



नदी · नाद · भाषा

# River of Languages

*A ten-day immersion into the full spectrum of yogic wisdom: the language of the body (āsana), the language of sacred sound (mantra), and the language of deep contemplation (philosophy and text study).*

*Come to where yogic wisdom meets the Ganga. Come to Varanasi.*

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DATES	PLACE	COHORT	FROM
11 to 20 December 2026	Varanasi, India	Eight only	USD 2,700

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*Every aspect of yoga you have experienced  
began here, in Varanasi.  
Come and plunge into the source.*

You meditate. You chant. You have a shelf of spiritual books you return to. The sound of Sanskrit moves something in you that you have never quite been able to name.

Yoga began with Śiva, who poured the whole of the practice into the world from stillness. Of all places on earth, one city is held to be his own: Varanasi, *Kāśī*, the City of Light.

Forget the yoga holiday. Forget the academic course. This is a full immersion. Ten days inside a living tradition, led by teachers devoted to the yogic lineage. We prepare you before you depart: cultural etiquettes, how temples are entered, how to move through a sacred city with ease. You are met in Delhi and accompanied at every stage.

You do not need to know Sanskrit, or to have read the texts, or to have been practising for years. Mornings are taught in small groups tailored to your experience; afternoons and evenings are shared. No one is bored. No one is left behind.

# Yoga Speaks in *Many Languages*

We call this immersion the River of Languages because yoga is not one discipline. It is many, flowing together. We approach this river through four currents.

देह

*Deha*

## The Language of the Body

Daily āsana and prāṇāyāma practice to awaken the intelligence of the body and experience movement as a sacred offering.

नाद

*Nāda*

## The Language of Sacred Sound

Sanskrit pronunciation practised until the sounds sit naturally in your mouth. Mantra experienced as living sacred vibration, far beyond rote recitation.

मनस्

*Manas*

## The Language of the Mind

Practical, foundational yoga philosophy drawn from the core texts (*Bhagavad Gītā*, *Yoga Sūtras*, the Upaniṣads). Contemplate the questions yogis have been asking for millennia.

आत्मन्

*Ātman*

## The Language of the Soul

The sacred geography of Varanasi itself: its ghats, temples and rituals, where yogic wisdom is embodied in a place.

THE TRANSFORMATION

# What You Will Carry Home

- I* **The tradition, in its homeland**  
Varanasi as your classroom. The ghats, the temples, the living city.
- II* **Āsana as embodied devotion**  
Preparation for stillness, rooted in alignment and breath.
- III* **The mantras, opened**  
The chants you already know, heard in the place where they began.
- IV* **Confident Sanskrit pronunciation**  
The āsana names, the mantra syllables, the philosophical terms. Confidence earned through practice.
- V* **The great philosophical questions**  
Karma, dharma, the nature of the self. Explored through conversation.
- VI* **Your people**  
Eight seekers. Study, chant, silence in a sacred city. Friendships that last.

THE DAILY RHYTHM

# A Day on *the River of Languages*

**DAWN**

6:00 to 8:00

## Sunrise & Movement

A sunrise boat on the Gaṅgā, or āsana and prāṇāyāma in a temple setting. The day begins in silence and breath: the language of the body.

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**MORNING**

9:30 to 12:00

## Language at the Source

Study in small groups by level with Elena: sound, mantra, and the texts approached through meaning rather than memorisation. Consistent cohorts, daily.

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**MIDDAY**

12:00 to 16:00

## Nourishment, Rest & the Spiritual Portal

A long vegetarian meal, chai, and unhurried time by the river. Some afternoons we step into the old quarters with local guides: temples, ghats, artisan lanes. On others, yoga philosophy with Amalia: foundational texts explored through story and dialogue.

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**EVENING**

17:00 to 20:00

## Living City & Community

Gaṅgā Ārtī, kīrtan and satsang, heritage walks, or simply time to sit and absorb. Some evenings are planned, others deliberately left open. The Tantrik Temples walk runs late, 20:30 to 23:00.

*The full daily itinerary is shared upon registering your interest. The rhythm varies; some days lean into study, others into pilgrimage and experience.*



## YOUR GUIDES



SANSKRIT SCHOLAR & TEACHER

### Elena Jessup

Elena has taught Sanskrit and Hinduism for over thirty years. She holds a Master's in Sanskrit Literature from SOAS, University of London, and is a Fellow of the Royal Asiatic Society.

A faculty member at The School of Ayurveda UK and Temenos Academy, and author, with others, of published Sanskrit translations, she teaches from one conviction: that the language should be accessible and alive for every practitioner, not the preserve of the academy.



YOGA TEACHER & STORYTELLER

### Amalia Safi

Amalia is a yoga teacher with over a decade of experience, based in Argentina. She has trained with Tova Olsson, Edwin F. Bryant, Talia Sutra, and Dr. Kavitha Chinnaiyan, among others.

Creator of *English for Yoga* and a teacher trainer at House of Om Yoga School, she brings philosophy alive through storytelling and helps teachers find a precise, confident voice: the living bridge between Sanskrit and the classroom.



THE PLACE AS TEACHER

## Wisdom Held *in Places*

Six journeys into Varanasi, each led by a local guide and included in the immersion. Here, the teaching does not stop at the classroom door. The ghats, the temples, the midnight lanes are themselves the guru.

