



# ELEMENT BLISS RETREAT

by Sanatan Yog & Ajna Yoga  
[www.sanatan yog.co](http://www.sanatan yog.co)



HATHA YOGA - SOUND HEALING- PHILOSOPHY - ELEMENT POOJA -  
TEMPLE VISITS - KALBELIYA DANCE - KARMA YOGA

Pushkar, Rajasthan, India  
March 16<sup>th</sup> - 20<sup>th</sup>, 2026

Ground. Flow. Transform. Love. Evolve!



# SANATAN & AJNA YOG RETREATS: INTRODUCTION

## NAMASTE

A journey through the five elements. A homecoming of the soul

### Dear Spiritual Seeker,

We invite you to a unique and soul-stirring yoga retreat in Pushkar, one of the most sacred and mystical places in India. Nestled between desert hills and the serene holy lake, Pushkar is more than a destination—it is a portal for deep inner work and transformation.

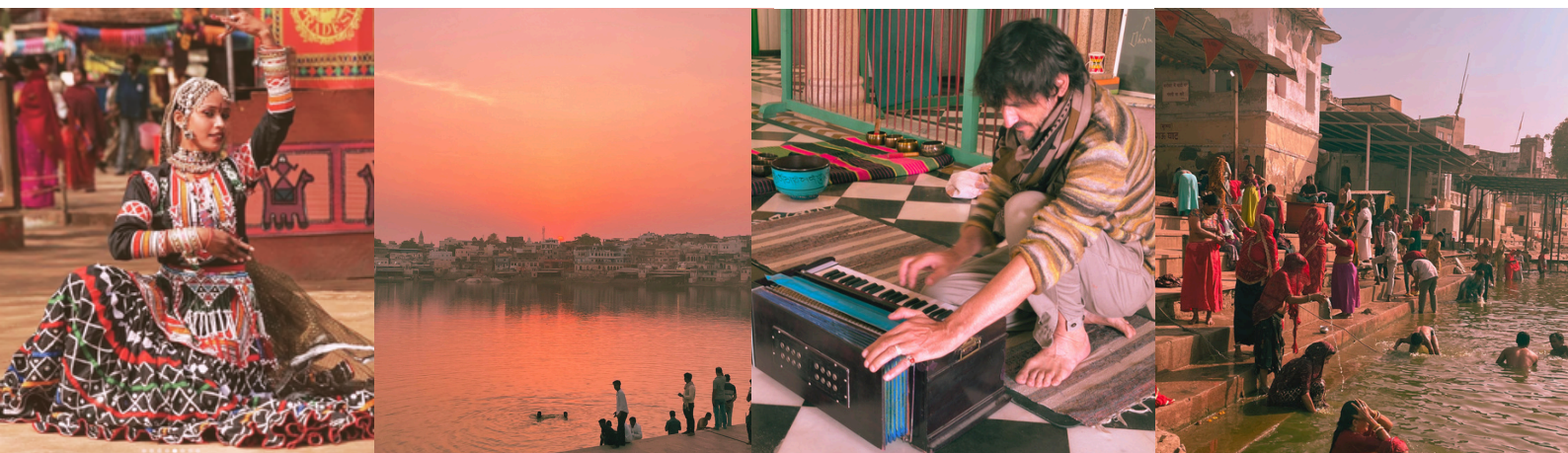
We believe yoga is not just movement. It is a sacred return to the heart. Rooted in the ancient yogic tradition and enriched by years of cultural immersion, this retreat offers more than a physical practice: it is a journey through the five elements—Earth, Water, Fire, Air, and Ether—each one guiding us into deeper awareness, embodiment, and balance.

Through daily yoga sessions, meditation, breathwork, and guided reflection, you will be invited to move beyond the postures into a fuller experience of presence. Each element will be explored not only on the mat but also through rituals, cultural immersions, and the sensory experience of being in Rajasthan—land of color, resilience, and devotion.

This collaboration has born from our mutual respect— Sanatan, with a tradition over 4 generations teaching yoga to more than 20,000 students across the world; and Claudia, from working in the educational and health field as a speech therapist, to living, practicing, and teaching yoga across Chile, Spain, India, Nepal, Cambodia, and Sri Lanka. Grounded in karma yoga, currently in service to the Kalbeliya people from Rajasthan, weaving together purpose and practice by giving something back to the sacred land that welcome us.

