommend you apply at least 45 days before departure. Use only the official website for applying to avoid scams or unauthorized services.

We can also offer to fill up your visa application at an additional cost of USD 20 per application

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

These are suggestions, so don't worry if you aren't able to get everything on this list. You will be well taken care of as part of our group, so many items will be unnecessary unless you wish to continue your travels alone.

Travel Documents

- 📄 Passport with at least 6 months validity after your dates of travel
- 📄 Visas required for this trip (the e-visa is extremely fast and convenient but lines at customs maybe long depending on time of arrival)
- 📄 Travel insurance with emergency contact telephone and policy Number (keep a paper copy with passport)
- 📄 Flight tickets, e-ticket (We suggest you keep a paper copy with your passport)
- 📄 Photocopies (and photos) of important documents like tickets, visa, passport, your emergency contact person, travel insurance forms, driver's license, credit card customer



service numbers (to report lost cards), and your travel itinerary to be kept in each luggage bag. Also email a copy to yourself.

- 📁 Trip Itinerary along with hotel address and phone
- 📁 Contact list of Mystic Art Retreat staff
- 📁 Passport size photographs for various permits
- 📁 Travel vaccination certificates (if you choose to have any)

Luggage

- 📁 Suitcase(s) with wheels
- 📁 water bottle
- 📁 Don't forget to keep Padlocks (and keys)
- 📁 Photograph the contents of your luggage before final packing to help with insurance claims.

Electronics

- 📁 Be sure your phone is “unlocked” before you travel. Call your provider.
- 📁 Charger (most smartphones have a built-in voltage converter but be careful)
- 📁 External Battery & Chord
- 📁 India uses a unique three-prong plug type, so standard plugs from many other countries won't fit directly into Indian power outlets.
- 📁 Types of Plug Adapters Needed for India
- 📁 The most common plug types used in India are:
- 📁 Type C (two round pins)
- 📁 Type D (three round pins with a larger pin at the top)
- 📁 Type M (three round pins with a larger pin at the top)
- 📁 If you're traveling from Europe, a Type C adapter will work in most cases. However, it may be a bit loose and could fall out of the outlet
- 📁 For travellers from the UK, USA, Australia, and other countries, you'll need a dedicated travel adapter designed for India. Look for one that has at least two ports so you can charge multiple devices simultaneously
- 📁 Some top-rated options include the OREI India Adapter Plug, TESSAN US to India Power Adapter, and Epicka Universal Travel Adapter. With the right travel adapter, you can keep your phone, laptop, and other electronics charged throughout your trip to India. Be sure to pack one before your flight to avoid any charging issues once you arrive.
- 📁 Cloud-based storage to upload your photographs during the trip is convenient.

Personal Health

- 📁 Personal medication/prescriptions
- 📁 Prescription glasses and sunglasses
- 📁 High protection sunscreen
- 📁 Lip balm
- 📁 Anti-bacterial hand sanitizer gel/wipes
- 📁 A few nutrition food bars (Clif Bars are great!) for long trips
- 📁 Vitamins
- 📁 Chewable Pepto Bismol (for minor diarrhea)
- 📁 Aspirin / Tylenol
- 📁 Travel sickness tablets - if you have a tenancy (Dramamine or Avomine)
- 📁 Immodium AD tablets (for serious diarrhea)



Money

- 📌 Local currency is Rupees ₹
- 📌 Credit cards
- 📌 ATM Card for cash (the conversion rate is usually fair)
- 📌 Money belt or neck pouch / or carrying a backpack place your largest amount at money at bottom of backpack.
- 📌 Anti-electronic identity theft sleeve for credit cards (or line your wallet with tinfoil)
- 📌 Be sure to notify your credit and bank card issuers of your foreign travel before you depart!

Sleeping

- 📌 Eye mask (if you like)
- 📌 Ear Plugs (It is usually quiet at our resort, but Indian cities are VERY noisy, even at night)
- 📌 Yoga Mat

IMMUNISATION

Traveling to India requires specific immunization preparations for American travelers to ensure health and safety. Here's an overview of the recommended vaccines and considerations for immunization before embarking on a trip to India.

Recommended Vaccines

The Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) recommend several vaccinations for travellers to India, which include but are not limited to:

- 📌 Hepatitis A: Highly recommended due to the risk of transmission through contaminated food and water.
- 📌 Hepatitis B: Recommended, especially for those who may have contact with blood or bodily fluids.
- 📌 Typhoid Fever: Strongly advised for travellers, particularly those visiting rural areas or smaller towns.
- 📌 Influenza: Annual vaccination is recommended.

Timing and Planning

It is crucial to start the immunisation process at least four to six weeks prior to travel. This timeframe allows vaccines to become effective and provides enough time to complete any required doses. Travelers should consult with healthcare providers to assess their individual health needs and review their immunization history.

MONEY

All your travel and retreat related expenses are covered. But we recognise that there may be expenses of a personal nature for which you would require cash. Whilst many options exist for travellers, we recommend the following options for exchanging foreign currency into Indian Rupees (INR):

RBI-Authorized Money Changers

These money changers are licensed by the Reserve Bank of India (RBI) and often provide better rates than banks since their primary business is currency exchange. They can be found in major cities and do not require you to have a bank account.

