



Throat Chakra Training Retreat in the Himalayas

Immerse in the Ocean of Sound with
Naad Yogi Gurnimit Singh

Training Group 1 - Feb 21st - 27th 2026
Training Group 2 - Mar 25th - 31st 2026

Throat Chakra Training/Retreat In the Himalayas

**Group 1 February 21st – February 27th 2026
Group 2 March 25th – March 31st, 2026
at Araam Retreat Centre, Dharamshala, India**

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Welcome to a Sacred Journey of the Throat Chakra

Join Naad Yogi Gurnimit Singh in the serene Himalayan town of Dharamshala for an immersive 8-day retreat that blends ancient wisdom with modern practices to transform your relationship with your voice, creativity, and spiritual growth. This retreat is a once-in-a-lifetime opportunity to connect with your authentic self, deepen your understanding of the throat chakra, and experience profound healing and growth in a nurturing and distraction-free environment.

Choose Your Retreat Group

We are offering two group dates for the upcoming Throat Chakra Retreat & Training. Both groups will receive the same teachings, practices, and intention. Please choose the group that best fits your schedule:

- Group 1: February 21st – February 27th, 2026
- Group 2: March 25th – March 31st, 2026

Location: Araam Retreat Centre, Dharamshala, India

What You Will Experience

This retreat offers a comprehensive exploration of the throat chakra through ancient Vedic practices, meditative techniques, and artistic expression. Whether you are a beginner or an advanced student, this training has been designed to guide you on a transformative journey.

Offerings:

- **Throat Chakra Activation & Meditations:** Unlock the energy flow in your throat chakra through guided meditations designed to release blockages and promote self-expression.
- **Throat Chakra Kriyas:** Engage in dynamic kriyas specifically curated to awaken the throat chakra and harmonize your energy centers.
- **Philosophy of the Throat Chakra:** Explore the deep spiritual and historical significance of the throat chakra in ancient Indian traditions.
- **Vocal Techniques:** Learn practices to refine your voice and enhance your vocal range and clarity.
- **Daily Throat Chakra Sadhana:** Build a consistent daily practice that connects you to your authentic voice and inner truth.

- **Harmonium Lessons:** Master the basics of playing the harmonium, an essential tool for kirtan and mantra chanting.
- **Morning Kriya Yoga & Pranayama:** Begin your day with invigorating yogic kriyas and breathwork to energize your body and mind.
- **Daily Community Kirtan:** Connect with fellow participants through soulful chanting and devotional music.
- **Writing Your Mantra & Melody:** Craft your personal mantra and melody as a unique expression of your spiritual journey.
- **Throat Chakra as a Meditative Science:** Understand how the throat chakra functions as a meditative tool for spiritual growth.
- **Reading Indian Classical Music & Theory:** Gain insights into the sacred foundations of Indian classical music.
- **Mantra Pronunciation Lessons:** Perfect your pronunciation to maximize the vibrational benefits of chanting.
- **Daily Complimentary Foot Massage:** Rejuvenate with a 30-minute foot massage each day to promote relaxation and grounding.
- **Learning Two Ragas:** Immerse yourself in the beauty of two sacred Vedic musical scales that align with the throat chakra.
- **Excursion to McLeodganj & Dalai Lama Temple:** Enjoy a day of exploration in McLeodganj, including a visit to the Dalai Lama Temple.
- **Vocal Transformation:** Witness exponential growth in your vocal abilities through daily practice and expert guidance.

Why You Should Join This Retreat

- A sacred, distraction-free space to learn, practice, and grow.
- Expert guidance from a lineage-based teacher, Naad Yogi Gurnimit Singh.
- The perfect blend of rest, rejuvenation, and structured learning.
- Personalized attention to help you achieve your vocal and spiritual goals.
- A community of like-minded individuals sharing a journey of transformation.

Retreat Details

Accommodation & Pricing:

Double Occupancy: \$2,000 USD per person

Single Occupancy: \$3,000 USD per person

Schedule:

- 5:00 AM – 7:00 AM: Morning Sadhana (Kriya Yoga, Pranayama, Meditation)
 - 8:00 AM – 9:00 AM: Breakfast
 - 9:30 AM – 11:30 AM: Throat Chakra Lessons (Philosophy, History, Techniques)
 - 12:30 PM – 1:30 PM: Lunch
 - 1:30 PM – 4:00 PM: Rest and Relaxation
 - 4:00 PM – 5:00 PM: Harmonium Lessons
 - 6:00 PM – 7:30 PM: Group Kirtan and Evening Prayer
 - 7:30 PM – 8:30 PM: Dinner
- Schedule is Subject to Change

Additional Notes:

- Harmoniums will be provided for practice.
- Participants can purchase a personal harmonium for \$200 USD (on request).

