



Ātmayoga

YOGA | SILENCE | SIMPLY BEING

Svarūpa

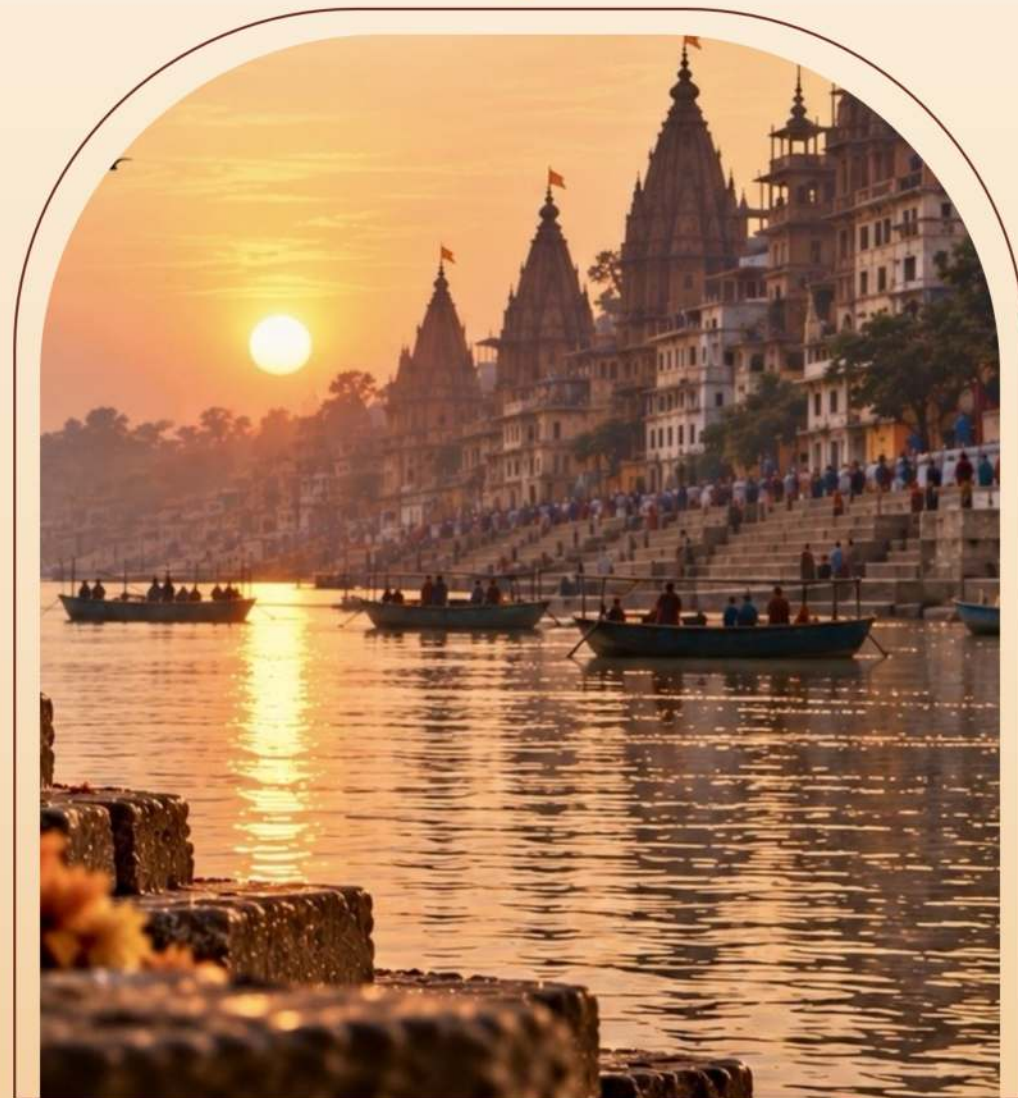
R E T R E A T

A Journey Back to the Self



*In the sacred land of Kashi, where the Buddha gave his
first teaching.*

FEB 22 TO 26, 2027 • VARANASI (KASHI), INDIA



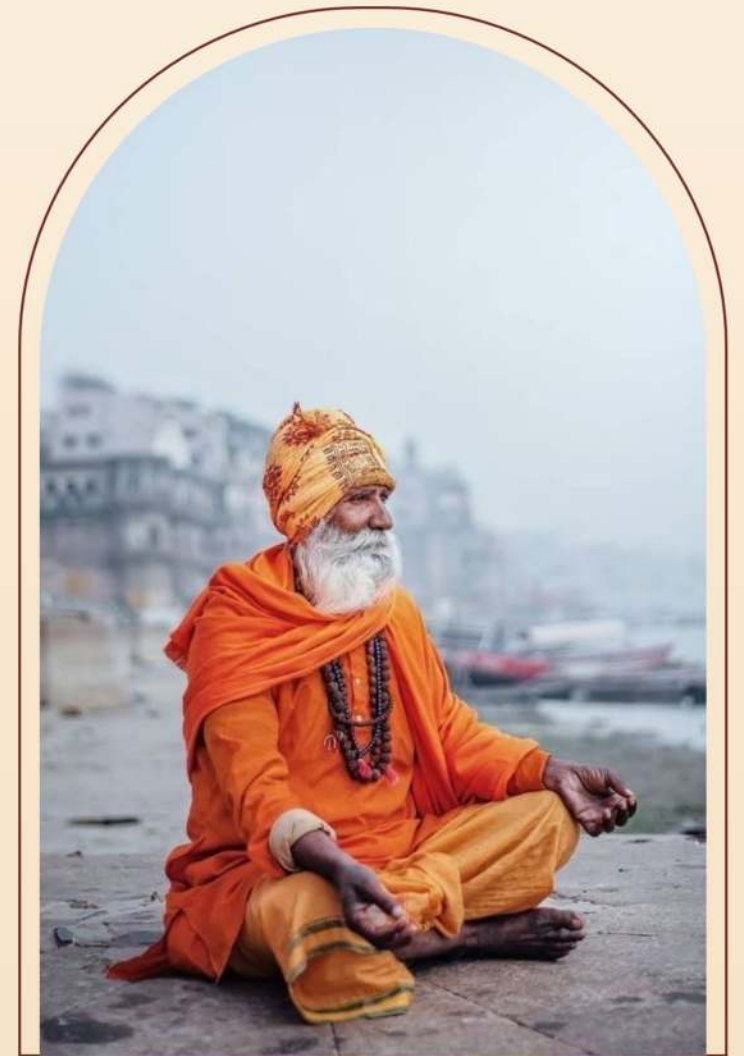
Dear friend,

You may be thinking of travelling to India for something a holiday cannot give. So here is what Svarūpa is.

It is four days of living yoga in Varanasi. There is practice, meditation, philosophy and silence, but mostly there is the city itself, and the slow work of coming closer to who you truly are.

You do not need to arrive calm or certain. You need to be willing to sit, observe, and question how you have been living.

I will be with you throughout. You will not be finding your way around India alone.



WHERE THE NAME COMES FROM

तदा द्रष्टुः स्वरूपेऽवस्थानम्

tadā draṣṭuḥ svarūpe'vasthānam · Yoga Sūtra 1.3

“Then the seer abides in its own true nature.”

The Yoga Sūtras of Patañjali, compiled around 2,500 years ago (800 to 500 BCE), are the founding text of classical yoga. They define yoga as the stilling of the movements of the mind (1.2). The very next line says what remains when the mind is still: the seer, resting in itself.

Svarūpa means exactly that: *sva*, one's own, and *rūpa*, form. Your true nature, before anything is added to it.



THE SEER AND THE SEEN

Who is the seer?

Patañjali, drawing on the older Sāṅkhya philosophy, separates two things: what is seen, and the one who sees.

What is seen (*dṛśya*)

Your body and breath. Your thoughts and emotions. Your memories, roles and moods. Even your sense of “I”.

All of it changes.

The seer (*draṣṭā, puruṣa*)

The awareness that watches all of this. Never the object, always the witness.

It does not change.

Patañjali traces suffering to one confusion: the seer taking itself to be what it sees (2.17). **Svarūpa is four days of living yoga in Varanasi, built to loosen that confusion**, so you leave lighter, clearer, and closer to your truest Self.



