

Yoga Retreat to India

This will be an experience you won't forget!

India holds such beautiful rich culture and is the yoga hub of the world!

Join us as we experience the beauty, the culture and the wonder that this country can present us.

February 15-25, 2020

Delhi, Agra, Corbett National Park, Rishikesh, and Dharamsala

This is a wellness retreat with some yogic and naturopathic treatments and massages.

Tools like yoga & meditation, chanting, Yoga Nidra are used to attract the spiritual vibrations of rivers, mountains and ancient yogis to cleanse our body, mind and spirit.

After landing in Delhi, we begin the trip with a visit to the Taj Mahal in Agra, a jewel in the crown.

Then a safari in Corbett National Park to visit the Bengal Tiger and Elephants! Then on to Rishikesh.

Rishikesh is not to be seen or heard or touched. It is to be felt. It is to be experienced. Perhaps one of the most spiritually alive cities of the Himalayas, Rishikesh attracts tourists, travelers, sages, monks, hermits, pilgrims with the same intensity. Do Yoga & Meditation, spend hours relaxing by the sacred Ganga watching pilgrims bathe or walk through narrow mountain streets, all activities have a sense of spiritual enrichment in this city. Finally, visit Dharamsala – the home of the Dalai Lama, in exile. And then back to Delhi to return home. Forever changed by the wonder of India.

What's Included:

- 9 Nights Accommodations (shared double rooms)
- 2 Traditional Indian Meals a Day
- Daily Yoga, Meditation and Pranayama with an Indian guide
- Transportation to each location
- Safari in Corbett National Park
- A massage in Rishikesh

Not Included:

- Round trip flight from US to Delhi
- Tips for guide

Investment:

\$1,900

Deposit of \$500 required by September 15 to reserve your spot. Remainder of the payments to be made in two installments of \$700 each. Payment dates are October 15 and November 15.

****Spaces are limited. Your spot is reserved when both registration form (below) and deposit have been received. ****

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