01

### Tantrik Temples Late Night Walk

NIGHT WALK · 3 HOURS

A nocturnal passage to Manikarnika, the great cremation ground, and the ancient shrines, lit by oil lamps, that surround it.

02

### Divine Devi Sacred Goddess Walk

HERITAGE WALK · 3 HOURS

Tracing the Goddess through her many forms, from fierce guardians of the crossroads to gentle mothers of the waters.

03

### Sunrise Boat on the Ganga

GANGA JOURNEY · 2 HOURS

The ghats waking at dawn with pilgrims and worshippers, witnessed from the stillness of the river in golden light.

04

### Hatha Yoga in the Temple

YOGA EXPERIENCE · 2 HOURS

A contemplative practice in a sacred setting: sun salutations, āsana, prāṇāyāma, and dhyāna meditation.

05

### Unseen Courtyards & Interiors

HERITAGE WALK · 3 HOURS

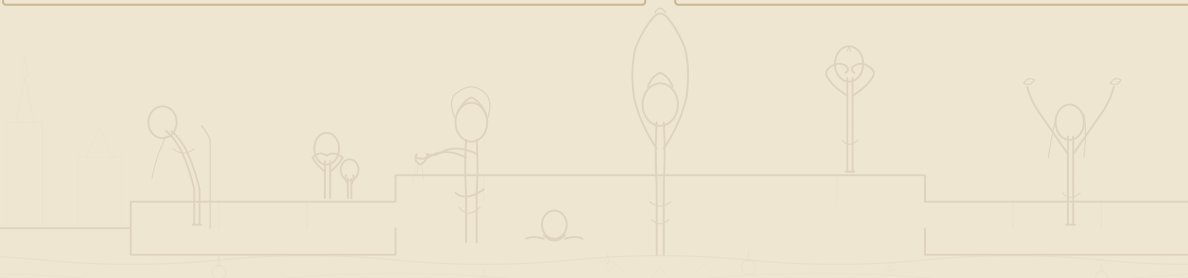
Hidden goddess temples, historic water bodies, and old residences, a Varanasi most visitors never encounter.

06

### Secret Sites of Hidden Yogis

YOGA WALK · 3 HOURS

Shrines of locally revered yogis who shaped yoga worldwide, with short prāṇāyāma and meditation at each.



FROM PAST TRAVELLERS

# Having Made the Crossing

*"Thank you for a wonderful trip. Very well organised and worth every minute. Great experience and great company. We had darshan of Hanuman ji at Bhumiadhar. Give our pranams to all the other members of this group."*

Anil Valluri · Heart of Hanuman Oct '24

*"It was one of the most truly sacred and divine experiences of my life. Every moment was peaceful, blissful, and we moved with such ease. I feel so blessed and cannot thank you enough."*

Angela Commane · Seats of Power II

*"It has been said one never steps in the same river twice. Having made this crossing, I have come away with so much that will resonate for a very long time."*

Mitu Kahalehau · Gateway to Ganesha

*"Elena is such a brilliant teacher, who presents material in a way that is easy to understand and follow. It feels like such a gift to have access to this incredible ancient wisdom. By the end of the course I felt confident chanting the texts and I will take them with me into my practice."*

Madeline, Yoga Teacher · Elena's student

*"Taking the course was wonderful. I have learned so much. Amalia is very generous and answers every question with love, patience and respect. I highly recommend it. Infinite gratitude."*

Marisol Mendez · Amalia's student

YOUR PILGRIMAGE

## A Fully Inclusive *Immersion*

SINGLE OCCUPANCY

USD 3,500

Private room · premium hotel

TWIN SHARING

USD 2,700

Shared room · premium hotel

*Early Registration: USD 200 off*

For deposits received before 31 July 2026. Deposit: USD 875. Instalment plans available to ease the way.

### Included in Your Immersion

- Nine nights, ten days: New Delhi (1) and Varanasi (8) in fine hotels
- All teaching by Elena Jessup and Amalia Safi
- Gourmet vegetarian and vegan meals throughout
- Domestic return airfare from Delhi or Mumbai to Varanasi
- Airport pickup and drop for international flights
- All six curated Varanasi experiences with local guides
- Ārtī, pūjās, kīrtans, and boat rides
- All entrance fees and sightseeing costs

### Not Included

International airfare · Indian visa fees · Travel insurance · Personal expenses · Meals outside scheduled group dining

BEFORE YOU DECIDE

## Honest Answers

What is this about?

Ten days in Varanasi studying yoga in all its forms: body, breath, sound, philosophy, and the sacred city itself.

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Do I need to know any Sanskrit beforehand?

No. We start from scratch and meet you where you are.

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Am I advanced enough?

Yes. Mornings are taught in small groups tailored to your level. No one is bored, no one is left behind.

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I am travelling solo. Is that common?

Most people come solo. You are met in Delhi and accompanied throughout. You are never alone unless you choose to be.

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Is it safe?

Completely. We have been running immersions across India for years. Transport, hotels, meals, cultural guidance: everything is arranged and you are accompanied at every stage.

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Visas and cancellations?

Most nationalities need an Indian e-visa, applied online in days. We guide you through it. Travel insurance is recommended.



THE RESOLVE

# Reserve Your Place

Eight places. A USD 875 deposit secures yours.

Early registration before 31 July 2026 saves USD 200. Bank transfer,  
Wise, and PayPal accepted. Instalments available.

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CONTACT

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*Come for beauty. Leave startled into knowing.*

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