THE RETREAT

What

A living yoga experience. Practice, meditation, philosophy and intentional moments of silence, woven into the daily life of a city where yoga is still lived.

When

Feb 22 to 26, 2027. Arrive the afternoon of the 22nd, leave the afternoon of the 26th.

Where

Varanasi (Kashi), beside the flowing Ganga.

Who

Up to 12 participants, led by Atul.

Why

To come closer to your truest Self, the svarūpa this retreat is named for.

Is this for you?

THIS IS FOR YOU IF

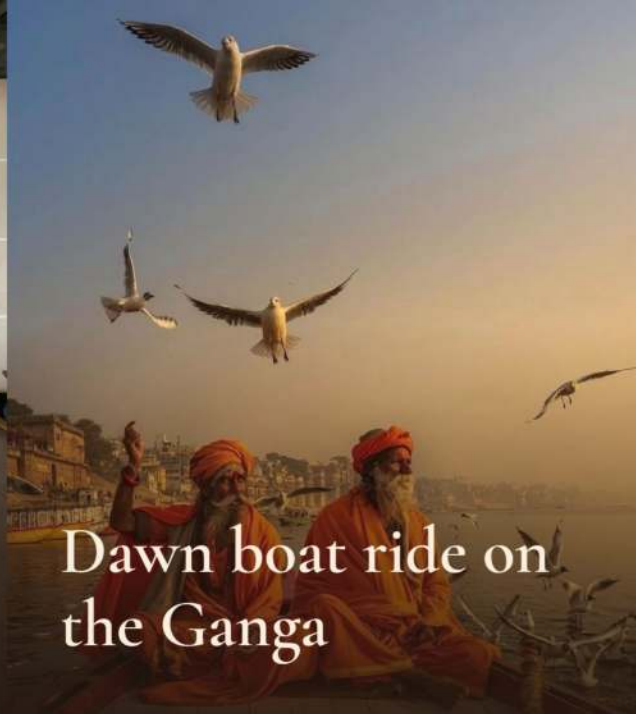
- You practise yoga and want to understand what lies behind the postures.
- You are curious about India and want a guided way in.
- You are willing to sit with your own mind.

THIS IS NOT FOR YOU IF

- You want a spa, hotel comforts or a holiday.
- You want to be entertained.
- You want to be told what to believe.



