



SATYADHARA
YOGALIFE ASHRAM

"Experience the bliss of
Yoga and Mother Nature
to discover the
true bliss within"

YOGA AYURVEDA NATUROPATHY





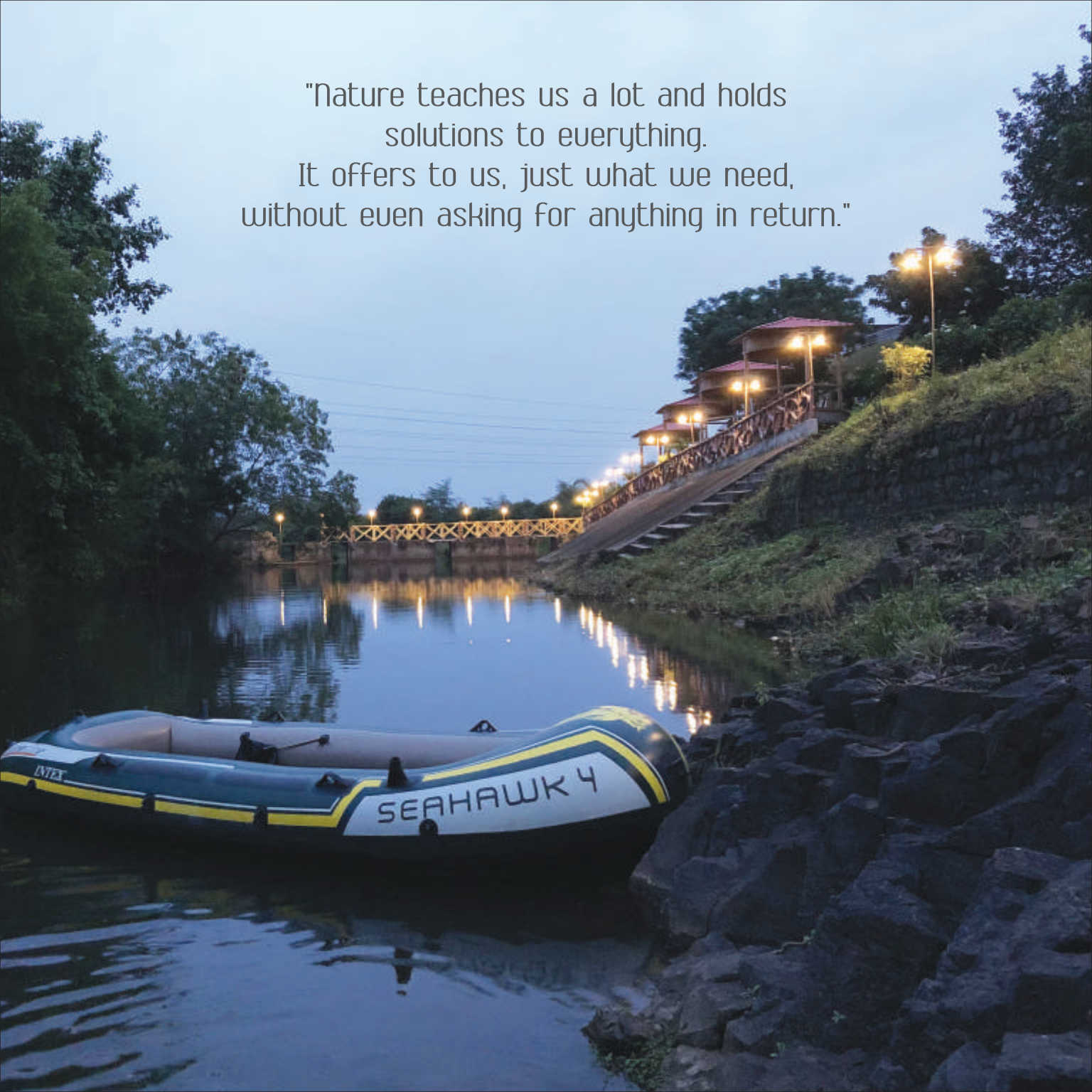
Welcome to Satyadhara Yogalife Ashram (SYA) - an immaculate abode amidst nature, surrounded by the natural beauty of hills and enthralling sound of river, ideal for self-development through Yoga, Ayurveda and Naturopathy.

