

MYSTIC ART RETREATS
PRESENTS



RIVER OF LANGUAGES

A Sacred Journey into Sanskrit and English
in Service of Yoga



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

The Sacred River of Language

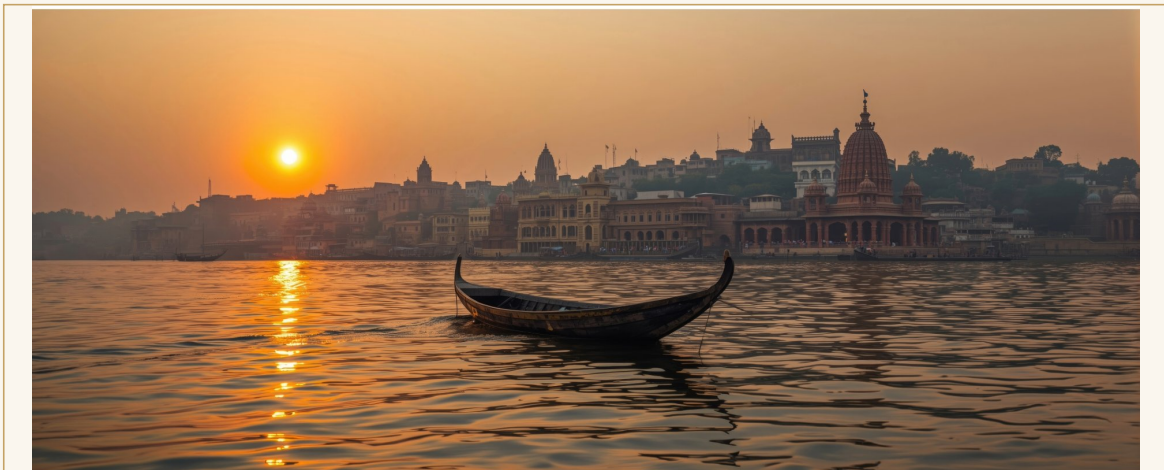
The River of Languages is a ten day immersion designed primarily for spiritual seekers who seek to study the potency of the language at the source. Set on the ancient banks of the Ganga, this retreat offers a unique opportunity to study at the source of the yoga tradition, where Sanskrit, English, and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

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.



Participants Will

- Engage with Sanskrit through the study of pronunciation and recitation, drawing upon yogic concepts from 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, temples, pujas, and 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 energy with Ayurvedic meals, herbal chai, and reflective riverside time.
- Explore the city's living culture, guided by local pandits and scholars.

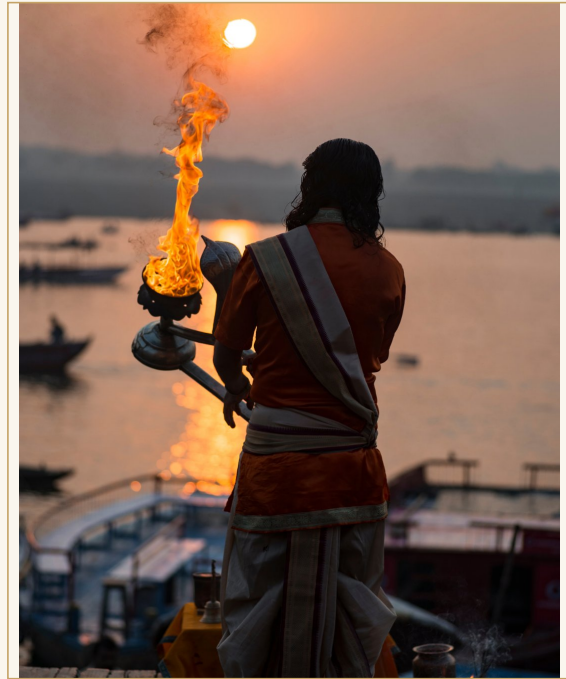


How This Journey Transforms

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



SANSKRIT SCHOLAR & TEACHER

Elena Jessup

Elena Jessup is a native New Yorker now based in the UK. She 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.



