



India—International Yoga Festival!

Yoga/Humanitarian Service Trip

(In collaboration with Women Like Us Foundation)

Program Starts: Saturday, February 25, 2012

Program Ends: Friday, March 9, 2012 (depart New Delhi late 3/9)

Trip Leaders: Sally Brown Bassett, Ph.D.

Itinerary:

Saturday, February 25:

Upon arrival in New Delhi you will be met by our Peace through Yoga transportation representative and taken to The Oberoi Maiden, a heritage hotel since 1903. Relax and get acclimated to your new surroundings.

Sunday, February 26:

After breakfast there will be a gentle yoga class and a chance to meet everyone in the group. The afternoon will be spent at a local orphanage/children's home working with babies and toddlers. A welcome

dinner at a local restaurant is planned for our first night as a group in India.
(B/L/D)

Monday, February 27:

DELHI – HARIDWAR – RISHIKESH

An early morning departure transfer is scheduled to railway station in time to board the train for Haridwar. 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. 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)

Tuesday, February 28:

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 70 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. Today will be a full day at Ramana's Garden including a wonderful lunch at the cafe on site, which is open to the public. Enrichment programs will be implemented in the classrooms. Deliver books, educational materials, shoes, and undergarments for the children. (B/L/D)

Wednesday, February 29:

Enjoy another full day at Ramana's Garden going on a picnic along the Ganges River with the children and implementing outdoor races and activities. Take your time heading back to the Ashram by shopping, enjoying the local cultures, or partaking in a massage. Dinner at the Ashram followed by group processing.
(B/L/D)

Thursday, March 1 – Wednesday, March 7:

Participate in the 2012 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!

Return on your own at any time to Ramana's Garden to help tutor children and implement educational modules and enrichment activities after school.

A group dinner will be served at Ramana's mid-week followed by singing and chanting during the children's evening ritual. (B/L/D)

Thursday, March 8:

Enjoy your last day on the Ganges River before departing Rishikesh in the afternoon. You will return to New Delhi by train and check into the hotel. A farewell dinner is scheduled at a local restaurant. (B/L/D)

Friday, March 9:

Following breakfast enjoy a yoga class and the rest of the day at leisure or take an optional tour of the city. For those wanting to explore other areas of the country, we wish you safe travels. Individuals departing India will be transported to the airport in the evening. This will be an adventure of a lifetime that you will never forget. (B)

Prices:

Double: \$1699

\$500 deposit due upon booking, balance due November 25, 2011.

Space is limited so book early especially for better airfare rates, too!!!

Documents Needed: Passport and Visa

Accommodations:

Maidens Hotel is one of Delhi's oldest hotels, built in the early 1900s, and has retained its colonial charm and architecture. Its spacious rooms with high ceilings are unique when compared to the box-sized rooms of modern hotels. Set amidst eight acres of lush gardens, shady trees, it escapes the noise of the main city, but remains within easy access to some of the most magnificent Mughal monuments, and famous shopping center Chandni Chowk with its quaint bazaars and meandering lanes.

Situated in the North Delhi residential area with big "Turn of the Century" bungalows and the bank of the river Yamuna on the east; close to the University of Delhi Campus. The hotel lies within walking distance (200 meters) of Civil Lines Metro Station. Late 19th century architectural elegance is reflected in the classical rooms and the elegant restaurants.

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 – Hotel in New Delhi and an ashram in Rishikesh.

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

Inclusions:

10 night accommodations at Parmarth Ashram in Rishikesh

3 overnight stays at the Oberoi Maidens Hotel

International Yoga Festival

Roundtrip airport and train station transfers

Train trip to and from Rishikesh

All meals at the Ashram

Welcome and farewell dinners

Private audience with His Holiness Swamiji

Dinner at Ramana's Garden

Activities with children in orphanage and school

All taxes and gratuities

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 9 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.

To book this yoga retreat and get assistance with your air arrangements, call our Air Desk Manager, Susie Morwick, toll-free at 866-326-6110. Or complete the Reservation form and fax to 317-471-1802.

For Travel Insurance, contact [Travelex](http://Travelex.com) at (800) 228-9792. Please read the Terms and Conditions on our website for cancellation policies and other important information.



Sally Brown Bassett, Ph.D. , E-RYT 500, Founder of Peace through Yoga

Dr. Sally Brown Basset is an accomplished teacher and practitioner on the path of Yoga. Sally teaches a variety of styles ranging from a power vinyasa to yoga therapy. She has had the fortunate opportunity to have been instructed by some of the world's top teachers. As Founder of *Peace through Yoga*, Sally has expanded yoga through international yoga retreats as well as outreach programs into corporations, schools, and hospitals. A unique focus of her path has been the integration of activating and meditating on the Chakras.

Sally leads annual yoga and meditation retreats to destinations like Costa Rica, Africa, and India, mixed with adventure and humanitarian service. She has traveled to over 130 countries and enjoys teaching yoga to children as she travels around the world. Sally has led and coordinated

programs with Seane Corn and the Off the Mat Into the World organization to Cambodia, Uganda and South Africa.

Sally is also president and co-founder of a non-profit called *Women Like Us Foundation*, dedicated to empowering and inspiring women and girls to make a difference globally and locally. This foundation has evolved with Sally's desire to make more of an impact with global sustainable projects.