Nature teaches us a lot and holds solutions to everything. It offers to us, just what we need, without even asking for anything in return. SYA is our initiative to move a step closer to the infinite sources nature offers to us. Walk with us on a journey to your true self using ancient treatment regimens of Ayurveda and mystical practices of Yoga for holistic health and wellness.

Satyadhara Yogalife is a brainchild of Dr. Radheyshyam Mishra, who has universal presence and has accumulated countless accolades in the field of Yoga since 27 years. Dr. Mishra's intention was to carve a place that provides fulfilment in physical, mental and spiritual aspects to every individual. He believes that his role in the creation of this place was zilch and it was only the forces of nature and grace of God that worked together to take the form of SYA.



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In Pursuit of Joy

Situated in scenic Choral Valley (part of the Vindhyachal Mountain range in Central India), SYA is committed to deliver world class natural holistic health care services besides facilitating an environment that caters the prerequisites of optimum research in Yoga and Ayurveda. At SYA, you will experience holistic healthy living through vegetarianism and a lifestyle which would bring out the best in you. Our meticulously designed Yoga Teacher's Training courses aim to continually honour the legacy of ancient Indian spiritual traditions.



Our Mission

Today, when the world is well- equipped with all modern amenities and expensive treatments, SYA takes a step back, towards understanding the root cause of diseases and their natural cure. SYA is dedicated to reflection; learning and action; to provide a blend of nature, culture and spirituality; and eventually, take the world towards compassion, happiness and harmony. At this yogic temple of happiness, you will be able to see the impact and profound changes in your personality brought by following small routine practices.



Activities at SYA

Meet yourself through Yoga and Nature at SYA. We have picked up the best Yoga Programs and Ayurveda treatments for you. Whether you have a day or a month, SYA always has something special for you.

Yoga Programs

Discover Yoga in the blissful Choral valley. Keeping your convenience and time in mind, our carefully crafted Yoga courses and Wellness packages offer the most and best of these ancient practices.

Daily Yoga and Meditation Sessions:

Ashram residents will find daily opportunity to start and conclude their day with meditation and yoga practice in divine and serene ambience.

Certificate Courses:

The journey of a Yoga Teacher is a majestic one. First, it exposes you to those aspects of your inner self, you never knew existed before. This will be followed by learning, experiencing and the chance of imparting the Science of Classical Yoga to the world. Irrespective of whether you wish to start your own Yoga Studio or travel the world, Classical Yoga courses at SYA prepare you for all prospects of being a Yoga teacher.

All our courses are affiliated to Yoga Alliance, USA, giving you world class knowledge through experts in the field.

- 200 Hours Registered Yoga Teacher's Training Program:
Duration- 19 days
- 500 Hours Registered Yoga Teacher's Training Program:
Duration- 31 days
- 900 Hours Registered Yoga Teacher's Training Program:
Duration- 3 months



Wellness Retreat

Indulge into nature with Yoga and Meditation being your companion at Satyadhara Yogalife Ashram. Take home a new you, who is more aware, compassionate, loving and better prepared to face the challenges of the world.

- Samatva - Weekend Wellness Retreat (2 nights, 3 days)
- Vishuddhi - Holistic One Week Retreat
- Swadhyaya - Choose from your choice of room and experience SYA for as many days as you want

Kerala Ayurveda

To make your experience even better, choose from the unique concoction of Kerala Ayurveda therapies including:

- Hiranmayi - Invigorate your core with the special SYA head and spine massage
- Saukhya - Empower your midline with a head, spine and foot massage
- Swasthi - SYA's answer to daily stress- Abhyanga and Steam bath
- Kaivalya - Cool your body with the traditional Abhyangam and Ksheeradhara
- Rasayani - The penultimate experience at SYA with a synchronous abhyangam, sirodhara, foot massage and a small gift from us
- Punarjani - The ultimate bliss at SYA, complete with synchronous abhyangam, njavarakkizhi, ksheeradhara and a humble gift from us
- Panchakarma- The time tested five- fold ayurvedic treatment to get rid of all doshas and toxins, purifying the mind, body and soul

Naturopathy

SYA also has Naturopathy equipment for spinal bath, sauna bath, spinal spray, mud bath, enema and others for complete rejuvenation. Our Wellness offerings are a pathway to effortless sat-chit-ananda (truth-consciousness-bliss). These practices have stood the test of time and have been scientifically proven to prevent and cure major ailments, besides creating room for happiness and joy in our lives of flurry.