This is more than a retreat. It is an invitation to experience by yourself the ancient wisdom of yoga, the rich cultural exchange of India, and the intimate experience of a curated circle of souls.

If your heart feels the call, come join us. Let us walk together—through the elements, through silence, through dance—toward your own center.



*Om Shanti Shanti, Shantih  
With Love,  
Sanatan and Ajna Yoga*



# HIGHLIGHTS

## ADDRESSED TO

At Sanatan Yog we welcome spiritual seekers, conscious travelers, solo adventurers, and those who feel the call of India. Whether you're a digital nomad craving presence, a solo female traveler seeking safe connection, or someone longing to spend meaningful time in community, this retreat offers a sacred space to reconnect with yourself and with others.

Ideal for yoga practitioners, teachers, healers, philanthropists, and conscious investors, as well as anyone curious about supporting grassroots projects and intentional living. Come deepen your practice, share your gifts, and explore a new way of being — through yoga, service, and soulful adventure.

## HIGHLIGHTS

- Accommodation in comfortable resort in Pushkar.
- 3 daily vegetarian meals.
- Daily sadhana: hatha yoga, pranayama, sound healing and meditation.
- Daily journaling workshops.
- Satsang on Yogic philosophy.
- Element pooja (ceremonial offering)
- Kalbeliya Dance.
- Shatkarma: Jala neti (Nose cleansing).
- Sightseeing around Pushkar's main spiritual places.
- Gift package: Rudraksha japa mala, study material, journal, jala neti pot.





# SCHEDULE

TIME	DAY 1: EARTH	DAY 2: WATER	DAY 3: FIRE	DAY 4: AIR	DAY 5: ETER
7:00–8:00		Light snacks and sharing in Ashram	Light snacks and sharing in Ashram	Light snacks and sharing in Ashram	Trek to Aravalli hill/Vishwamitra Cave
8:00–9:00		Hatha Yoga	Hatha Yoga	Hatha Yoga	Trek to Aravalli hill/Vishwamitra Cave
9:00–10:00		Sound Healing and meditation	Sound Healing and meditation	Sound Healing and meditation	Sound healing and meditation
10:00–11:00		Breakfast	Breakfast	Breakfast	Breakfast
11:00–12:00		Free time	Yoga philosophy	Yoga philosophy	Free time
12:00–13:00	Arrivals and Check in	Free time	Free time	Free time	Check out
13:00–14:00	Dropping luggage	Lunch in Ashram	Lunch in Ashram	Lunch in Ashram	Lunch
14:00–15:00	Free time	Mindfulness and journaling	Mindfulness and journaling	Mindfulness and journaling	Final Community Circle
15:00–16:00	Welcome ceremony	Visit to Shiva Panchkund temple	Visit to Kalbeliya community	Visit to ghats and Holy Lake	
16:00–17:00	Havan ceremony	Visit to Shiva Panchkund temple	Kalbeliya dance workshop	Visit to ghats ans Holy Lake	
17:00–18:00	Snacks and Ashram tour	Resting time	Resting time	Sunset point and Aarti	
18:00–19:00	Community Circle	Introduction to pranayama	Pranayama practice	Resting time	
19:00–20:00	Aarti and dinner	Dinner in Ashram	Dinner in Ashram	Dinner in Ashram	
20:00 onwards	Silent hours	Silent hours	Kalbeliya show	Cacao and Escstatic dance	





# ACCOMMODATION AND YOGASHALA



## RATAN RESORT AND BALMUKUND ASHRAM

Set in peaceful surroundings away from the tourist hustle, the accommodation offers a quiet sanctuary where you can fully focus on your inner journey. Surrounded by nature, with open gardens, cozy courtyards, and sunlit terraces, it invites moments of meditation, reading, or simply slow down and reconnect. The rooms are thoughtfully designed for deep rest and simplicity. Just minutes away from Pushkar's sacred lake, temples, and vibrant local markets, you can easily touch the soul of the city and return to calm whenever you need. It's a space where peace meets serenity — perfect for yoga, meditation, creativity, and community. It's more than a venue — it's a feeling. Peace lives here.

