



The Magic of Mysore

24/10/26 - 31/10/26

A study trip to Mysore, India with
John Tattva & Marta Magdalena

SYC Level 2 Authorised

Reservations: hello@ashtanganilayam.sg

The Magic of Mysore

Practice & Study trip to the source of Ashtanga Yoga through the Wisdom of Bhagavad Gita.

Purpose

To gently return to the essence of yoga — in the sacred rhythm of Mysore, the birthplace of Ashtanga Yoga — where practice becomes a quiet ritual woven into daily life. Guided by the timeless wisdom of the Bhagavad Gita, and enriched by temple visits and immersion in India's living traditions, this retreat invites you to slow down, listen deeply, and reconnect with what truly matters. Held within a warm, like-hearted community, it is a space to deepen, to soften, and to remember yoga not only as something you do, but as a way you live.

Arrival & Departure

We recommend arriving into Bengaluru on Saturday morning, ideally on a direct flight with Singapore Airlines (SQ 502) departing Singapore at 08:40am — allowing for a smooth and unhurried transition into the journey ahead. Your return is suggested for the 31st at 11:05pm from Bengaluru (SQ 503), giving you a full final day to close the retreat with ease.

Airport pick-up and drop-off will be thoughtfully arranged for you, so from the moment you arrive, you can begin to soften into the experience.

If you are travelling from a different time zone, we gently suggest arriving a day earlier and staying at one of the nearby airport hotels, allowing your body to rest and adjust before we begin.



Mysore – Anokhi Garden



Bangalore – Taj Hotel

Accommodation

Our home for this journey will be *Anokhi Garden* — a serene sanctuary for conscious living, nestled in the gentle rhythm of Mysore. Bringing together yoga, Ayurveda, and holistic practices, it offers peaceful corners for rest alongside open spaces that invite connection and presence. A nourishing café supports our days with wholesome, thoughtfully prepared meals. Held in this warm and welcoming environment, we are invited to slow down, deepen, and truly recharge.

To gently complete our journey, the final two nights will be spent in Bengaluru, where we will unwind in a luxury hotel *Taj Bengaluru* — a space to rest, integrate, and reflect before returning home. Details will be shared closer to the date.

Nourishment

Throughout our stay in Mysore, breakfast, lunch, and dinner will be offered at the café within Anokhi Garden — offering a wholesome selection of vegetarian Western and Indian dishes, prepared to support both practice and restoration.

On select days, we will venture out to enjoy local cafés and restaurants, experiencing the flavours of the region in a more spontaneous way. During these meals, food will be at your own expense, with most places offering generous and nourishing options in the range of approximately 5–15 SGD per meal, including a drink and something sweet to finish.

Each meal, sattvic and vegetarian in nature, whether shared at home or discovered outside, becomes part of the journey — a moment to slow down, connect, and receive.



Mysore - Anokhi Garden



DAILY SCHEDULE

Saturday, October 24th 2026

- 11:00am Pick Up from Bengaluru International Airport and transfer to Mysore
- 3:00pm Lunch and Rooms distribution at Anokhi
- 6:00pm Opening Circle and gentle body opening practice

Sunday, October 25th 2026

- 7:00am Mysore Practice
- 9:00am Breakfast
- 10:00am Neighbourhood Walk & Chai with Satinder
- 2:30pm Lunch at Anokhi
- 4:00pm Marma Rituals
- 6:00pm Circle & Mantra

Monday, October 26th, 2026

- 7:00am Mysore Practice
- 9:00am Breakfast
- 11:00am Asana Workshop
- 2:00pm Lunch at Anokhi
- 4:00pm Guest Teacher Conference (Usha)
- 6:00pm Temple Walk (optional)

Tuesday, October 27th 2026

- 7:00am Sunrise Hike with Satinder
- 10:00am Dosa Breakfast
- 12:00pm Asana Workshop
- 2:00pm Lunch at Anokhi
- 4:00pm Guest Teacher Workshop (Vikram Singh)
- 6:00pm Evening Walk (optional)

Wednesday, October 28th 2026

- 7:00am Mysore Practice
- 9:00am Breakfast
- 11:00am Mysore City Trip
- 2:30pm Lunch
- 4:00pm Guest Teacher Workshop (Ranjini)

Thursday, October 29th 2026

- 7:00am Mysore Practice
- 9:00am Breakfast
- 11:00am Departure to Bangalore with lunch on the way
- 5:00pm Shopping Experience

Friday, October 30th 2026

- 7:00am Mysore Practice
- 9:00am Breakfast at Taj
- 11:00am Sightseeing, Lunch, Coffee time in Bangalore

Saturday, October 31st 2026

- 7:00am Slow Breakfast at Taj & unhurried Departures

Inclusions

Included in the price:

Your journey is fully supported with accommodation and full board throughout Mysore and Bengaluru (with the exception of dinners out in Bengaluru). All airport transfers and intercity travel are included. The programme also covers daily yoga practice and workshops, as well as guided excursions, entry tickets, and sessions with external facilitators. It includes a Wellness Recovery gift from *Marma Rituals* as well..