Morning yoga,
breath and
meditation



Dawn boat ride on
the Ganga



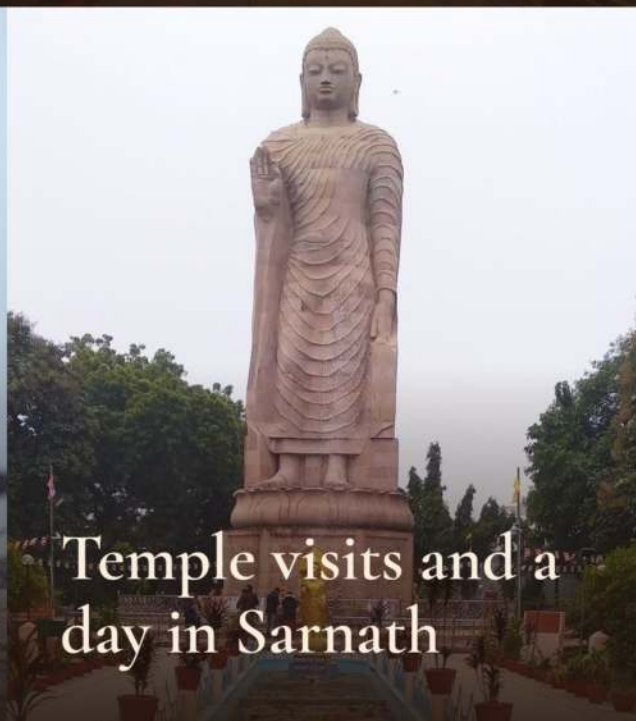
Satsang



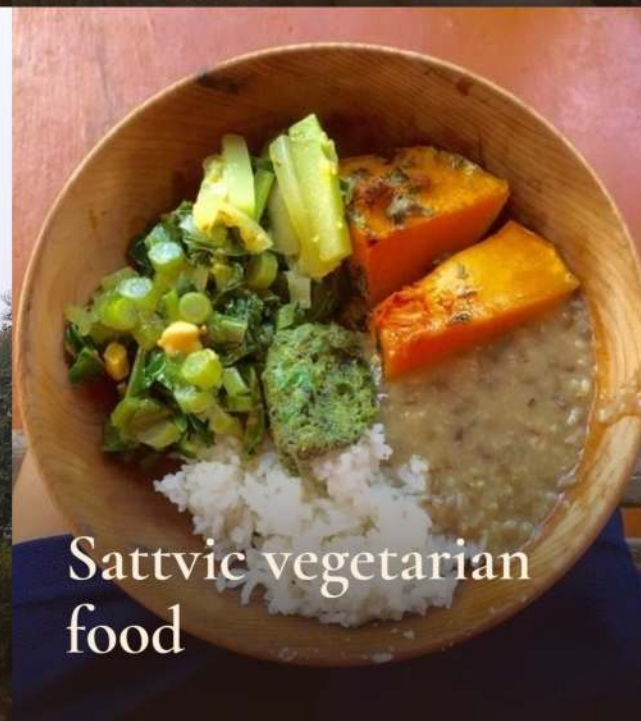
Ganga aarti



Intentional
moments of silence



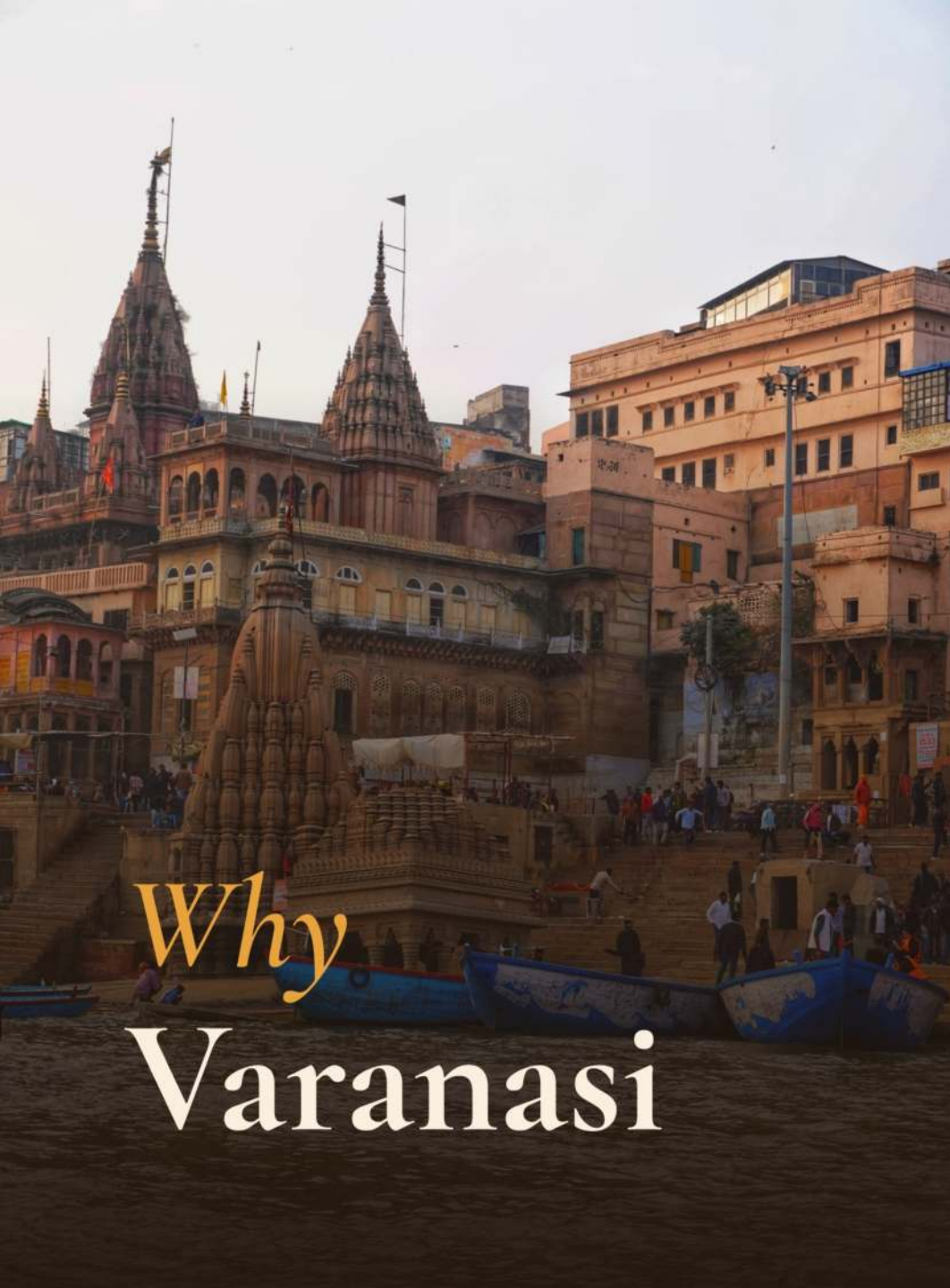
Temple visits and a
day in Sarnath



Sattvic vegetarian
food



Fire ritual



Why Varanasi

VARANASI (KASHI)

A city that has taught for
thousands of years.

Scholars, pandits and practitioners have gathered here for longer than most countries have existed. Nothing here is staged for visitors.

Sarnath, where the Buddha gave his first teaching, is a short drive away.

You are not watching a tradition. You are inside one.



YOUR TEACHER

Atul Verma

“I didn’t find yoga. I grew up inside it.”

13 years teaching

Traditional Hatha Yoga

Born in India, I grew up with meditation and mantra from the age of five. At twenty, a six-month intensive training changed how I understood the mind. Since then, yoga has been a way of seeing, not a way of exercising.

I teach from Patañjali’s Yoga Sūtras and the Upaniṣads, not as decoration but as exact tools for understanding yourself.

I am still a student. Every year I return to India to sit with my own teacher. A teacher who stops learning is only repeating himself.

WHERE YOU WILL STAY

A home, not a hotel.

We stay at a family homestay on the banks of the Ganga, cared for by an elderly couple. It is clean, simple and beautiful.

EXPECT

Basic, clean rooms. Home-cooked sattvic food. Quiet mornings by the river and a family's care.

DO NOT EXPECT

Room service, a hotel menu, a spa, or luxury comforts.

