

Introduction to Jyotish

July 10-12, 2026



Schedule

Friday July 10th

6:00 PM: Check-in and dinner

8:00-9:00 PM: Introduction to Jyotish (Vedic Astrology)

Saturday, July 11th

7:30-9:00 AM: Yoga with Amrit

9:00-11:00 AM: Breakfast and free time (consultations or massage)

11:00 AM-1:00 PM: Introduction to Grahas (planets) and Rashis (signs): Sun, Moon, Mercury, Venus and Mars. Mythology, signification, practice of planetary Mantras and Yantras

1:00-2:00 PM: Lunch

2:00-4:00 PM: Free time, consultations, massage

4:00-6:00 PM: Introduction to Grahas (planets) and Rashis (signs): Jupiter, Saturn, Rahu and Ketu. Signification, practice of planetary Mantras and Yantras

6:00-7:30 PM: Dinner

8:00-9:00 PM: Kirtan

Sunday, August 2nd

7:30-9:00 AM: Yoga with Amrit

9:00-11:00 AM: Breakfast and free time

11:00AM-1:00 PM: Introduction to the 27 nakshatras (lunar signs)

1:00-2:00 PM: Lunch

2:00-4:00 PM: Basic techniques of astrological interpretation

16h: End

Maheshwari has been practicing Kriya Yoga and Vedic astrology for more than 30 years. She has a certification from the American College of Vedic Astrology and also studied at the Saptarishi School. Among her teachers feature Dr David Frawley, Arjun Pai, Achala and James Kelleher. She will share her wisdom and experience through this interactive workshop. Astrological readings will be offered at a special price of 108\$ and a part will be donated to the ashram. Participants who wish to have a reading may send their birth details (day, time and place) to maheshwari@babajiskriyayoga.net.

Amrit has been practicing Kriya Yoga for many years. He has trained as a Kriya Hatha Yoga and Somayog teacher. He is also a massage therapist and has been trained in Swedish massage, Shiatsu and Focusing massage. He will be offering massages during the retreat.

Fees: 325\$CAD + tx (does not include astrology readings and massage)

Information and Registration: maheshwari@babajiskriyayoga.net