

An Overview

Started in 1993 by Swami Ram Chandra Das, Sri Aurobindo Yoga Mandir is an Ashram, a spiritual community based on the ideals of Sri Aurobindo and The Mother. Spread over 3 branches it is home to more than 300+ children and spiritual seekers, the Ashram is a center for holistic living and provides them with education and skills steeped in the values of spirituality, humanity, and service.

Activities

- Yoga/Meditation center
- School
- Cultural Center dedicated to reviving traditional arts
- Bakery ● Organic cow dairy
- Ayurvedic and Naturopathic Healing center
- Guest house
- Travel and Tours
- Weaving pashmina ● Tailoring ● Cosmetic
- Herbal Soap and Shampoo
- Organic farm ● Herbal incense



To Learn **MORE** www.aurnepal.org
Reach out to us sriaurobindo@gmail.com

● Kathmandu

Sri Aurobindo Yoga Mandir

Thankot, Chandragiri-6, Kathmandu, Nepal
P.O box : 1993

Tel: 01-4312157, +9779851103156, 9851101539

● Nawalpur

Sri Aurobindo Nagari

Madhyabindu-2, Nawalpur

Tel: +977- 9841659849, 9869002710

● Gulmi

Sri Aurobindo Tapobohumi

Madane-3, Gulmi

Tel: +9779851189674, 9851189673

"All Life is Yoga"



BEFORE YOU GO

CHECK OUT OUR TRAVEL COMPANY



- Trekking
- Tour
- Hiking
- Jungle Safari
- Mountain flight
- Village tour
- Adventurous Sports



Aurnepal Travel and Trek

"All is too little that the world can give,
Its power and knowledge are the gifts of Time
And can not fill the spirit's sacred thirst."

Sri Aurobindo



"It matters little that there are thousands of beings plunged in the densest ignorance, He (Sri Aurobindo) whom we saw yesterday is on earth; his presence is enough to prove that a day will come when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth."
- The Mother

SRI AUROBINDO YOGA MANDIR

● Kathmandu

● Nawalpur

● Gulmi

COME!

EXPERIENCE THE ASHRAM.



"COME STAY WITH US"

In all our 3 branches we run guest houses, organic kitchen, yoga/meditation, travel/trek and opportunities to immerse yourself in the village life of the Ashram. We also have volunteering options. Reach out to us today!



We and Our Ideal

- Based on Sri Aurobindo's ideal of collective sadhana and service.
- Following a model of self sustenance.
- An attempt to build a well educated society free of superstitions and mal practices.
- Striving the youth of the world through holistic and spiritual environmental awareness and living.
- Unity in diversity, Awakening inner potentiality.
- Being friendly with nature and mother earth.



Our Story - Founder Swami Ramchandra Das

Born in remote vilage in western Nepal, my childhood was spent rearing cattle. I ran away from home at the age of 12 and spent many days often hungry and shelterless in different cities in India. From working as a domestic helper to working with the army to working as a head priest in temples, the relentless thirst for practical spirituality led me to Sri Aurobindo Ashram in Pondicherry. At the Ashram for the next 12 years I experienced the real meaning of Yoga, dedication, and knowledge. Every action deeply became inspirational. I then decided that it was time to open a center in Nepal that would inspire countless others to live a life with meaning that I was able to experience there. After 20 years of running away from home, I finally returned to Nepal and started this Ashram from a dilapidated old mud house with no basic facilities.



Sri Aurobindo Yoga Mandir

- Started : 1993
- No. of people : 200+
- Surrounding : Semi Urban, Hilly
- Altitude : 1500m



HQ, Kathmandu

Conveniently located near the capital city yet perched in the foothills of the majestic Chandragiri hills, gigantic himalayan views, this Ashram is the first of the three branches. Activities here include meditation/yoga, school, Ayurvedic Healing centre, organic farm, guest house, cultural centre, travel and tour operations etc. The journey towards sustainability and awakening, this is where the movement to bring Sri Aurobindo's Yoga in Nepal started.



Sri Aurobindo Nagari

- Started : 2003
- No. of people : 70+
- Surrounding : Rural, Plain lands
- Altitude : 150m



Nawalpur

Located by the banks of sacred Narayani river, this is our second branch. Envisioned along the lines of Auroville this ashram is an abode for spiritual serenity and natural immensity. Blessed with fertile soil which produce variety of fruits and crops, this Ashram chiefly supports the agricultural needs of the other two. Other activities here include a serene meditation centre, school, ayurvedic centre, cow dairy and carpentry.



Sri Aurobindo Tapobhoomi

- Started : 2013
- No. of people : 30+
- Surrounding : Very Rural, Hilly
- Altitude : 2000m



Gulmi

Perched on a mountain top in the remote region of Gulmi, this Ashram is surrounded by countless rolling hills and overviews many hills and valleys - superb and magnificent panoramic views. An ideal place for incredible serenity, this Ashram is a retreat from hustle and bustle of daily life. Our newest endeavor, this is envisioned to be an example of environmental sustainability and living with nature. This Ashram also runs campaigns to educate people of rural Nepal against superstitions, casteism and other discriminatory belief.



Spirituality

Awareness

Meditation

Karma

Meaning of Life

Bhakti
Jnana

Yoga

Education

Culture

Self Giving

Community

Self Sustainability

Health

Seva



Do you want to support the Ashram?

Buy our products

To support the welfare of the children and spiritual seekers at the Ashram. We sell best quality and healthy products that align with our philosophy of healthy and spiritual living.

Stay with Us/ Use our services

The Ashram also generates valuable income from our guest house, yoga/meditation centre, organic kitchen, travel and trek services. So when you come and experience the beauty of the Ashram and Nepal, you also support the numerous children the Ashram takes care of.

Contribute

The Ashram also welcomes any generous contributions from well-wishers and friends. Contributions made for the purpose of recognition and fame or with conditions not aligning to the philosophy of Ashram are not welcome.

Spread the word

Spread the word so that more and more people are aware of the work that the Ashram is doing and they are benefited with the spiritual environment of the ashram as well.

Come and serve

Come and help at the Ashram whichever way you can. We will try to find the best way you can help. One always receives more than what one gives.

PRODUCTS

- Organic Food items : Fresh vegetables, milk products, grains, honey, oil, pickles, spices, condiments, all bakery items.
- Books by Sri Aurobindo and The Mother.
- Incense, essential oils, ayurvedic medicines.
- Pashmina shawls, cotton shawls.
- Traditional Thangka paintings
- Art by Ashram students
..... and much more

SERVICES

- Yoga/Meditation classes retreats
- Guest House
- Travel and Trekking
- Ayurvedic and Naturopathic health services
- Panchakarma Treatments (detoxification)

