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Bhakti Immersion Retreat

As August was winding down, I was fortunate to be able to participate in a retreat led by two of The Bhakti Center's regular speakers – His Holiness Dhanurdhara Swami and beloved New York yoga teacher Raghunath Cappo. I and about forty others fled the heat of New York City to spend a blissful three and a half days at the Pumpkin Hollow Retreat Center near Hudson, NY for the Bhakti Immersion Retreat. As the name implies, it was, indeed, a Bhakti immersion. Starting at 6 am with group mantra meditation, we spent our days in classes on sacred texts and principles of Bhakti, in twice-daily yoga classes, in partner bodywork sessions, in the beautiful woods of the retreat center, in ecstatic kirtan and dancing, and, of course, swimming. It was amazing to see how, even on our first full day, so many of the retreat participants had come into this co-created open-hearted space, finding deep satisfaction in serving each other, singing and dancing with each other, and simply being together. Please check out the video aboove, made by retreat participant and filmmaker Hilary Tapper, to get a glimpse into the Bhakti Immersion Retreat.

by Allegra Wiprud

***Allegra Wiprud** is a third-year student at Princeton University studying development in South and Central Asia, American foreign policy, and classical voice. She is heavily involved in faith-based organizing and interfaith on and off campus. Born and raised in Brooklyn, NY, Allegra began exploring the path of yoga in 2007 as a high school student and has been a regular participant in Bhakti Center programs since 2010.*

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