



## **India—International Yoga Festival!**

### ***Yoga/Humanitarian Service Trip***

**Program Starts:** Thursday, February 24, 2011

**Program Ends:** Wednesday, March 9, 2011 (depart New Delhi late 3/9)

**Trip Leaders:** Sally Brown Bassett, Ph.D. and Sue Ellen McCreary

#### **Itinerary:**

##### **Thursday, February 24:**

Upon arrival in New Delhi you will be met by our Peace through Yoga transportation representative and taken to The Residence New Delhi. Relax and get acclimated to your new surroundings.

##### **Friday, February 25:**

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

## **Saturday, February 26:**

### **DELHI – HARIDWAR – RISHIKESH**

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

## **Sunday, February 27:**

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 we will enjoy going on a picnic along the Ganges River with the children and implementing outdoor races and activities. (B/L/D)

## **Monday, February 28:**

Enjoy another 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. Take your time heading back to the

Ashram by shopping, enjoying the local cultures, or partaking in a massage. (B/L/D)

**Tuesday, March 1 – Monday, March 7:**

Participate in the 2011 International Yoga Festival including workshops on different yoga disciplines such as Kundalini Yoga, Hatha Yoga, 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. An optional cooking class will be offered one night during the week.

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)

**Tuesday, 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. (B/L)

**Wednesday, March 9:**

Following breakfast enjoy a yoga class and the rest of the day at leisure or take an optional tour of the city. 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/D)

**Prices:**

Double: \$1799

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

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

**Documents Needed:** Passport Visa

**Accommodations:**

The Residence, New Delhi, has 22 guest rooms and 4 suites that combine contemporary styles with timeless luxury. The boutique-style hotel has a multi-cuisine restaurant which serves full elaborate buffet breakfast and an a la carte menu throughout the day. In contrast to the city's urban atmosphere, guests will find that they have reached a heaven of tranquility and residential comfort, with the staff's uncompromising service ensuring a smooth stay.

**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 New Residence New Delhi  
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  
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 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](http://www.indianembassy.org).

For travel health information, please visit the CDC website at [www.cdc.gov/travel](http://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](#) at (800) 228-9792.



**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 styles ranging from a power vinyasa to a therapeutic and gentle. 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 also led and coordinated programs with Seane Corn and the Off the Mat Into the World program to Cambodia and Uganda.

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.