



**Sri Aurobindo Ashram-Delhi Branch**  
Sri Aurobindo Lane, Sri Aurobindo Marg, New Delhi - 110016  
**Yog Gyan Shivir (2025) at Madhuban, Talla Ramgarh**

<b>DATES</b>	<b>SUBJECT</b>	<b>FACILITATOR (S)</b>	<b>LANG.</b>	<b>No. of Persons (Max.40)</b>
<b>8<sup>th</sup> May 25' To 14<sup>th</sup> May 25'</b>	<b>The Mother's Yoga</b>	<b>Dr. Alok Pandey</b>	<b>Hindi/Eng</b>	<b>40</b>

**Shivir Location:** Madhuban, Talla Ramgarh, Distt Nainital, Uttrakhand

**This particular Shivir will be conducted by Dr. Alok Pandey:**

*Dr Alok Pandey, affectionately known as Alok da is known for his talks and writings on various aspects of Sri Aurobindo and the Mother. His talks and writings are regularly published on auromaa and his answers to life problems are available on askalokda. He presently resides in the Sri Aurobindo Ashram, Pondicherry as one of the resident doctors.*

**About this Shivir:**

*The Shivir helps to learn about the Yoga of Sri Aurobindo in the backdrop of the Mother's experiences towards physical transformation.*

**Shivir Arrival and Departure:**

Participants should plan to reach Madhuban by 8<sup>th</sup> May, afternoon. Participants will leave from Madhuban on 14<sup>th</sup> May morning post breakfast by 11 am.

**About the Shivir location:**

Madhuban, nestled in the serene Kumaon Hills of Talla Ramgarh, is an ideal location for spiritual camps and workshops. Surrounded by lush forests and tranquil mountain views, it offers a nurturing environment to disconnect from distractions and reconnect with one's inner self. With activities like yoga, meditation, reflective practices, and nature explorations, Madhuban inspires holistic growth and self-discovery.

[www.madhuban.tilda.ws](http://www.madhuban.tilda.ws)

Apart from enjoying the picturesque setting and the greenery of the surrounding forest, the guests can:

- Share the glorious vision and deep insights of Sri Aurobindo revealing the great future awaiting the human race and showing the path to it out of the present evolutionary crisis.
- Grow spiritually by opening to the mantric power of the words of the Master and the Mother and the powerful vibrations of Sri Aurobindo's Relics enshrined here.
- Join the daily meditation in a spiritually uplifting ambience.
- Benefit from the daily yoga and keep-fit sessions.
- Join the guided treks through the magnificent mountain forests and enchanting scenic splendor.
- Make good use of the library and reading room facilities.

**IMPORTANT NOTE:**

The Camp is meant for **sincere seekers** interested to learn more about the Yoga of Sri Aurobindo in the backdrop of the Mother's experiences towards physical transformation.



### **IMPORTANT INFORMATION FOR THE CAMP:**

**Limited seats: (age group - below 50 yrs ):** Enrolment on “**First Come, First Serve**” basis

- \* Book IMMEDIATELY to avoid disappointment due to heavy rush and limited seats; **if vacancies are still there after 31st March, we may accept participants above 50 yrs of age.**
- \* Please apply only if you are sincere seeker interested to learn more about the Yoga of Sri Aurobindo in the backdrop of the Mother's experiences towards physical transformation
- \* People with high blood pressure and other diseases, who have problems with high altitude and/or living on the first and second floors, and also those needing special facilities, food or care, should not apply. Any medical expenses will have to be borne by the participants themselves.
- \* Kindly help in circulating this leaflet widely among genuinely interested people.
- \* **Please note:** Smoking and consumption of *gutka* are not permitted on the Ashram campus. The use of alcoholic drinks and drugs is forbidden.

### **How to Reach:**

- **By Flight:** From New Delhi to Pant Nagar then take a cab to Talla Ramgarh, look for Madhuban after the Talla market.
- **By Train:** From New Delhi to Kathgodam or Haldwani or Rudrapur and then take a cab to Ramgarh
- **By Road:** Take a bus or cab from New Delhi to Talla Ramgarh

**Please note: Nowadays it is possible to get a One Way taxi with cheap fares directly from Sri Aurobindo Ashram- Delhi Branch (Gate no.6) to our destination in Ramgarh.**

**For Ramgarh (approx fares-ONE WAY):**

**Small taxi: (approx.) Rs. 5500/-**

**Bigger taxi: (approx.) Rs. 7500/-**

*Tinku: 8368523717;7703949536*

**The taxi can also be booked through the Sri Aurobindo Ashram-Delhi Branch reception on request (8595262559)**

### **Stay at Delhi:**

Participants will themselves bear their expenses for their stay in Delhi. Arrangements can be made at Sri Aurobindo Ashram - Delhi Branch (+91-8595262559),

**ONLY THROUGH — WEBSITE: [www.sriaurobindoashram.net/visitors](http://www.sriaurobindoashram.net/visitors)**



## HOW TO APPLY:

**Shivir Participation Fees: INR 13,000 per participant**

## BANK DETAILS:

### **BANK ACCOUNTS DETAILS FOR MONEY TRANSFER IN INDIA**

**Name:** Auro Integral Living Pvt Ltd

**Bank:** HDFC Bank

**Account No:** 50200101140674

**IFSC code -** HDFC0004397

## **UPI DETAILS:**

**UPI Account Name:** Auro Integral Living Pvt Ltd

**QR Code:** attached below

## **POST TRANSFERRING YOUR PARTICIPATION FEES:**

Please fill in your personal details (**given below**), attach your payment receipt and

- Email to: [contactus.madhuban@gmail.com](mailto:contactus.madhuban@gmail.com) or
- Whatsap to Nirmala at – [91-7668870757](https://wa.me/917668870757) and Jyoti - [8920130939](https://wa.me/8920130939) ([click to message on whatsapp](#))

On acceptance, we shall send further details and a kit list. **You are requested not to start your journey without receiving a proper acceptance letter from us.**

## **Personal Details:**

- **Full Name:**
- **Email ID:**
- **Mobile No:**
- **Pan Card Number:**
- **Address:**
- **Payment Details:**

## **Contact Us**

For bookings and information about this Shivir, please contact:

Email: [contactus.madhuban@gmail.com](mailto:contactus.madhuban@gmail.com)

- Nirmala: [7668870757](https://wa.me/7668870757)
- Oindrila Bhatnagar: [9811774751](https://wa.me/9811774751)
- Amit Arora: [9560088456](https://wa.me/9560088456)
- Jyoti Patankar: [8920130939](https://wa.me/8920130939)



**QR CODE FOR UPI PAYMENT FOR THE SHIVIR:**

**UPI Account Name:** Auro Integral Living Pvt Ltd

**AURO INTEGRAL LIVING PVT LTD**

**62905609**



Scan & Pay