Accommodation

From budget rooms to lavish cottages and cabanas in the middle of green surroundings, our exclusive range of rooms offer picturesque views of the Choral Valley, apart from being equipped with all necessary amenities.

Organic Kitchen & Farm

Our organic kitchen offers sattvik, vegan, vegetarian, gluten free meals which provide optimum nutrition and the best of taste, enabling you to experience the utmost benefits of ashram life. All contents used in kitchen are organic, non GMO and mostly grown in and around ashram premises.

Facilities

Beside the use of needed artificial amenities, we have not compromised with our original theme of Nature First. Whichever corner of SYA you choose to be at, you will find the nature flourishing. Our residents have access to all of the following amenities:

- Yogashala
- Therapy Rooms
- Meditation Hall
- Sattvik Dining
- Open Kitchen
- Seminar Halls
- Auditorium
- Natural Amphitheatre
- Library
- Boating
- Research Lab
- Shop – Yoga, Ayurveda, Local Handicrafts, Books
- Children's Corner



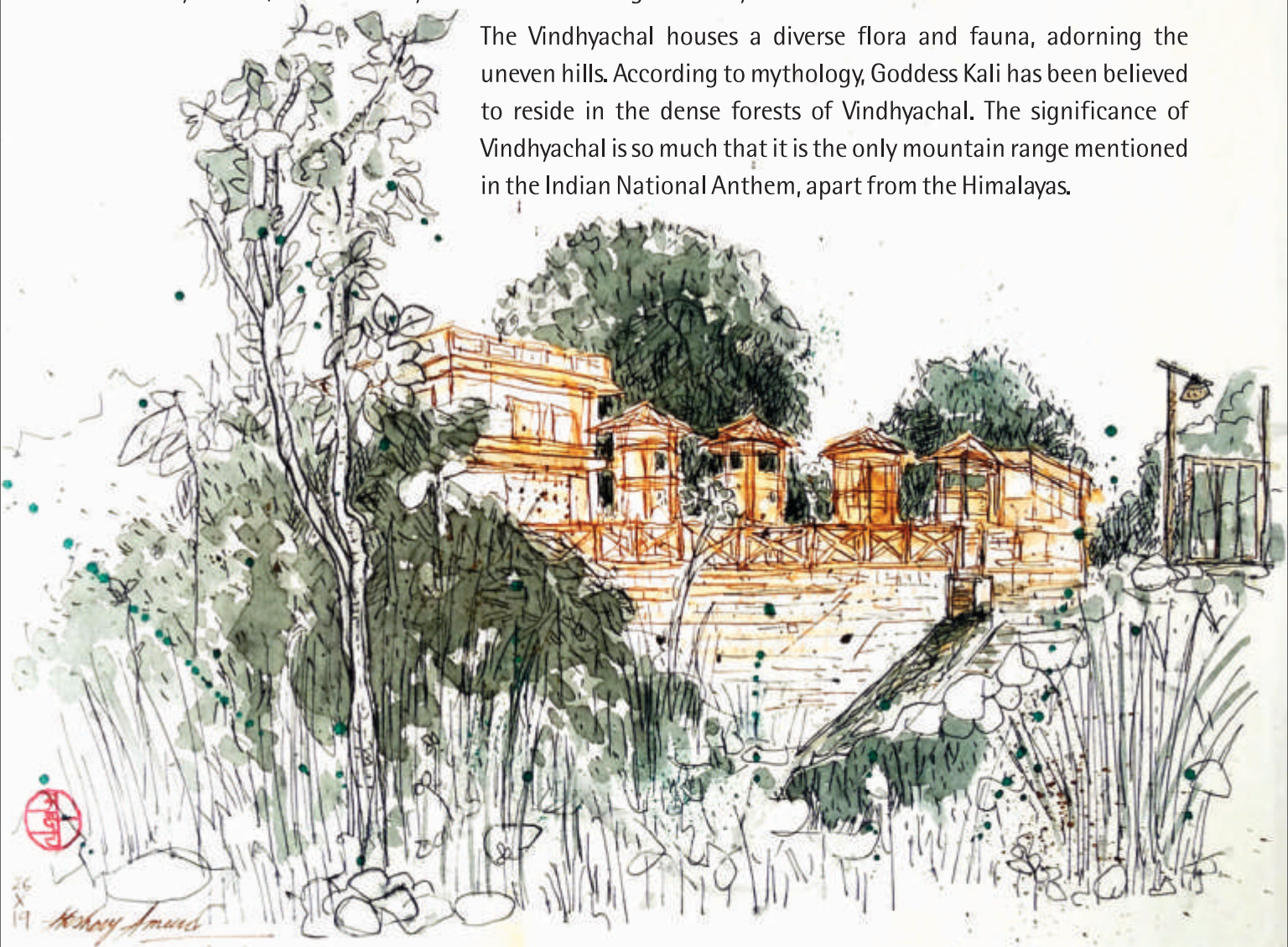
Fascinating Glimpses of SYA



Choral- the undiscovered Vindhyachal

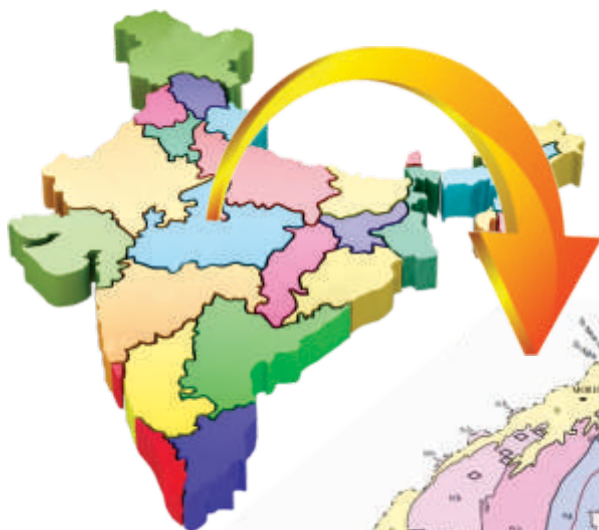
Choral- a naturally equipped hamlet lies amidst the mountain tops and plateau of Vindhyachal Mountain Range. Through the variable natural compartments emerges the Choral River, with raging white waters in the rainy season, and serene crystal clear flow throughout the year.

The Vindhyachal houses a diverse flora and fauna, adorning the uneven hills. According to mythology, Goddess Kali has been believed to reside in the dense forests of Vindhyachal. The significance of Vindhyachal is so much that it is the only mountain range mentioned in the Indian National Anthem, apart from the Himalayas.