Here we live simply, as guests in someone's home. That is part of the practice.

Location shared on booking.



Packages

4 NIGHTS • PRICES IN AED

Early bird: AED 500 off every package

ENDS DEC 10, 2026

Kutir

Bungalow with lawn

SINGLE • 1 PERSON

AED 6,800

COUPLE • 2 PEOPLE

AED 9,800

Room with balcony

River view

SINGLE • 1 PERSON

AED 5,800

COUPLE • 2 PEOPLE

AED 7,800

INCLUDED

4 nights, all sattvic vegetarian meals, excursions and entry costs, airport to property transfer

NOT INCLUDED

Flights, visa, return transfer to the airport

GOOD TO KNOW

Single is one person per room.
Couple is two people sharing one room.

Before you come

Fitness

You do not need to be flexible. You do need to be comfortable sitting for long periods and walking between temples and ghats.

Visa and travel

Most visitors need an Indian e-visa. Apply early and check the current rules for your passport. Fly into Varanasi (VNS); we meet you at the airport on Feb 22.

Safety and solo travellers

A group of up to 12, one fixed base, and you are met at the airport. Solo travellers, including women travelling alone, are welcome.

What to bring and wear

Modest clothing for temples, with shoulders and knees covered. Layers for cool mornings, shoes that slip off easily, and a notebook.



AFTER THE RETREAT

The retreat ends. The practice
does not.

You can reach me any time for guidance.

Atul



Request your place.

Spots are limited to 12. Early bird: AED 500 off until Dec 10, 2026.

REQUEST TO JOIN

Or message Atul on WhatsApp: wa.me/Dubaiyoga

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