What to Expect from Your Teacher

Naad Yogi Gurnimit Singh is a third-generation kirtan singer, teacher, and healer from Chandigarh, India, currently based in Vancouver, Canada. With decades of experience in guiding practitioners towards vocal and spiritual transformation, he offers a unique lineage-based approach to throat chakra practices. His sessions are deeply rooted in tradition, with a focus on sound healing, mantra meditation, and the sacred science of Naad Yoga.

What to Bring

- Musical instrument (Harmonium will be provided to at the retreat)
- Notebook and pen for journaling and learning
- Comfortable clothing suitable for yoga and meditation
- Water bottle

About Araam Retreat Centre

Your Sanctuary in the Himalayas

Nestled amidst the serene and majestic Himalayan foothills in Dharamshala, Araam Retreat Centre offers a tranquil environment designed for spiritual growth, healing, and rejuvenation. With panoramic views of snow-capped mountains, lush green valleys, and the soothing sounds of nature, the centre is a perfect haven for individuals seeking a deeper connection with themselves and their spiritual journey.

The Araam Experience

1. Four Floors of Serenity

Araam Retreat Centre is a thoughtfully designed four-floor building located in a peaceful rural village in the mountains:

- **First Floor:** Dedicated to staff accommodation, ensuring attentive support for all participants.
- **Second Floor:** Features participant accommodations and a spacious yoga shala for group and personal practice.
- **Third Floor:** Provides additional participant accommodations and a fully equipped kitchen serving nutritious meals.
- **Fourth Floor:** A stunning rooftop with a magical panoramic view of the Himalayas, perfect for meditation, reflection, and community gatherings.

2. A Pet-Friendly Haven

Araam is a pet-friendly retreat centre, welcoming furry companions to join in the peaceful atmosphere.

3. Rural Charm in the Mountains

Situated in a small, quiet village, the retreat centre offers an authentic rural Himalayan experience. The serene surroundings and fresh mountain air create the perfect setting for deep inner work and relaxation.

Why Choose Araam Retreat Centre?

- **Tranquil Environment:** Away from city distractions, Araam offers a space to rest, reflect, and rejuvenate.
- **Cultural Richness:** Located near McLeodganj and the Dalai Lama Temple, the retreat centre is steeped in spiritual and cultural significance.
- **Holistic Facilities:** Each space, from the yoga shala to the rooftop, is designed to support spiritual practices and community connection.

Features of Araam Retreat Centre

- **Yoga & Meditation Hall:** A serene and fully equipped yoga shala for group and personal practice.
- **Comfortable Accommodations:** Cozy rooms with both single and double occupancy options.
- **Rooftop Magic:** Uninterrupted views of the Himalayas from the rooftop, ideal for morning meditations and evening gatherings.
- **Healthy Vegetarian Meals:** Locally sourced ingredients prepared to nourish the body and soul.

- Relaxation Services: Complimentary daily foot massages to enhance your retreat experience.
- Eco-Friendly Practices: Committed to sustainability and harmony with the local environment.

A Space for Transformation

Araam Retreat Centre is more than just a venue—it is a sanctuary for self-discovery, healing, and spiritual growth. Its thoughtful design, welcoming atmosphere, and stunning natural surroundings make it the perfect place for your transformative journey.

Come to Araam Retreat Centre to reconnect with your true self in the heart of the Himalayas.

WEBLINK: <https://www.restwitharaam.com/>

Travel Guidelines to Araam Retreat Centre from Vancouver, Canada

Suggested Airlines

For a smooth journey, we recommend flying with Air India or Turkish Airlines. Both airlines offer reliable service from Vancouver to Delhi with various layover options.

E-Visa Application

India offers an online e-visa option, which is usually issued within 72 hours. Here's what you'll need:

- **Documents:** Passport, a digital passport-sized photo, and your airline ticket.
- **Purpose:** Choose "Tourist Purpose" on the application. Do not select the "Yoga Training" option.
- **Contact:** Jaipreet Kaur, Araam Retreat Centre, Contact +91 98824 95782.
- **Address:** Village Kut, PO Chamiara, Bitlu, Dharamshala, Himachal Pradesh 176217, India.

After submitting your application, the e-visa will be sent to you electronically. Be sure to print a copy or have a digital version accessible.

Arrival in Delhi

Arrival City: Delhi (DEL) – Indira Gandhi International Airport

It is recommended to stay in Delhi for 1-2 nights to rest, adjust, and acclimate to the time zone and environment before continuing your journey to Dharamshala.

