

Visit India - Change Your Life



Let India Transform You February 14 to 28, 2011

FOR ALL SPIRITUAL SEEKERS, TRAVEL TO INDIA HAS A SPECIAL APPEAL.

The very land is steeped in spirituality, where many ancient practices were developed and perfected over 5,000 years ago. Simply walking the land can leave a profound and lasting imprint on your soul. To transform your life requires a journey which will change the way you view yourself and the world. This tour maintains all the comforts of home with the profound experience of India, allowing you to absorb the area's rich spiritual traditions while enjoying safe food, excellent lodging and the guidance of experienced staff. Highlights of the tour include the 5-day "Ayurveda and Yoga: Where Science Meets Conscious-



ness" conference held in Rishikesh (the Yoga capital of the world); visits to Old and New Delhi; the Taj Mahal in Agra; and the Golden Temple in Amritsar. The BBC has listed Agra and Amritsar as two of the top ten sites to visit in the world. The fee includes the conference, comfortable lodging, sacred ceremonies, breakfast daily, and English-speaking guides throughout the trip. Besides visiting the great religious and cultural sites, and walking in the footsteps of the Masters, our tour also provides time to "shop with Shakta" in the bazaars and partake in local customs and ceremonies.

Basic tour \$1,835 - land only; airfare to and from India is additional (about \$1,300).



For details www.ShaktaKaur.com — Or Call (312) 922-4699

Kundalini Yoga in the Loop - 410 S Michigan Ave Suite 514 - Chicago, IL 60605
Shakta Kaur is your tour leader and is teaching at the Ayurveda & Yoga Conference.

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February 14 to February 28 (or March 2), 2011

Monday, February 14

Depart US on board your overnight flight to India.

Tuesday, Feb 15 Delhi

Late arrival in Delhi, you are met at the airport then transferred to the hotel.



Wednesday Feb 16 Rishikesh

Early morning train to Haridwar which is considered a sacred destination. Transfer to Rishikesh by road along the banks of the Ganga. The riverside is dotted by the ashrams of Sadhus and the temples of sages. Check-in at Parmarth Niketan ashram, rest of the day at leisure.

Thursday-Monday, Feb 17-21, Punarnava Conference

“Ayurveda and Yoga: Where Science Meets Consciousness”

Ayurveda and Yoga have their origin in the Vedas and share the same fundamental principles. Ayurveda's regimen of diet and lifestyle is the foundation for overall wellness and treatment of disease; while Yoga, practiced in the context of this lifestyle, aims at spiritual development and self-realization.



The objectives of the conference are to:

- Encourage and motivate students and practitioners to go deeper into the study and practice of authentic Ayurveda and other Indian knowledge systems.
- Explore the traditional and powerful unity of Yoga and Ayurveda.
- Scientifically understand and integrate the essence of Ayurveda and Yoga into teaching and practice.
- Be a platform to exchange ideas between the worldwide Yoga and Ayurveda communities for a more profound understanding of universal wellbeing.
- Interact with and be inspired by the great teachers of Ayurveda and Yoga.

Featured teachers at the conference include:

- Shakta Kaur of Kundalini Yoga in the Loop, Chicago;
- Dr. Robert Svoboda;
- Conference details at www.AyurvedaConference.com

Three meals daily are included during the conference, along with your comfortable rooms at Parmarth Niketan Ashram. View this lovely venue at www.parmarth.com.

Monday Feb 21 Travel

Take the afternoon train from Haridwar to Amritsar. Founded in 1577 by Guru Ram Das, Amritsar is a spiritual city centered around the breathtaking Golden Temple.



Tuesday Feb 22 Amritsar

Pre-dawn experience at the Golden Temple – one of the most elevating experiences of your life! Let the sound current heal your worries, pain and stress. Return to hotel for breakfast, then back to the Golden Temple for a full day of exploration. Perform the traditional “sight, sip, and a dip” in the holy water and wash away your karma.

Wednesday Feb 23 Amritsar

All day at leisure to explore Amritsar. Evening train to Delhi, overnight Delhi.

Thursday Feb 24 Agra

Early train to Agra; explore the city on your own. Go with Shakta to select fabrics and create your custom clothing.



Friday Feb 25 Taj Mahal

Pre-dawn trip to Taj Mahal for a fantastic sunrise tour of this awesome monument. Return to hotel for breakfast, then tour in Fatehpur Sikri. The Taj Mahal is perhaps the greatest love

story ever told. It was built by Shah Jahan as a tribute to his beloved; to fulfill his promise to her - to erect a monument to match her beauty.

Saturday Feb 26 Agra

Day at leisure. Pick-up your new clothes. Take evening train to Delhi.

Sunday Feb 27 Delhi

A full day to explore the city, and shop, at your leisure. Mid-night flight back home.

Monday Feb 28 USA

Arrive home this evening.

Extension to Varanasi (+\$400)

Saturday Feb 26 Agra

A full day to explore the city at your leisure. Overnight train to Varanasi.

Sunday Feb 27 Varanasi

Visit Sarnath, the site of Buddha's first public lecture as an enlightened Master. Explore a nearby village to witness how the local people live (quite humbling!).

Sunday Feb 28 Varanasi

Dawn boat ride on the Holy Ganga where bodies continue to be cremated on her banks. Return to hotel for breakfast. City tour for remainder of the day. Evening flight to Delhi.

Monday March 1 Delhi

All day sightseeing in this vibrant city. Late flight home.

Tuesday March 2 USA

Arrive home this evening.

Cost: Basic Tour \$1,835
Extension +\$ 400

Per person in US funds based upon double occupancy (fees increase on August 15 then again on January 16). \$500 deposit, non-refundable.

Fee Includes: Breakfast daily, English speaking guides, monument entrance fees, transfers at all stations, listed in-country travel, hotel and government fees. Three meals daily during the A&Y conference.

Fee Excludes: Roundtrip airfare to Delhi, India; Visa fees and departure taxes; Personal items such as water, phone calls, laundry, etc.; Tips; Increases in government fees; Any services not listed; Lunch/dinner excluded after A&Y conference.