

South India Programs | Master Schedule

January/February 2026

Astanga Yoga | New Year's Mini-Retreat

Dec 29, 2025 to Jan 2, 2026 (Mon-Fri)

6 nights | AR Dec 28 | DP Jan 3

Instructor: Senior Astanga Teacher
Daily Retreat Schedule...TBD

Astanga & Vinyasa Yoga | January Beach Retreats

Retreat #1 | Dates: January 4–14, 2026

11 nights | AR Jan 2/3 | DP Jan 15/16

Co-Teachers: Daren Friesen & Alexandra Koren
Assistant Teacher: Tom Tishbey & Zarina

Retreat #2 | Dates: January 16–26, 2026

11 nights | AR Jan 14/15 | DP Jan 27

Add extra days for an additional practice/room charge.

Daily Retreat Schedule...

6:00am - 8:00am	Astanga Yoga - Primary & Intermediate prerequisites
8:00am - 8:30am	Bandhas, Mudras & Kriyas - open to all levels
8:30am - 10:00am	Vinyasa Yoga - open to all levels
10:00am - 11:00am	South Indian Breakfast & Tea
11:00am - 7:00pm	Freetime for Beach, Ayurvedic Treatments or Teacher Training
6:00pm - 7:00pm	Recommended Dinner Time - by sunset
7:15pm - 8:30pm	Evening Satsang - on select dates

Kanyakumari Palace & Temples Adventure

Thursday, January 15, 7am-7pm

Day Trip to Padmanabha Palace, Suchindram Temple, Vivekananda Memorial, Kanyakumari Temple, & Lunch

Ayurveda | Panchakarma Treatments

Treatment Timing: 108 minutes/session

available 11am-6pm | 5, 7, 10, 14, 21 options

Clinic Director: Dr. Aparna Raj
Clinicians: Athirta and Anandu

*bookings required 30-60 days in advance

Ayurveda Studies Course

Session #1: January 9-13, 2026

Session #2: January 21-25, 2026

Course Timing: 6-8pm (5 day course each)
Instructors: Dr. Aparna Raj & Daren Friesen

Teacher Training | 200hr & 300hr Options

Jan 3 to Jan 26, 2026

25 nights | AR Jan 3 | DP Jan 27

Instructor: Daren Friesen

Ashram Pilgrimage | Spiritual Journey

Jan 28 to Feb 6, 2026

11 nights | AR Jan 27 | DP Feb 7

Instructors/Guides: Alex Momcilovic (Kundalini Yoga)
& Daren Friesen (Astanga & Vinyasa Flow)

