



Peace through Yoga

India--Yoga Festival!

Yoga/Humanitarian Service Trip

Program Starts: Wednesday, February 25th, 2010

Program Ends: Tuesday, March 10th, 2009

Trip Leaders: Sally Brown, Ph.D., YYT and Karla Becker, YYT

Itinerary:

Day 1

Upon arrival in New Delhi you will be met by our Peace through Yoga transportation representative and taken to the OM VILAS Guest House. Relax and get acclimated to your new surroundings.

Day 2

DELHI – HARIDWAR – RISHIKESH

An early morning departure transfer is scheduled to railway station in time to board the train for Haridwar by Dehradun Shatabdi. Depart: Delhi 0650 hrs/Arrive: 1125 hrs
There will be porter assistance at New Delhi then enjoy the train to Rishikesh viewing the countryside en route. Rishikesh is one of the most holy places in India. It is located in the foothills of the Himalayas. Rishikesh represents the Gateway to the Himalayas and abounds in natural splendor. The spectacle of the Ganga rushing through the Himalayan

foothills is an amazing sight. It is believed that several yogis and sages lived and practiced penance here. Enjoy the afternoon acclimating to Rishikesh as shops, restaurants, and a wonderful culture greets you right outside the Ashram. Overnight at Parmarth Ashram. (B/L/D)

Day 3

Enjoy yoga prior to breakfast then depart for a nice leisurely walk from the Ashram to Ramana's Garden across the Ganges River. Ramana's Garden is a home and school for orphans and destitute children in the remote mountainous villages of the Himalayas near Rishikesh. There are currently more than 60 children living at the orphanage, and the program provides education for 160 children, many who attend from the surrounding villages. Through past programs, we have started a new library and computer center to provide education, enrichment programs, tutoring, and access to information through the installation of computers. The next two days will be spent in a variety of activities based on your interests, skills and talents. Enrichment programs will be implemented in the classrooms as well as workshops in library and computer center. Deliver books and educational materials for the children. (B/L/D)

Day 4

Enjoy another full day at Ramana's Garden including a wonderful lunch at the cafe on site, which is open to the public. A Field Day will be implemented for all the children at the orphanage and school. Take your time heading back to the Ashram by shopping, enjoying the local cultures, or partaking in a massage. (B/L/D)

Days 5 through 12

Participate in the 2010 International Yoga Festival including workshops on different yoga disciplines such as Kundalini Yoga, Hatha Yoga, Reiki, Pranayama, Power Yoga, Yoga Nidra, Pranic Healing, Music Therapy, Yoga Therapy, Nada yoga, Meditation and special satsangs. Also, enjoy the local ambiance of the Ganges River, hiking the foothills of the Himalayas, having a massage, shopping for wonderful items from India, and so much more! Proceed on your own at any time Ramana's Garden to help tutor children and implement educational modules and enrichment activities after school. A group dinner will be served at the orphanage mid-week followed by singing and chanting during the children's evening ritual. (B/L/D)

Day 13

Enjoy your last day on the Ganges River before departing Rishikesh late afternoon. You will return to New Delhi by train and check into the guest house. (B/L)

Day 14

Following breakfast a half-day optional New Delhi tour will be offered including time for lunch and shopping. After an early Farewell Dinner, individuals will be transported to the airport for those departing India. This will be an adventure of a life-time that you will never forget. (B)

Prices:

Double: \$1399

\$500 deposit due upon booking, balance 90 days prior to departure.

Documents Needed: Passport Visa

Accommodations:

OM VILAS , which is located at 337, sector 21, HUDA Gurgaon , 4 kms away from the Indira Gandhi International Airport New Delhi and is with green surroundings, free of city pollution.

The total area on which the building is made is around 2000 sq. meters. As one enters the OM VILAS , you come across a grand lobby with marble flooring and high ceiling, the opaque glass fixed on the roof brings in natural light in the whole area. The OM VILAS has the facility of gym, basketball, table tennis etc. All the rooms are air-conditioned with deluxe cozy curtains, well designed with marble flooring and teak wood is used in all the rooms. All the rooms are big enough to accommodate an extra bed, hence can be allotted as triple rooms, if required. Bathrooms are attached to each room with five star interiors and have toilets, bathtub and 24 hrs running hot and cold water.

Each room has private balconies for the guests to sit in the open space with the facilities of TV.

THE PARMARTH ASHRAM

Parmarth Niketan is a true, spiritual haven, lying on the holy banks of Mother Ganga, in the lap of the lush Himalayas. It is also the largest ashram in Rishikesh. Parmarth Niketan provides its thousands of pilgrims - who come from all corners of the Earth - with a clean, pure and sacred atmosphere as well as abundant, beautiful gardens. With over 1,000 rooms, the facilities are a perfect blend of modern amenities and traditional, spiritual simplicity.

(Individuals needing roommates will be matched accordingly)

Intensity:

Culture Shock - India is home to over a billion people! Prepare yourself for poverty, overcrowding, local transport, and an experience unlike anything you ever thought imaginable. English is widely spoken and the major religions are Hindu and Islam.

Physical Demands - This trip is planned during the International Yoga Festival so relax, meditate, and reflect on what you are experiencing in this amazing country.

Food and Drink - If you have never experienced Indian food before, you are in for a treat! Vegetarian fare dominates.

Accommodations - Local guesthouses and an ashram in Rishikesh.

Volunteer Work: Work directly with local orphans throughout the week distributing school supplies and doing educational modules.

Inclusions:

Accommodations at Parmarth Ashram in Rishikesh
2 overnight stays at Om Vilas in New Delhi
International Yoga Festival
Roundtrip airport and train station transfers
Train trip to and from Rishikesh
All meals at the ashram, breakfast in Delhi
Private audience with His Holiness Swamiji
Dinner at Ramana's Garden
Activities with children in orphanage and school
All taxes and gratuities
Donation to Ramana's Garden
Services of Trip Leader

Other Information:

For air arrangements or pre/post trip to the Taj Mahal, contact our Reservations Department. Please note that we recommend an evening flight on March 10 versus earlier in the morning that day. This will give you the opportunity to explore New Delhi and partake in Farewell Dinner.

A visa is required for travel to India. Please visit the Indian Embassy's website for further information on how to obtain your visa, www.indianembassy.org.

For travel health information, please visit the CDC website at www.cdc.gov/travel or consult your personal physician.



Sally Brown, Ph.D. (Shakti)

Dr. Sally Brown has been studying yoga for close to twenty years and opened her first studio, *Peace through Yoga*, in 2003. Sally teaches a variety styles ranging from gentle Kripalu and Yoga Therapy to a Power Vinyasa. She has had the fortunate opportunity to have been instructed by some of the world's top teachers. Sally leads annual yoga and meditation retreats to destinations like Costa Rica, France and India, mixed with adventure and/or humanitarian service. Dr. Brown is also Founder and President of the non-profit organization, *Ambassadors for Children*, which serves children worldwide. She has traveled to over 130 countries. Sally enjoys teaching yoga to children as she travels around the world.

To book this yoga retreat and get assistance with your air arrangements, call Peace through Yoga Reservations at 317-573-3604 or toll-free at 866-326-6110. Or complete the Reservation form and fax to 317-573.3610 or email peacethroughyoga@yahoo.com.

For Travel Insurance, contact [Travelex](#) at (800) 228-9792.