Examples include Unimoni, Thomas Cook, and EbixCash. Always ensure that the service



provider is RBI-licensed to avoid counterfeit risks.

Airports

Currency exchange counters at airports are convenient but usually offer poor exchange rates due to high demand and convenience fees. It's best to avoid exchanging large amounts at the airport unless necessary. If you must use airport services, consider exchanging only a small amount for immediate expenses.

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, 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

Ekabhumi Charles Ellik
Tarini Shanna Dadisman
Mukul Purohit



Ekabhumi Ellik: Ekabhumi Charles Ellik is an award-winning poet, author, illustrator, yoga instructor and arts educator with 20 years of international teaching experience. Through a ritualized and meditative creative method, he makes artworks for ceremonial and educational use. Traditional sacred art helps people deepen their spiritual practice, recognize the divinity of common experiences, and find meaning in the beauty of our world. His artworks may be found in yoga studios, private homes, and on altars around the world. He is currently part of the core faculty of Living Sanskrit and co-founder of Mystic Art Retreats.



Ekabhumi's spiritual name was given by his first guru during a formal initiation ceremony into a tantric yoga lineage in 2005. Since that time, he has studied with many spiritual teachers and traditional artists both in India and the States. His art teachers include eminent western figurative painters like Domenic Cretara, as

well as Newar artist Dinesh Charan Shrestha, Bikanir-style miniature painter Mahaveer Swami, Thangka painter Andy Weber, and yantra painter Mavis Gewant.

Ekabhumi's writing and artwork has been published widely, appearing in anthologies and journals like Tarka Magazine, The Poetry of Yoga, Berkeley Fiction Review, and Pearl, as well as books like Shiva's Trident by Swami Khecharanatha, Tantra Illuminated by Christopher Hareesh Wallis and Awakening Shakti by Sally Kempton. His instructional Shakti Coloring Book and the uplifting Bhakti Coloring Book are now available world-wide from Sounds True Press.

Though his first love is the arts, he has a wide range of interests that are reflected in his many past occupations: event producer, stock options broker, handyman, journalist, ski boot fitter, competitive surfer and champion sailor. He toured internationally as a performance poet, and the poets he coached won numerous regional and national titles. He facilitated writer's groups, hosted poetry readings, and organized spoken-word festivals for nearly 20 years, culminating in the acclaimed 2009 Individual World Poetry Slam.

Ekabhumi wearing paint-splattered overalls. He is outside in his garden and laughing. Ekabhumi is an inspiring, playful yet methodical teacher who helps students cultivate deeper intuitive states. For nearly two decades, he variously taught yoga, painting, public speaking, and creative writing to students ranging from kindergarten to post-graduate level. Much of his time is now spent creating educational material about interpreting, making, and utilizing sacred art of the dharma traditions. On weekends, he can be found in his garden practicing silence and learning directly from Nature.



Tarini Shanna Dadisman: Tarini's own journey of transformation began in 2014 when she discovered the profound healing potential of Yoga and Ayurveda while studying with Durga Leela, founder of Yoga of Recovery. Since then, she has immersed herself in in-depth training and certifications, including living and volunteering at a traditional Ayurveda healing community in South India. This immersive experience allowed her to witness firsthand the transformative healing potential of Ayurveda whilst gaining profound insights into the interconnectedness of Ayurveda, Yoga, and overall health.



Drawing from her own journey of personal growth and transformation, Tarini passionately shares her expertise and guides individuals seeking holistic health and well-being. Her knowledge and experience allow her to create transformative experiences for retreat participants, empowering them to overcome unhealthy behaviours,

thought patterns, self-sabotaging tendencies, and addictive behaviours.

PRODUCTION

Mukul Purohit
Executive Producer & Co-founder
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Mystic Art Retreats™ (mysticart.org) are transformative events held in locations of extraordinary beauty and power that expand consciousness, ignite delight, and elevate human potential.

These retreats typically focus on creative arts and indigenous crafts as a means for encouraging our treasured clients to renew their love of life and return home with an invigorated sense of purpose. Our events are designed to be inspiring and encouraging rather than restrictive or humbling. Beauty, delight, creative expression and spiritual wisdom are key components of every retreat.

The programming includes instruction in sacred art, fine art, and traditional spiritual practices. Immersive cultural experiences, healing connection to natural environments, and visits to locations imbued with spiritual power serve to give these teachings context and ensure our clients remain grounded. We are committed to fostering respectful and mutually-beneficial connection to the cultures we visit.

The combination of intellectual stimulation, physical exertion, creative expression, and spiritual ceremony results in unforgettable moments of spiritual expansion. 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 happen naturally when we are encouraged to relax in sacred places; it is more powerful when mind, body, and spirit are marshalled together for the purpose of lasting benefit to oneself and our global community.



Our globally renowned experts from different sacred traditions host events at extraordinary venues that range from breathtaking palaces, venerable institutions, quaint rural stays, and natural stone homes. Old restrictive patterns of self-limitation are gently coaxed to unlock through skilful exposure to sensory delight, often through appreciation of traditional arts, visits to locations of glorious beauty, and exploring delicious local cuisine.

Each one of our events are unique; composed to suit our discerning clients, exceptional hosts, and spectacular locations.