

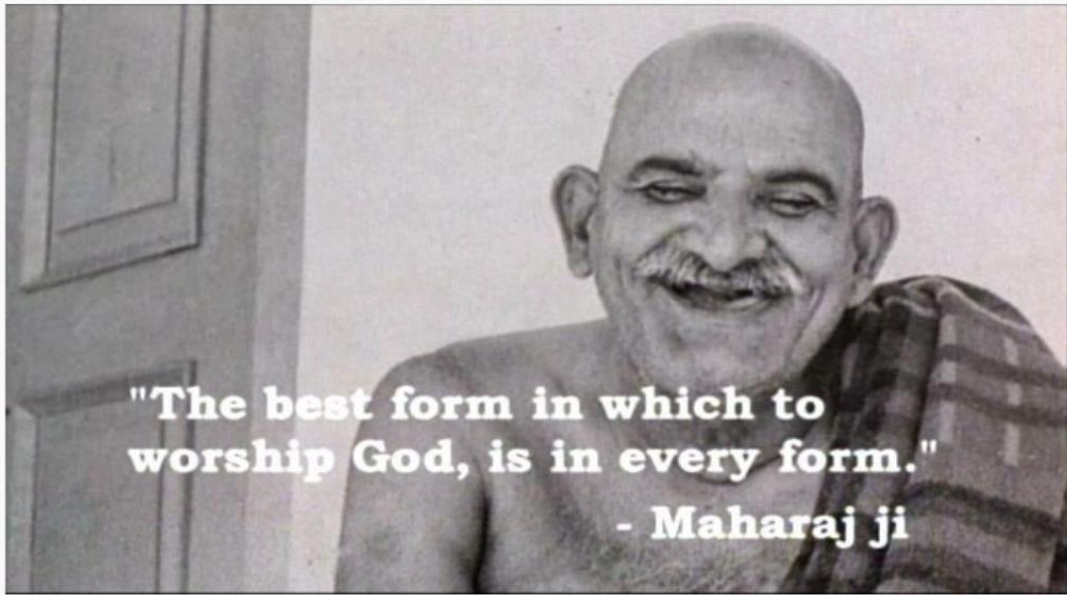
MYSTIC ART RETREATS



PRESENTS

Heart of Hanuman

Journey to the abode of
Neem Karoli Baba





HEART OF HANUMAN

31st March – 04th April 2025
Kainchi Dham, India

‘Keep God in your heart like you keep money in the bank.’ – Neem Karoli Baba

Hanuman is one of the most beloved figures in the Hindu pantheon of gods called Kimpurushas, mystic beings that are half-human and half animal. He is the symbol of selfless service (seva) and loving devotion (bhakti) to his supreme deity, Sri Rama; understood to be the seventh incarnation of Lord Vishnu and the embodiment of righteousness.



Photo Credits: Hanuman by Vijit Pillai

As the son of the god of the wind (Vayu), Hanuman is widely associated with prana and breath control, as a way of stilling the mind and reaching perfection (siddhi). Some traditions regard him as a portion of lord Shiva, incarnated in order to help Ramaa slay the great demon Ravana. He is further known as Ashtasiddhi (the holder of the "eight perfections" or "superpowers"), powers he uses to support dharma (cosmic order).

Throughout the years Hanuman has inspired countless spiritual seekers to cultivate a sense of devotion and to place their personal power in service of the divine.

The focus of this retreat will be to bring the energy of this deity or wisdom quality into our lives through making his yantra (the geometrical shape known as the body of the deity). The yantras will be created near the revered Bhakti saint Neem Karoli Baba's dham (place), a seat of great spiritual power. The ashram was established in 1962 by Neem Karoli Baba who cleared the forest and constructed a rectangular platform for a temple dedicated to Lord Hanuman. The temple was built over this platform, and the ashram was designed to serve as a center for spiritual seekers seeking solace, enlightenment, and self-realisation. This retreat is open only for **10 participants** and



Photo Credits: Hanuman Yantra



shall be led by Ekabhumi Charles Ellik, a world-renowned erudite scholar of Indian philosophy and sacred art (yantra).

Ekabhumi will teach the Hanuman Yantra, including construction, correct colours and mantra. Making a yantra is a meditative practice coming from the Tantric tradition. As Hanuman is connected to bhakti, making this yantra is a devotional practice.

Ekabhumi will offer yoga classes inspired by the stories of Hanuman, meditation sessions focused on the heart, and lectures on the Ramayana (the epos which contains the stories of Hanuman, Rama and Sita) and the wider bhakti tradition, including anecdotes about Neem Karoli

Baba.