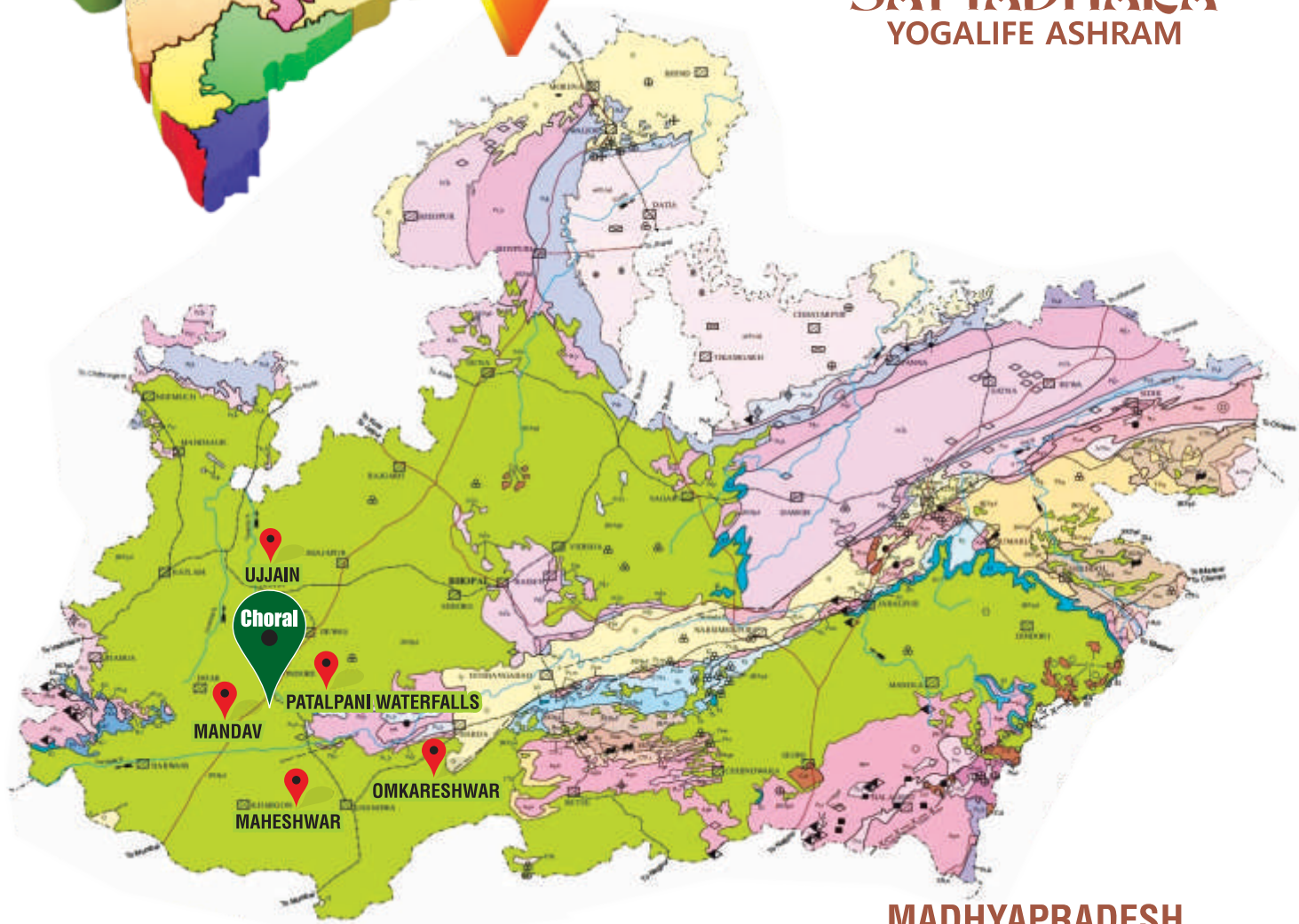


Redefine Yoga with us



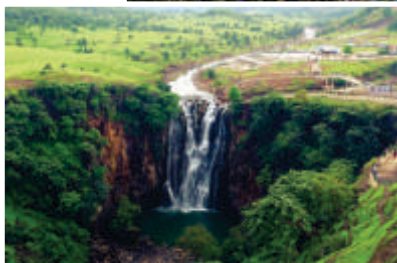


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MADHYAPRADESH

Popular places to visit nearby:



There are many places to be discovered around Choral and we encourage and facilitate our residents to do so.

- **OMKARESHWAR:** One of the 12 Jyotirlinga shrines of Lord Shiva.

🚗 Distance- 43.1 km ⌚ 1 hour 11 min

- **MAHESHWAR:** Centre of handloom weaving, home to India's finest handloom fabrics. It is believed that Ahilya Bai herself designed the first saree.

🚗 Distance- 76 kms ⌚ 1 hour 31 minutes

- **MANDAV:** Ancient fort city, known for Afghan architectural heritage. Many known monuments are a part of this city.

🚗 Distance- 95.7 km ⌚ 2 hours 20 minutes

- **UJJAIN:** Situated on the Eastern banks of Kshipra river, Ujjain is one of the most renowned cities of Madhya Pradesh. Especially known for Mahakaleshwar jyotirlinga, Ujjain is a famous International tourist attraction since decades.

🚗 Distance- 96.0 kms ⌚ 2 hours 7 minutes

- **PATALPANI WATERFALLS:** Patalpani is a 300 feet high waterfall located near Mhow. It is a famous trekking spot, with many tourists commonly occupying the spot for day long picnics.

🚗 Distance- 29.2 km ⌚ 55 minutes

Reaching SYA:

SYA is located at an approachable distance from major and well-knit network of railway stations, bus stations and airports. It can be accessed at all times. Cab facility for pick up and drop services for the convenience of our guests is also provided by us on request.

BY AIR

Indore Airport is located at a distance of 42.1 km (1 hour 17 minutes). Cabs are easily available outside the airport.

