



VISIT INDIA | CHANGE YOUR LIFE with Shakta

November 7 to 20 (or 24), 2022
Let India Transform You

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

THE BBC... Your Tour includes what the BBC has listed as two of the top ten sites to visit in the world: The Golden Temple in Amritsar and the Taj Mahal in Agra.

YOUR FEE... Included in your fee is breakfast daily (including during your Ayurvedic spa treatments on the Rishikesh Extension Tour), excellent lodging, all transportation inside India, sacred ceremonies and English-speaking guides throughout the trip.

BESIDES BEING OUTSIDE... Along with visiting the great cultural and religious sites and walking in the footsteps of the Masters, our Tour also provides time for 'shopping with Shakta' in the bazaars and partaking in local customs and ceremonies.

HIGHLIGHTS OF YOUR TOUR INCLUDE...

- Participate in many sacred Hindu and Sikh rituals.

- Visit New Delhi, the Taj Mahal in Agra, the Ghats in Varanasi and the Golden Temple in Amritsar.



- Visit the "Pink City" Jaipur and the Amber Fort plus Sarnath, where the Buddha gave his first sermon after enlightenment.

- Plus, an optional 4-night stay in Rishikesh at the tranquil Glass House to enjoy special treatments based upon the science of Ayurveda.

Shakta Kaur is your Tour leader. She has visited and led tours to India ten times since the year 2000, introducing many to the beauty, chaos, sights and sounds of India on journeys both North and South! Shakta has also taught at numerous international conferences on Ayurveda and Yoga.

Main Tour is Nov 7 to 20, 2022 - Extension Tour returns Nov 24

Main Tour Fee \$3,275 – land only; Airfare to/from India not included. Extension tour in Rishikesh (4 nights) is +\$850.

Kundalini Yoga in the Loop - 410 S Michigan Ave Suite 514 - Chicago, IL 60605
Shakta Kaur is your on-site tour leader and shopping guide for this, her 11th, visit to India.

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

Visit India - Change Your Life with Shakta

7 NOV'22 (MON)

Depart this afternoon from the USA. Overnight: On board your flight.

8 NOV'22 (TUE): ARRIVE DELHI BY INTERATIONAL FLIGHT

Meeting and assistance upon arrival and transfer to hotel.

Delhi, locally pronounced as "Dilli" is located on the banks of the River Yamuna. Delhi has been known to be continu-



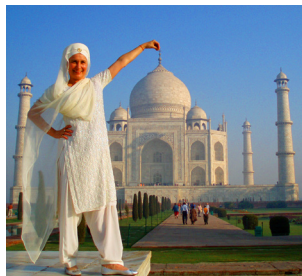
ously inhabited since at least the 6th century BC, though human habitation is believed to have existed since the second millennium BC. Delhi is also widely believed to have been the site of Indraprastha, the legendary capital of the Pandavas during the times of the Mahabharata. Overnight: Delhi.

9 NOV'22 (WED):
DELHI – VARANASI BY AIR

Transfer to Delhi airport to board our flight for Varanasi. Upon arrival visit Sarnath - One of the four most



important places in the life of Buddha: Where he was born (Lumbini, Nepal), where he gained enlightenment (Bodhi Gaya, India), where he gave his first sermon (Sarnath, India) and where he left his mortal body (Kushinager, India). After the Buddha attained enlightenment in Bodhi Gaya he came to Sarnath, where, at the Deer Park, he delivered his first sermon. Emperor Ashoka (c 304 - 232 BC), who spread the Buddha's message of love and compassion throughout his vast empire, visited Sarnath around 234 BC, and erected a stupa here. We visit the Stupas, excavated ruins of monasteries, Ashoka Pillar, Deer Park, Dhamekh Stupa, Bodhi tree, Moolgandha Kuti Vihara and Archaeology Museum. Overnight: Varanasi.