- **Accommodation Suggestions:** Consider hotels in Connaught Place or near the airport for convenience. Both areas offer quality hotels with amenities to help you recharge.
- **Airport WiFi:** Free WiFi is available at a designated WiFi booth in the Delhi airport. You'll need your passport to obtain a code.

For a safe and hassle-free transfer to your hotel in Delhi, pre-book a taxi through your hotel.

Traveling to Dharamshala

The best way to reach Dharamshala from Delhi is by a domestic flight.

1. Flight from Delhi to Dharamshala: Book a direct flight to Kangra Airport (DHM) in Dharamshala.
2. Taxi Transfer to Araam Retreat Centre: A taxi will be arranged for you from the Dharamshala airport to Araam Retreat Centre. The center is located in a scenic, secluded area surrounded by nature.

Additional Tips

- **Water Safety:** Drink only bottled water. Avoid tap or filtered water to prevent any potential illness.

- **Staying Connected:** Use airport WiFi in Delhi to stay connected as needed.

By following these guidelines, you'll be well-prepared for a smooth journey to the Araam Retreat Centre, ready to immerse yourself fully in the retreat experience. Safe travels!

Agreement and Waiver for Throat Chakra Retreat & Training in the Himalayas

March 1st – March 8th, 2025 | Araam Retreat Centre, Dharamshala, India

Participant Agreement

This Agreement is entered into by and between Naad Yogi Gurnimit Singh (hereinafter referred to as “Facilitator”) and the undersigned individual (hereinafter referred to as “Participant”) for participation in the Throat Chakra Retreat & Training in Dharamshala, India. By signing this Agreement, the Participant acknowledges and agrees to the following:

1. Retreat Purpose

The retreat is designed to provide participants with training in throat chakra activation, vocal techniques, meditation, and related spiritual practices in a supportive and immersive environment.

2. Health and Wellness

- The Participant certifies that they are physically and mentally fit to participate in the retreat activities, including yoga, pranayama, meditation, and excursions.
- The Participant assumes full responsibility for consulting a medical professional prior to attending the retreat, especially if they have pre-existing conditions.
- The Facilitator is not liable for any health issues arising during or after the retreat.

3. Assumption of Risk

The Participant acknowledges and accepts that:

- Activities such as yoga, meditation, and excursions may involve inherent risks.
- The Participant voluntarily assumes full responsibility for any risks or injuries incurred during the retreat.

4. Code of Conduct

The Participant agrees to:

- Act respectfully towards the Facilitator, staff, and fellow participants.
- Abstain from disruptive behavior that could affect the group experience.
- Follow the retreat schedule and instructions for a harmonious group environment.

5. Payment & Cancellation

- Full payment must be made to secure the Participant’s spot in the retreat.
- Cancellation requests received by February 1st, 2025, \$500 USD is non refundable, remaining amount will be refund within 30 day period. No Refund after February 1st 2025.
- The Facilitator reserves the right to cancel the retreat for unforeseen reasons. In such cases, participants will receive a full refund, excluding travel expenses.

6. Media Release

By participating in the retreat, the Participant grants permission for photos and videos taken during the retreat to be used for promotional purposes by the Facilitator. If the Participant wishes to opt out, they must notify the Facilitator in writing before the retreat begins.

7. Liability Waiver

The Participant releases and holds harmless Naad Yogi Gurnimit Singh, Araam Retreat Centre, and all affiliated entities from any claims, demands, or causes of action related to participation in the retreat.

This includes but is not limited to:

- Injuries, illnesses, or accidents.
- Loss or damage to personal belongings.
- Travel delays or cancellations.

8. Governing Law

This Agreement shall be governed by the laws of India, and any disputes arising from this Agreement will be resolved in the jurisdiction of Dharamshala, Himachal Pradesh.

Acknowledgment and Acceptance

I, the undersigned, acknowledge that I have read, understood, and agree to the terms of this Agreement and Waiver. I confirm that my participation in the retreat is voluntary, and I assume full responsibility for my actions.

Which Group would you like to attend: _____

Participant Name: _____

Participant Signature: _____

Date: _____

Facilitator Signature: _____

Date: _____

Code of Conduct

To ensure a harmonious and transformative experience for everyone, we kindly ask participants to adhere to the following guidelines during the retreat:

1. Respect for the Group and Space

- Be mindful of others' personal space, energy, and boundaries.
- Maintain a quiet and respectful environment, especially in shared areas.
- Use mobile phones minimally to stay present and honor the retreat's purpose.

2. Punctuality and Participation

- Arrive on time for all scheduled sessions and activities.
- Participate fully in the practices and teachings, as your presence impacts the group's energy.
- If you choose to skip a session, please inform the instructor beforehand.