BY RAIL

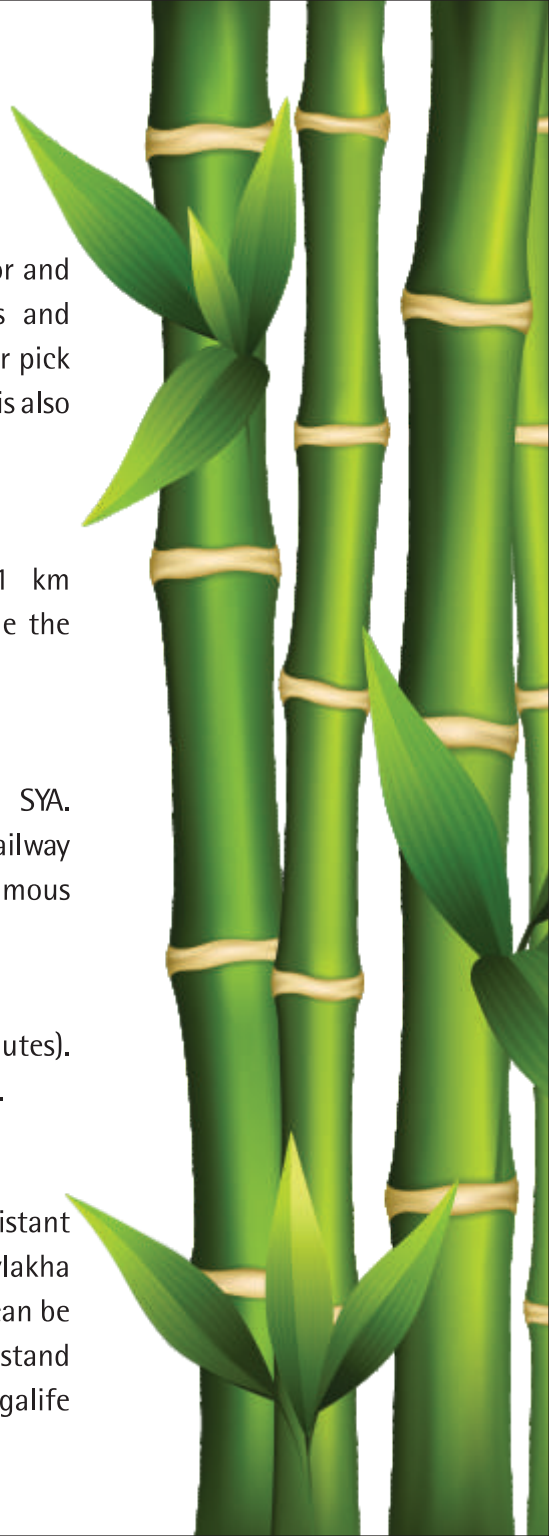
Choral Railway Station is a kilometre away from SYA. It is a meter gauge line, connected with Mhow railway station. Choral metre gauge line is also a part of the famous Mhow-Kalakund heritage line.

Indore Railway Station - 35.4 kms.

Khandwa Railway Station - 93 kms (2 hours 30 minutes).
The station can be easily reached through cabs or buses.

BY ROAD

Navlakha bus stand: Buses to all adjacent and most distant areas of Choral and Indore can be boarded from Navlakha bus stand. Located 34.6 kms from SYA. This bus stand can be reached within 1 hour 10 minutes. Buses from this stand directly drop passengers in front of Satyadhara Yogalife Ashram.



Dr. Radheshyam Mishra

A man with profound inclination to serve mankind and humanity, began his voyage of Traditional Indian Classical Yoga across the world in 1993. He is a direct disciple of Revered Dr. Jayadeva Yogendra & Dr Hansa J. Yogendra in the lineage of Shri Paramhans Madhavdasa Ji.

Dr. Mishra, Founder Director of YogaLife Global (formerly known as Ujjain Yoga Life Society), is admired for his notable contribution in teaching Yoga to half a million people in 54 countries.

With a greater vision to uplift the society and to nurture its great potential in the field of Yoga, he has conducted several Yoga Teacher's Training Courses (certified by Yoga Alliance, USA) in Five countries and has established over 240 'Yoga Schools' around the world.

Dr. Mishra has authored six books and audio/video DVDs to educate the masses. He has received many awards and recognition from Government of India and many prestigious organisation across the globe for his expediting accomplishments. Y.S. University, Florida, USA honoured him with 'Ph.D. Honoris Causa' for his work on Vedic Yoga. He has also been a member of 'Yoga Expert Committee' nominated by Ministry of Human Resource & Development, Government of India for making policies and syllabus of Yoga for Higher Education in India.

In the year 2018, he along with his associates founded 'Satyadhara YogaLife Ashram' in Terra de Areia RS in Brazil and now in year 2020, similar Ashram is established by him in Choral Valley, India.



www.yogalife.co.in



SATYADHARA
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Khandwa Road, Choral Valley (Next to Choral Picnic Point)
District - Indore (M.P.) India



Search - YogaLife Ashram in Google Map for direction



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