At the 90-year-old Balmukund Ashram, you are invited to step into a living community where yoga is experienced beyond the mat and into daily life. Rooted in a four-generation lineage and guided by Sanatan Guru ji, whose teachings carry the inherited wisdom of his ancestors, the ashram opens a space to practice traditional asanas, pranayama, meditation, mantra chanting, and yogic philosophy in a deeply authentic way. As part of the community, you will share simple, nourishing sattvic meals, lovingly prepared by the residents who live in and hold the sacred rhythm of the ashram. These moments of gathering — practicing, eating, and resting together — cultivate presence, humility, and connection, allowing you to feel held, and rediscover the quiet joy of living in harmony with yourself and others.

## WHAT TO BRING/WEATHER CONDITIONS

March in Pushkar offers dry, pleasant weather — mild sunny days (25–30°C / 77–86°F) and cooler evenings (10–15°C / 50–59°F). To support your comfort we recommend packing:

- Light, breathable clothing for yoga practice
- Warm jacket or shawl for chilly mornings and evenings
- Lightweight scarf (helpful for temple visits)
- Comfortable walking shoes or sandals
- Small backpack, sunglasses and hat for walks.
- Reusable water bottle
- Sunscreen and natural insect repellent
- Personal hygiene items
- Earplugs (if you're sensitive to sounds)
- Personal medications or supplements
- Optional: You're welcome to bring your own yoga mat, though we have mats and yoga props available in our
- Donations: you can bring unused clothes to donate to local families in need.

# SANATAN & AJNA YOGA RETREATS: YOUR TEACHERS

## MAIN TEACHER: SANATAN SHARMA

Sanatan Guru Ji is a devoted yoga teacher and spiritual guide, carrying forward a sacred 90-year-old lineage of four generations of yogis. Born into a traditional spiritual family, he was immersed in the yogic way of life from an early age, receiving classical training in yoga, meditation, mantra, and Indian philosophy.

With over six years of teaching experience, he specializes in Hatha Yoga, Ashtanga Vinyasa, meditation, and yogic philosophy, offering a teaching style that blends ancient wisdom with practical understanding for modern seekers. Beyond the physical practice, he guides students toward discipline, self-awareness, and inner balance, emphasizing alignment, breath, mindfulness, and the spiritual essence of yoga. He has inspired students from India and around the world on their path toward health, clarity, and self-realization.

In his own words: “Yoga is not only about the body; it is a science of living in harmony with nature and the self.”



## HOST & TEACHER : CLAUDIA VILLOUTA



Claudia ji is a yogini, dancer, teacher, and retreat facilitator from Chile with over eight years of dedicated practice and six years of international teaching experience. She has taught across Chile, Spain, India, Nepal, Cambodia, and Sri Lanka, and currently facilitates retreats at Hariharalaya in Siem Reap — one of the three most influential retreat centers in Southeast Asia. A former practitioner of Balmukund Ashram and soul sister of Sanatan Yog family for the past three years, her teaching is rooted in traditional Hatha and Ashtanga vinyasa yoga, yogic philosophy, and embodied movement. Claudia holds space for retreats as a lived experience of yoga — grounded, accessible, and guided by presence, awareness, and authenticity.

## HOST & TEACHER : GAURANG SHARMA

Gaurang Guru Ji is a yoga teacher, meditation guide, and sound healing practitioner, born into the sacred 90-year-old lineage of Balmukund Ashram. As Sanatan's younger brother, he walks in devotion alongside him, helping to preserve and expand a living tradition passed down through four generations of yogis.

Blessed with a deep connection to music and bhakti, he is a trained musician and performing artist whose teachings naturally weave sound, movement, breath, and meditation. As a Hatha Yoga teacher, he guides students with sensitivity and grace, creating spaces where healing unfolds through rhythm, stillness, and inner listening.

Through sound and silence, his offerings transform practice into a celebration of devotion, making ancient yogic wisdom felt, heard, and alive. In his words: “When music flows with breath and movement, the soul remembers its true rhythm.”





# SANATAN & AJNA YOGA RETREATS: A CULTURAL IMMERSION

Our pillars and roots in Rajasthan.