Photo Credits: Neem Karoli Baba Ashram, Kainchi Dham



Photo Credits: Hanuman Yantra Class in Progress from the 1st edition



Photo Credits: Group visit to Bhumiadhar temple dedicated to Neem Karoli Baba



SCHEDULE

<p>DAY 1 31st Mar'25 NEW DELHI</p> <p>Luxury Coach to Kainchi</p> <p>Depart Delhi 07:00</p> <p>Arrival Kainchi 15:00</p> <p>Accom: Kainchi</p> <p>Lunch: Radisson Pantnagar</p> <p>Dinner: Venue</p>		<p>DAY 2 01st Apr'25 KAINCHI</p> <p>Accom: Kainchi</p> <p>Lunch: Venue</p> <p>Dinner: Venue</p> <p>Visit to Neem Karoli Baba temple at Kainchi</p>
<p>DAY 3 02nd Apr'25 KAINCHI</p> <p>Accom: Kainchi</p> <p>Lunch: Venue</p> <p>Dinner: Venue</p> <p>Visit to Kakri Ghat</p>		<p>DAY 4 03rd Apr'25 KAINCHI</p> <p>Accom: Kainchi</p> <p>Lunch: Venue</p> <p>Dinner: Venue</p>
<p>DAY 5 04th Apr'25 KAINCHI - NEW DELHI</p> <p>Luxury Coach to New Delhi</p> <p>Depart Kainchi 13:00</p> <p>Arrival Delhi - 20:00</p> <p>Early morning visits to Bhumidyar & Hanumangarhi temples</p> <p>Drop at Aerocity New Delhi</p>		

When you are on a Mystic Art Retreats tour, every detail is taken care for you so you can relax and truly experience each moment. Airfare to India is not included in the price of your trip. Please contact your local travel agency or the airline directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Mukul Purohit (details below) who shall personally guide you on every facet of your travel planning.

PAYMENTS AND CANCELLATION

- INR 90,000 on single occupancy only
- INR 70,000 on shared – only 4 places available for shared



- 50% deposit non-refundable and 50% payable 4 weeks prior to the start of the retreat
- Bank Details and Paypal details available following expression of interest to mp@mysticart.org (Mukul Purohit, Co-founder of Mystic Art Retreats)
- Full refund in case of cancellation of event by Mystic Art Retreats sans your airfare to India

INCLUSIONS

- Be taught by world-renowned artist and scholar Ekabhumi Charles Ellik
- Your trip includes 4 nights of accommodation in a 9plus rated (booking.com) homestay in Kainchi with rooms comparable to boutique hotel stays
- All meals including Breakfast, Lunch and Dinner are included except for Breakfast on arrival day and lunch/dinner on departure day
- Visits to Hanumangarhi temple Nainital, Bhumiadhar temple, Kakri Ghat and Neem Karoli Baba temple at Kainchi
- Homa (Havan) on Day One
- New Delhi – Kainchi – New Delhi by luxury vehicles
- Be guided by our Executive Producer Mukul Purohit, cofounder of Mystic art retreats, who will masterfully orchestrate our trip and details
- All Art Materials
- Government educated English speaking guides

WEATHER

Kainchi Dham experiences a mild climate during this period, marking the transition into spring. Daytime temperatures typically range from 20°C to 24°C, while nights can be cooler, dropping to about 10°C to 14°C. This time of year is considered one of the best for visiting due to the comfortable temperatures and clear skies, making it suitable for outdoor exploration and spiritual retreats.

Typically during this period, New Delhi experiences warm to hot weather as it transitions into spring. Average daytime temperatures can range from the mid-20s to low-30s degrees Celsius, while nights can be cooler.

VISAS

If you haven't already, please do secure your airfare and Indian visa as soon as possible. It is very easy and quick to secure an e-visa. Rules vary dramatically depending on your passport and nationality. Be sure to check online as soon as possible for more detailed information. It is helpful to check your own country's travel advisories as well as the Indian Government website.

INSURANCE

We care about you but cannot be responsible if you become injured, ill, miss a flight, or need emergency transport. We recommend that you buy travel insurance. Policies cover missed flights, lost or stolen luggage, and most importantly, emergency evacuation.

PACKING LIST

A separate packing list produced by our co-founder Ekabhumi Ellik would cover all possible items you would need to bring with you on your journey to make it hassle free.

IMMUNISATION

The rules for citizens of different countries vary. We strongly suggest that you make an



appointment to a travel medicine clinic as soon as possible. They will confirm if there are any immunisations that are required by India for your entry into their country, and make suggestions based on the season, location, and any recent outbreaks.