3. Personal Responsibility and Well-being

- Honor your body and its limits. Modify practices as needed to avoid injury.
- Notify the instructor of any health issues or concerns prior to the retreat and during sessions if needed.
- Hydrate, rest, and nourish yourself with the provided meals to support your journey.

4. Confidentiality and Safe Sharing

- Hold all personal sharing and experiences of others in confidence.
- Avoid giving unsolicited advice to fellow participants; allow each person to process in their own way.

5. Respect for the Retreat Center and Nature

- Treat the retreat center and its surroundings with care.
- Dispose of waste responsibly and avoid disturbing the natural environment.
- Stay within designated areas of the retreat center to honor its boundaries.

6. Alcohol, Drugs, and Substances

- This retreat is an alcohol- and drug-free space. Please refrain from using any intoxicants during your stay to maintain clarity and respect for the practices.

7. Positive Attitude and Open Mind

- Approach all practices, teachings, and group activities with a positive, open-minded, and respectful attitude.
- Be open to learning and growing, even if certain practices or concepts are new to you.

8. Feedback and Communication

- If you have concerns, please communicate them respectfully with the retreat organizers or instructors.
- Constructive feedback is welcome, but please remember that everyone is here to support and uplift each other.

Thank you for adhering to this code of conduct, which allows us all to enjoy a supportive, safe, and sacred environment. We look forward to journeying with you.

Registration & Payment

To secure your spot, a non refundable deposit of \$500 USD needs to be submitted to secure your spot.

Please e-transfer the retreat fee to Gurnimit.singh@icloud.com.

Or PayPal (Plus PayPal fee) & Wise Transfer at Gurnimit.singh@yahoo.com

Refund Policy – Throat Chakra Training/Retreat (India)

- A **non-refundable deposit of \$500 USD** is required to secure your spot in the training/retreat.
- Refunds **excluding the \$500 USD deposit** will be issued upon request **until December 15th, 2025**.
 - **No refunds** will be issued **after December 15th, 2025**, for any reason.
 - **All payments must be completed by January 15th, 2026.**

Thank you for your understanding and commitment. Your participation supports the depth and integrity of this sacred offering.

Throat Chakra Training/Retreat – Registration Form

Location: Araam Retreat Centre, Dharamshala, India

Facilitator: Naad Yogi Gurnimit Singh

Please complete and return this form along with your payment to secure your spot.

Participant Information

Full Name: _____

Preferred Name (if any): _____

Date of Birth: _____ **Gender:** _____

Phone Number (with country code): _____

Email Address: _____

Home Address: _____

Retreat Selection

Please select one group:

☐ Group 1: February 21st – February 27th, 2026

☐ Group 2: March 25th – March 31st, 2026

Accommodation Preference

☐ Double Occupancy (\$2,000 USD per person)

☐ Single Occupancy (\$3,000 USD per person)

Would you like to be paired with someone specific?

If yes, please provide their name: _____

Musical Background (Optional)

Have you used a harmonium before? ☐ Yes ☐ No

Would you like to purchase a personal harmonium? ☐ Yes (\$200 USD) ☐ No

Travel Details (if available)

Arrival Date in Dharamshala: _____

Departure Date: _____

Passport Number: _____
Country of Issue: _____
Expiry Date: _____

Diet & Health Information

Do you have any dietary restrictions or food allergies?

Do you have sensitivities to any of the following?

☐ Loud sounds ☐ Strong smells ☐ Crowded spaces ☐ Schedule changes ☐
Climate/environmental changes

Please describe any other sensitivities, needs, or relevant information:

Health & Emergency Contact

Please list any medical conditions or allergies we should know about:

Emergency Contact Name: _____
Relationship: _____
Phone Number: _____

Payment Method

☐ E-transfer to Gurnimit.singh@icloud.com
☐ PayPal
☐ Wise Transfer

(Instructions will be provided upon request.)

Disclaimer & Agreement

This is a spiritually focused training, not a clinical or therapeutic retreat. We are trauma-informed, but this space is not equipped to provide trauma therapy, nor is it a treatment space for individuals on the autism spectrum or with complex mental health needs. We do not offer professional therapeutic support.

Please note:

India can be an intense and unpredictable environment—rich in experience, yet potentially challenging

due to differences in culture, schedule flexibility, infrastructure, crowds, smells, and sounds. We do our best to provide a supportive space, but ask participants to come with openness and flexibility.

We honor each person, but this is not a suitable retreat for highly sensitive individuals requiring structured or clinical support. By signing below, you acknowledge this understanding and accept personal responsibility for your physical, emotional, and spiritual well-being.

Signature: _____

Date: _____