Our vision is rooted in three essential pillars that guide the experience of every retreat: **Hatha Yoga** — cultivating balance and vitality through breath, movement, and presence. **Karma Yoga** — transforming inner work into selfless action and service. **Cultural Immersion** — learning from and honoring the vibrant traditions of Rajasthan, India.

These pillars emerged from our personal journey in Pushkar and connection with this sacred land — a place where yoga, devotion, art, and ancestral wisdom come together in a uniquely transformative way. Through deep connection with the Kalbeliya community and a growing reverence for Rajasthani culture.

## PUSHKAR: SACRED LAND FOR THE SOUL

Pushkar is considered one of the holiest towns in India. Nestled between the Aravalli hills and centered around its legendary lake, Pushkar is home to one of the few existing temples dedicated to Lord Brahma, the creator in Hindu mythology. Pilgrims from all over the country visit to bathe in its sacred ghats and perform rituals believed to cleanse karma and awaken spiritual clarity.

The energy of Pushkar is subtle but powerful — ideal for meditation, yoga, and introspection. Its blend of desert stillness, spiritual devotion, and artistic expression makes it a fertile ground for inner transformation. Sunrise by the lake, chanting from temples, and the scent of incense in the air remind us that the sacred is always near.



## WHO ARE THE KALBELIYAS?: NOMADIC SOULS OF RAJASTHAN



The Kalbeliya are a nomadic community traditionally known for their close relationship with nature, dance, music, and oral storytelling. Often referred to as "free spirits of the desert," their roots are deeply woven into the Rajasthani landscape. Historically snake charmers and healers, Kalbeliyas developed a rich artistic culture that includes the world-renowned Kalbeliya dance.

This dance is more than performance — it is a living embodiment of feminine power, resilience, and devotion. The swirling skirts, rhythmic footwork, and serpentine grace of this dance express stories of nature, movement, and spiritual yearning. In 2010, UNESCO recognized Kalbeliya dance as Intangible Cultural Heritage of Humanity.

Our retreat pays respect to the Kalbeliya people not only by learning from their dance and traditions, but also by contributing directly to their well-being through Karma Yoga initiatives.

# SANATAN & AJNA YOGA RETREATS: A CULTURAL IMMERSION

## The color and celebration of Rajasthan

Rajasthan is one of the most culturally rich regions of India — a land of royal heritage, bold colors, folk art, and endless festivals. October, November, February and March are especially vibrant months to visit, as they include:

- **Pushkar Camel Fair:** dazzling gathering of nomadic traders, musicians, dancers, pilgrims and of course, decorated camels and horses.
- **Diwali:** Festival of Lights, celebrated with fireworks, offerings, and community joy.
- **Durga Navratri:** nights of honoring goddess Durga, the divine feminine through dance, ritual, and devotion.
- **Mahashivratri:** sacred night dedicated to Lord Shiva (takes place in middle of February).
- **Holi festival:** festival of colors, a huge massive celebration.
- **Wedding season:** Rajasthani weddings can last more than 5 days. In these weddings the presence of foreigners is considered as good luck, so if you get invited you will be treated as royalty.

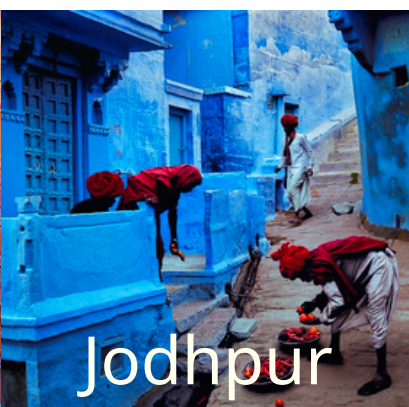


In addition to the spiritual rhythm of Pushkar, the nearby cities of Rajasthan offer breathtaking cultural experiences:

