

Finding your Inner Light with Deepankar & Antar

This 3-day retreat aims to provide deep insight and tools to tackle emotional and habitual patterns. In this program we break through the mundane pattern of mind and circular thinking.

Antar and Deep share their knowledge of Ancient Eastern Science in such a way, that one can move in life effortlessly with joy. Empowering you from within. Each session help you to grow beyond the identification of the society bringing clarity of the "Self". Antar means "inner" and "Deepankar" refers to "light". So together they would love to explore finding your inner light with you!



Antar



Deepankar

Global Schedule

Day 1 Turning Inwards (Planting the seed)

17:30 Arrival

18:00 Light Dinner

20:00 - 21:30 Introduction to Traditional yoga Pranayama (Deep)

Day 2 Inner Transformation

08:00 - 09:00 Chitta Shakti (Meditating your dreams/desires) (Deep)

09:00 - 10:30 Breakfast

10:30 - 12:30 Nad Bharna (Soundless sound meditation) (Antar)

12:30 - 13:30 Lunch

13:30 - 14:30 Concentrative meditation (Break through patterns of unconscious mind) (Deep)

14:30 - 16:30 "I - rise" (Traditional Hatha yoga and Yoga nidra) (Antar)

16:30 - 17:00 Silence - Break

17:00 - 18:00 Tantric and Contemplative Meditation (Deep)

19:00 Dinner

Day 3 Oneness

08:00 - 09:00 Inner silence (Antar Mauna) (Deep)

09:00 - 10:30 Breakfast

10:30 - 12:00 Being conscious (No mind meditation) (Antar)

12:00 - 12:30 Silent discovery (Deep)

12:30 - 13:30 Lunch

13:30 - 15:30 'Art of surrender' - Celebration

About Antar & Deepankar

Deepankar ("he who lightens others paths") only started practicing yoga toward the end of his teens. But surprisingly he was always in touch with yoga as his grandfather was Yogi in nature always doing his sadhna without missing a single day. Always navigating him through the flow of life.

After doing his masters in yoga science from patanjali university the search for fulfillment still continued, living for years with different kind of monks and rishis, from one place to another throughout the Himalayas. Ultimately he started imparting his practices and experience on others.

Amazed by the rewarding feeling to pass it on and help other people get in touch with themselves. Encouraged him to teach in different parts of the world Denmark, Netherlands, Nepal, Sri Lanka, India, etc. Enhancing people's life's experience with in-depth practices that allow them to break repeated patterns and compulsive habits, creating conscious decision-making. Became his motive.

He would look forward to helping you with your spiritual journey.

Antar is a yoga teacher and ayurvedic massage therapist. He was born in India and has been living in Holland since 2000. Ever since he has been sharing internationally his life time experience of ayurveda, yoga and meditation.

In his classes you will get an understanding about awareness through physical exercise and breathing techniques (pranayama) to maintain your emotions such as anger, depression, fatigue, insomnia and overweight, all the common problems of our society.

Antar had his main yoga education at the Shivananda Ashram in Rishikesh and Shivananda Ashram in Kerala. He has been teaching yoga and meditation from a young age in India and is currently running his meditation center near Rishikesh, India.