YOGA TEACHER & ENGLISH SPECIALIST

Amalia Safi

Amalia is a yoga teacher with over a decade of experience practicing and teaching. Based in Argentina, she has travelled around the world, completing multiple Yoga Teacher Trainings and receiving 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. In her role as a teacher trainer at House of Om Yoga School, she emphasizes the linguistic aspect of teaching, guiding future teachers in creating effective and precise instructions. She also guides lectures on Anatomy, Biomechanics, yogic scriptures and more, and has served as an interpreter and translator of international yoga teachers.

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



Pricing Information

USD 3,500 Single occupancy

USD 2,700 Twin sharing

Bank transfer including 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-star plus hotels
- Instruction by world-renowned teachers Elena Jessup and Amalia Safi
- Gourmet vegetarian and vegan 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
- Curated walks with on-the-ground experts
- Aarti, pujas and kirtans

More Information

Mukul Purohit

Executive Producer — Mystic Art Retreats

EMAIL mp@mysticart.org

WEB www.mysticart.org

PHONE +91 9810115366





Varanasi Experiences

Curated journeys through the sacred city — included in your immersion

01

Tantrik Temples Late Night Walk

NIGHT WALK · 3 HOURS · 8:30 - 11 PM

Area: Bengali Tola / Godowlia to Manikarnika Ghat

Beginning in the centre of the city, this nocturnal exploration leads you to Manikarnika, Varanasi's great cremation ground, and the mysterious temples that surround it. As darkness settles over the ghats, the city reveals its tantrik heart — ancient shrines lit by oil lamps, the glow of funeral pyres reflected on the water, and the resonance of prayers echoing through narrow lanes. The walk concludes with a special aarti ceremony near Manikarnika Ghat.

02

Divine Devi Sacred Goddess Walk

HERITAGE WALK · 3 HOURS

Area: Kamachha to Dasashwamedh Ghat

This tour goes deeper into the spiritual topography of the sacred feminine. From temples to sacred ponds, female divinity reigns supreme in the streets of Banaras. We trace the presence of the Goddess through her many forms — from fierce protectors guarding crossroads to gentle mothers blessing water sources — ending at the largest personification of Devi herself: the Mother Ganga.

03

Subah-e-Banaras Sunrise Boat Ride

GANGA BOAT JOURNEY · 2 HOURS

Area: Assi Ghat & the Riverside

As the sun rises over the eastern bank, the ghats come alive with pilgrims, sadhus, and worshippers performing their morning rituals at the water's edge. From the stillness of the river, you witness the city awakening in the golden light — the sound of bells, the fragrance of incense drifting across the water, and the ancient architecture reflected in the Ganga's surface.

04

Hatha Yoga in the Temple

YOGA EXPERIENCE · 2 HOURS

Area: Sacred temple setting

A contemplative yoga practice held in the sacred atmosphere of a temple environment. Grounded in traditional Hatha yoga, the class weaves together sun salutation vinyasa, various asanas, pranayama breath-work, and dhyana meditation. Suitable for beginners and intermediate practitioners alike.



05

Unseen Courtyards & Interiors Tour

HERITAGE WALK · 3 HOURS

Area: Sanskrit University & Kabir Chaura area

Starting far from the riverside, this walk traverses traditional shops, old residential areas, unique hidden goddess temples, and historic sacred water bodies tucked away in the middle of the city. These unseen courtyards and interiors reveal a Varanasi that most visitors never encounter — a living archive of devotion, architecture, and daily ritual.

06

Secret Sites of Hidden Yogis

YOGA WALK · 3 HOURS

Area: Various sites by rickshaw and on foot

An interactive yoga adventure that connects history with living practice. We visit the locations and shrines of traditionally obscure yet locally celebrated yogis in Banaras — some of whom have had a profound impact on yoga worldwide. Time is given for short pranayama and meditation at various sacred sites.

All experiences are guided by local experts and are included as part of your River of Languages immersion. These journeys are woven into the rhythm of the retreat, complementing the study of Sanskrit and English with the living wisdom of the sacred city.