MONEY

All your necessities are covered, but it is still wise to bring some cash, which you can get changed at the airport. We suggest you get some cash for tipping, shopping, and snacks outside of the hotel. ATM machines are common. Credit cards are widely accepted. We recommend you call the contact number on the back of your cards to see if there are any foreign transaction fees for your credit and ATM cards, as well as to notify them of your travel plans so you don't get cut off by their security.

FOOD AND WATER

The general rule for food when traveling to India is “wash it, cook it, peel it, or forget it.” The well-run hotels where we stay and the restaurants where we eat prepare foods in a sanitary manner, using distilled water to wash vegetables, and iodine to kill any bacteria. You should drink bottled water and avoid ice cubes and frozen drinks if you are unsure of the water used for making the ice. Bottled water is provided by hotels for use when brushing your teeth. We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where it is safe to do so.

DIGESTION AND GUT HEALTH

There are many tips people give for avoiding illness while in India, like taking supplements such as probiotics and grape seed extract. The best advice is usually the simplest: get enough sleep, cultivate strong digestion, use hand sanitizer, and avoid tap water. We have had no illnesses or upset stomachs from the food at the retreat, but we cannot control the quality of food you eat elsewhere. Make sure your digestion is strong. Not only does strong digestion and healthy gut flora help avoid food poisoning, it also supports general immunity and improves mood. Our host retreat will filter all water used to make your drinks and meals, so no worries in the dining room. Use bottled water for brushing your teeth (NOT THE TAP WATER) and rinsing your toothbrush. We suggest you bring hand sanitizer or “wet wipe” napkins in a sealed package to clean your hands, especially on field trips.

TRIP LEADERSHIP

Ekabhumi Ellik: Ekabhumi Charles Ellik is an award-winning poet, author, illustrator, yoga



instructor and arts educator with 20 years of international teaching experience. Through a ritualized and meditative creative method, he makes artworks for ceremonial and educational use. Traditional sacred art helps people deepen their spiritual practice, recognize the divinity of common experiences, and find meaning in the beauty of our world. His artworks may be found in yoga studios, private homes, and on altars around the world. He is currently part of the core faculty of Living Sanskrit and co-founder of Mystic Art Retreats.

Ekabhumi's spiritual name was given by his first guru during a formal initiation ceremony into a tantric yoga lineage in 2005. Since that time, he has studied with many spiritual teachers and traditional artists both in India and the States. His art teachers include eminent



western figurative painters like Domenic Cretara, as well as Newar artist Dinesh Charan Shrestha, Bikanir-style miniature painter Mahaveer Swami, Thangka painter Andy Weber, and yantra painter Mavis Gewant.

Ekabhumi's writing and artwork has been published widely, appearing in anthologies and journals like Tarka Magazine, The Poetry of Yoga, Berkeley Fiction Review, and Pearl, as well as books like Shiva's Trident by Swami Khecharanatha, Tantra Illuminated by Christopher Hareesh Wallis and Awakening Shakti by Sally Kempton. His instructional Shakti Coloring Book and the uplifting Bhakti Coloring Book are now available world-wide from Sounds True Press.

Though his first love is the arts, he has a wide range of interests that are reflected in his many past occupations: event producer, stock options broker, handyman, journalist, ski boot fitter, competitive surfer and champion sailor. He toured internationally as a performance poet, and the poets he coached won numerous regional and national titles. He facilitated writer's groups, hosted poetry readings, and organized spoken-word festivals for nearly 20 years, culminating in the acclaimed 2009 Individual World Poetry Slam.

Ekabhumi wearing paint-splattered overalls. He is outside in his garden and laughing. Ekabhumi is an inspiring, playful yet methodical teacher who helps students cultivate deeper intuitive states. For nearly two decades, he variously taught yoga, painting, public speaking, and creative writing to students ranging from kindergarten to post-graduate level. Much of his time is now spent creating educational material about interpreting, making, and utilizing sacred art of the dharma traditions. On weekends, he can be found in his garden practicing silence and learning directly from Nature.

PRODUCTION

Mystic Art Retreats™ are immersive events in spectacular locations that serve to expand consciousness through creative expression and skillful craft.

These retreats are typically based around the arts as an avenue for encouraging the expansion of awareness, personal growth, and deep connection to the cultures we visit. Beauty, pleasure, and spiritual wisdom are key components of every retreat with events meant to be inspiring and encouraging rather than challenging and disciplined.

The programming includes both fine art and performing arts. We believe that our retreats work best when we inspire in our participants a sense of wonder, awe, and delight in being exactly where they are in the present moment. Transformation and spiritual growth will happen naturally when we are in sacred places and making sacred art.

CONTACT

Mukul Purohit
Executive Producer & Co-founder
Mystic Art Retreats
Whatapp: +91 98101 15366
Instagram: mysticartretreats
E: mp@mysticart.org
W: www.mysticart.org