Not included in the price:

International return flights to Bengaluru, travel and health insurance (recommended), as well as any personal expenses and temple offerings. On a few occasions we may eat out – this may be at your expense as well. Usually below SGD 15 / meal.

Price

Early Bird (until 31st August 2026)

SGD 2,200 – Twin sharing

SGD 2,650 – Single room

From 1 September 2026

SGD 2,350 – Twin sharing

SGD 2,800 – Single room

In order to help us plan the journey, please kindly book your spot before June 1st 2026 or earlier.

To secure your place – a deposit of 800 SGD to be paid upfront. The remaining amount should be paid by July 31st.

A small discount may be offered for yoga teachers or participants with a limited budget – reach out to us directly to discuss.



Mysore City Palace





Mysore City Devaraja Market





Marma Rituals Restore Kit



Guest Teachers & Facilitators

Ranjini Koushik

Ranjini is a Carnatic vocal teacher based in Mysore, dedicated to the traditional art of South Indian classical music. With deep reverence for devotional practice, she will guide participants through the chanting of selected verses from the Bhagavad Gita as well as other sacred slokas, offering a soulful introduction to mantra & meditative dimension of voice.

Usha Rani Chittoor

Usha is an Authorised Ashtanga Yoga teacher based in Mysore, and a devoted student and main assistant of late Paramaguru Sharath Jois. Since 2007, Usha has studied and served closely within the Ashtanga tradition. In this retreat, she will offer a conference in remembrance of Sharath Jois, sharing reflections rooted in devotion and lived experience of the practice.

Vikram Jeet Singh

With nearly two decades of experience in yoga, his work is rooted in the study and practice of asana and yogic philosophy, with a particular focus on the wisdom of Yoga Sutra and Bhagavad Gita. Vikram offers yoga as a complete inner path where movement, breath, and philosophy are woven together. [More: https://www.wanderingmat.com](https://www.wanderingmat.com)

Satinder S. Khalsa

Authorised Ashtanga Yoga teacher and Tantra Yoga practitioner, who spent nearly two decades of living and traveling through India. Satinder will guide us through temples and sacred corners of Mysore

Himansshi

Founder of Marma Rituals, based in Delhi, a life long practitioner of yoga, ayurveda and herbal remedies, Himansshi will help us explore the powerful meaning behind yogic self-care and daily rituals.

Teachers & Organisers

Marta Glowacka

Marta is a dedicated practitioner and teacher of Ashtanga Yoga. With over 20 years of personal practice, her path is rooted in daily asana, supported by a steady commitment to pranayama and the study of yogic philosophy. She began teaching Mysore-style Ashtanga Yoga in 2014 and received her authorisation in 2017. Since 2024, she has been working primarily in 1:1 settings, offering more individualised support with a focus on helping students build stronger, healthier, and more resilient bodies through intelligent, sustainable practice.

Alongside Ashtanga Yoga, she also draws from Traditional Pranayama and Yoga Therapy in the lineage of Kaivalyadhama Yoga Institute, integrating traditional approaches to breath and wellbeing into her work. Her teaching reflects a holistic view of yoga as a system for strength, balance, and long-term health.

John Tattva

John is a co-founder of Nilayam and a devoted practitioner and teacher of Ashtanga Yoga. His journey with yoga began early in life and has since evolved into a steady, long-term commitment to both practice and teaching, shared daily with his students.

He has been travelling regularly to Mysore to study within the tradition of Sharath Jois, deepening his understanding of Ashtanga Yoga over many years. In recognition of his dedication, he received Authorization Level 2 to teach from his teacher, Sharath Jois.

Alongside Ashtanga Yoga, John also integrates therapeutic yoga into his work, supporting students in building strength, balance, and resilience through mindful, intelligent practice. His teaching is rooted in consistency, care, and the belief in yoga as a pathway to holistic wellbeing.



Chamundi Hill Sunrise Trek