10 NOV'22 (THU):
IN VARANASI

Go to the Holy River Ganga before dawn. Experience a wooden boat ride on the Ganges & watch activities on the Ghats. The long string of bathing ghats are the principal attraction in Varanasi, one of the older continuously inhabited cities in the World, rich in Hinduism. Ghats are the steps which lead down

to the river and the best time to visit the ghats is at dawn, when pilgrims take their morning dip. There are over 100 ghats in all. The best way to see the activities on the ghats is to take a boat ride along the ghats. One can see the women bathing discreetly in their saris, the young men going through yoga exercises, the priests offering blessings. Look for the burning ghats where bodies are cremated.

Manikarnika and Harishchandra are the main burning ghats. The lingams mark each ghat, for Varanasi is the city of Lord Shiva. Return to your hotel for breakfast. In the afternoon you can explore the many handicrafts created in Varanasi. In the evening there is also an Aarti on the banks of the Holy Ganga. Overnight: Varanasi.

11 NOV'22 (FRI):
VARANASI – DELHI BY AIR –
JAIPUR BY ROAD (5 hr)

In time transfer to the airport to board morning flight for Delhi. Upon arrival, immediately drive to Jaipur, the Pink City. Arrive and check-in at the hotel and rest of the day at leisure. Overnight: Jaipur.

12 NOV'22 (SAT): IN JAIPUR

This morning we drive 11 kms in the outskirts of the city to visit Amber Fort. The weather-



beaten façade of the nearly 420-year old Amber Fort belies the elegant beauty of its majestic interiors. Some of the most spectacular structures of the fort are 'Diwan-i-Aam' (hall of public audience), 'Sheesh Mahal' (glass palace),



and 'Sukh Mahal' (pleasure palace). While some visitors go up to Amber Fort on an elephant's back, we neither promote nor provide this to our clients.

On the way to Amber Fort, we stop briefly for a photo opportunity at Hawa Mahal. This five-storied palace strongly fascinates with its pyramidal shape and hundreds of jharokhas (windows). Hawa Mahal means 'Palace of Winds' and it truly lives up to its name as the palace stays breezy even during the blistering summers of Rajasthan. After visiting Amber Fort, return to the city for sightseeing at the Maharaja's city Palace. Built on the orders of Sawai Jai Singh II, the City Palace is a blend of Mughal, Rajput and European architectural styles as it was built in parts by different succeeding rulers. The Chandra Mahal (Moon Palace) has been turned into a museum with many interesting exhibits. You'll also visit

Fee: \$3275 Per person in US funds based upon double occupancy. For single occupancy add \$710. Full payment together with a completed Registration Form is due by Friday 5 August 2022. Extension Tour to Rishikesh is an additional \$850.

Fee Includes: Breakfast daily, English speaking guides, monument entrance fees, transfers at all stations, listed in-country travel, hotel, government fees, porter fees.

Fee Excludes: Roundtrip airfare to Delhi; Visa fees and departure taxes; Personal items (water, phone, laundry, etc); Tips; Increases in government fees, supplemental activities.

Registration Form (Download form first, then open it)

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Jantar Mantar (one of Shakta's favorites!). Jantar Mantar is the world's largest observatory carved in stone and marble. Many of the huge ancient instruments there are still in working condition. Overnight: Jaipur.

13 NOV'22 (SUN):
IN JAIPUR

We are on our own to shop, walk the small lanes of the city, be with local families. Jaipur is known as the city of gems. So if you're interested in either precious or semi-precious stones at good prices, this is the place to be! Our vehicle will be with us for use within the city for the day. Overnight: Jaipur.

14 NOV'22 (MON):
JAIPUR – AGRA BY ROAD

After breakfast we drive to Agra en route visiting Fatehpur Sikri, located 40 Km



from Agra. The deserted city of Fatehpur Sikri was built by Emperor Akbar in 1569, in honour of the great Saint Sheikh Salim Chisti who blessed Akbar and prophesized the birth of three sons to the heirless Emperor. Akbar used Fatehpur Sikri as his capital and the city was fully occupied for 14 years but slowly became deserted and ruined after Akbar left the city. After sightseeing, we continue our drive to Agra.

