

# OM LIFE

Experience Spiritual Wellbeing

## Yoga Beyond the Mat

An Introduction to the  
Bhagavad Gita for Everyday Life

22<sup>nd</sup> - 24<sup>th</sup> June 2026  
Waterperry House,  
Oxford

With Jagannātha Dās & Tina



# Understanding the Essence of Yoga

A three-day retreat exploring the **Bhagavad Gita** as part of the yoga tradition with **Tina from OmLife and Jagannātha Dās**. This experience is designed for those who are already **drawn to yoga** and want to understand it more fully, **beyond the physical practice**. Through a series of guided sessions, the retreat introduces the Gita in a clear and accessible way, focusing on how its ideas relate to **everyday life, decision-making, and inner direction**. The retreat also includes **daily yoga and mantra meditation**, offering space to engage with the teachings in a **practical and grounded way**.



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# Who This Retreat Is For

This retreat is suited to those who already practise or are interested in yoga and are curious to understand its wider context within the tradition.

Sessions are conversational and structured, creating space to engage with the ideas, ask questions, and reflect, rather than simply listen.



These practices aren't just for the retreat - they're tools you can carry with you into daily life. By the end of the retreat, participants leave with a clearer understanding of the Gita's key themes and a practical sense of how these can be brought into daily life.

## ***“EVERYTHING I NEEDED”***

*I am deeply grateful for the incredible experience at the retreat.*

*Every aspect - from the serene surroundings to the carefully curated activities. OmLife fostered a truly nurturing space for growth, relaxation, and meaningful connections. It was everything I needed and more.”*



## WHAT'S INCLUDED?

### Over the course of the weekend, you'll experience:

- Daily yoga to support steady practice throughout the retreat
- Mantra meditation and kirtan as a shared, meditative part of each day
- Guided sessions introducing the Bhagavad Gita and its key ideas
- Time for reflection, discussion, and questions
- Opportunities to consider how the teachings relate to your own life
- A small group setting that allows for conversation and shared experience

- **Two night stay** at our stunning venue
- **Nourishing meals & refreshments**
- **Daily workshops and classes**
- **Access to our beautiful forest area and grounds**
- **Complimentary OmLife goody bags & gifts**

# ACCOMMODATION

Accommodation is available on-site in a selection of ensuite rooms, with options for single, twin, or triple occupancy. Retreat participants also have shared access to the wider grounds and communal spaces.

The retreat is held within the gardens at Waterperry Gardens, offering space to walk, reflect, and spend time outdoors. The grounds include a river, bridges, a pond, and seasonal planting, as well as a Mahabharata-inspired Truth trail that runs through the estate.



For those who would prefer to stay off-site, a retreat-only option is also available, allowing you to arrange your own accommodation locally and join for the daily sessions.





## A Glimpse of the OmLife Experience

Alongside an action packed schedule, we ensure there's time to reflect, soak it all in, and rest. You'll also have access to the grounds for moments of relaxation and reflection.

OmLife Retreats, designed to support reflection, practice, and a clearer way of engaging with daily life.

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## TO KNOW MORE

- Visit [www.omlife.co.uk](http://www.omlife.co.uk)
- Fill out our enquiry form
- Or contact Tina:  
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**SECURE YOUR  
SPOT TODAY!**