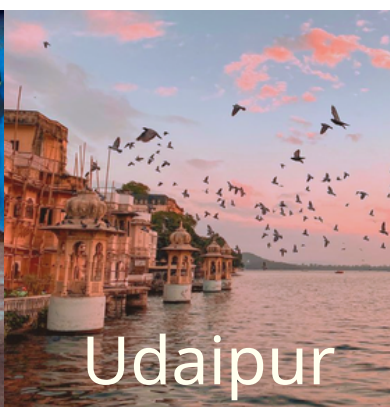
- **Jaipur** (2.5 hours from Pushkar): Known as the Pink City, home to majestic forts, palaces, and artisanal markets.
- **Jodhpur:** The Blue City, with its hilltop Mehrangarh Fort and labyrinthine streets.
- **Udaipur:** The City of Lakes, famed for its romantic palaces and serene waters.
- **Jaisalmer:** A golden city in the heart of the desert, known for its sandstone architecture and tours for stars gazing in the desert.



Jaipur



Jodhpur



Udaipur



Jaisalmer

From sacred ceremonies to spontaneous music in the bazaars, Rajasthan pulses with spirit, resilience, and beauty. To walk its streets is to be reminded of the timeless dance between matter and soul.

We are not just visiting Rajasthan — we live, serve, and learn within it. Through yoga, service, and cultural respect, we invite you to experience this land not as a tourist, but as a humble participant in its wisdom and wonder.



## OUR RETREATS: MISSION ROOTED IN KARMA YOGA

Your retreat, their future: an invitation to practice yoga with purpose

When you say yes to this retreat, you're not just stepping into a journey of self-discovery—you're becoming part of something bigger. Our mission goes beyond the mat. We practice yoga as a path of transformation—not only for ourselves, but for the communities that have welcomed us with open arms in the sacred land of India. Yoga, in its truest essence, is not just asana. It is a living system that includes:

**Raja Yoga** – the royal path of meditation and self-mastery,

**Bhakti Yoga** – the yoga of devotion and love,

**Jnana Yoga** – the path of wisdom and inner inquiry, and

**Karma Yoga** – the yoga of action, directed toward selfless service and compassion.

In Hatha Yoga, we purify and balance the body to prepare it as a vessel for deeper awareness. As we activate our energy centers and cultivate presence, we are not just working on ourselves—we are learning how to serve from a place of wholeness. Hatha lays the ground for Karma Yoga: action rooted in consciousness. This is why a percentage of the funds from your retreat will go directly to support the Kalbeliya community in Pushkar, where more than 30 children live without access to basic needs like running water, clean clothing, and education.

### With your help, we will:

- Provide clothes, hygienic products, and food boxes to vulnerable families
- Support the **Morya Kalbeliya School** with school supplies during low season

By joining this retreat, you are not just coming to heal and grow—you are giving back to the roots of yoga, to the land that has carried this sacred tradition for thousands of years.



A chance to let your practice ripple out into the world and make a difference.

Come for the yoga.

Stay for the connection.

Leave as part of something meaningful.

With all our love and gratitude,



*Sanatan & Ajna Yoga Project, Yoga for the soul; Yoga for the world*



# SANATAN & AJNA YOGA RETREATS: FEES AND PAYMENT POLICY

## FEES

- **Private room, meals and full program:** €840 // \$950 usd
- **Early bird (until february 15th):** €750EUR // \$850 usd
- **Includes:** 5 days/4nights accommodation, 3 vegetarian meals daily, filtered and mineralized free water, retreat activities, visits and transport, and a special gift package
- **Not included:** Flights, travel insurance, visa, transfer to/from the airport or outside of retreat times , medical insurance.

## PAYMENT POLICY

- Pre-booking payment is: €250 EUR per person.
- As soon as you complete the payment, a confirmation email will be sent to welcoming you to our retreat.
- Guests are encouraged to pay the balance in cash upon arrival. American dollars are also accepted.
- If for some reason you cannot come to the retreat, the pre-book payment will not be refund.
- For international payment use Paypal account: Name: Claudia Villouta, email: clau.villoutamiguez@gmail.com

## LOCATION AND CONTACT

- Sanatan Yog: Jamni Kund Road, Pushkar 305022, Rajasthan, India.
- Taxi from Jaipur airport: €25
- Taxi from Delhi airport: €125
- Taxi contact, Sanatan: +919672022207
- Retreat contact, Claudia: +94707185977
- Email: ajnayogacl@gmail.com/sanatanयोग21@gmail.com