Agra is a city on the banks of the river Yamuna. Agra is mentioned in the epic Mahabharata where it was called Agreva, or 'the border of the

forest'. Legend ascribes the founding of the city to Raja Badal Singh (around 1475), who's fort, Badalgarh, stood on or near the site of the present Fort. However, the 11th century Persian poet Mas'ud Sa'd Salman writes of a desperate assault on the fortress of Agra, then held by the Shahi King Jayapala, by Sultan Mahmud of Ghazni.

During the late afternoon we'll spend time in the streets of Agra. We stretch our legs



while buying everything from trinkets to museum quality pieces in marble or jewelry. Overnight: Agra.

15 NOV'22 (TUE):
AGRA – DELHI BY ROAD

Before dawn visit the Taj Mahal considered possibly the most extravagant monument ever built for love. On the death of his beloved wife Mumtaz Mahal, Moghul Emperor Shah Jehan built her this memorial over which 20,000 men labored for 22 years to create a masterpiece in white marble inlaid with semi-precious stones; the art is called pietra dura. Stroll down the ornamental gardens laid out along the classical Mughal charbagh lines. This garden is separated by a long watercourse, which reflects the monument in perfect symmetry. Later come back to our hotel for breakfast and thereafter drive to Delhi.

On the way to Delhi visit Agra Fort where Shah Jehan spent the last years of his life, imprisoned by his son

Aurangzeb. The most impressive part of the Fort is the Dewan-i-Eam, Hall of Public Audience where the Emperor met officials, received foreign dignitaries, and listened to petitioners. The Peacock throne (now in Iran) was in this fort, before being moved to Delhi by Emperor Aurangzeb.

Upon arrival check-in at the hotel and after freshening-up, if you are so inclined, proceed for a few hours of shopping at Lajpat Nagar, a haven for local families and visitors, looking for slippers, clothes, incense, spices, etc. Overnight: Delhi.

16 NOV'22 (WED):
DELHI – AMRITSAR BY AIR

In time transfer to the airport to board flight for Amritsar, upon arrival transfer to our hotel and we have the rest of the day at leisure



Amritsar is located in the northwestern part of India. It is 32 kms east of Lahore, Pakistan and is one of the major cities of the Punjab state in India. It is home to the Harimandir Sahib, also known as The Golden Temple, the spiritual and cultural center of the Sikh religion. Amritsar, important to Sikh history, is also known for the Jallianwala Bagh Massacre in 1919 under British Rule and Operation Bluestar in 1984 under the late Prime Minister of India, Indira Gandhi.

Late afternoon we visit the border town of Wagah to see the changing of the guard ceremony. The pomp and

pageantry of the Beating Retreat and the Change of Guard within handshaking distance of the Indian and Pakistani forces makes for a wonderful way to end our day of touring. Overnight: Amritsar.

17 NOV'22 (THU):
IN AMRITSAR



Leave our hotel before dawn to visit the Harimandir Sahib, aka the Golden Temple. We welcome the Guru Granth Sahib from its sleeping quarters to the main temple. Afterwards, take a dip in the holy water tank surrounding the Golden Temple. We either have langar for breakfast or we head back to our hotel. The Golden Temple - the sacred Sikh sanctuary - is spread out in a vast complex around a huge water tank in the midst of which stands a marble sanctum where the holy book of the Sikhs, the Guru Granth is reverently placed. The roof of the sanctum is gold-leafed. The community kitchen provides free meals to up to 10,000 pilgrims or visitors in a day. And, time permitting, we may also visit the Durgiana Hindu temple which looks like a replica of the Golden Temple. Overnight: Amritsar.



18 NOV'22 (FRI): IN AMRITSAR - We are on our own today. This allows us to walk the small lanes of the city, shop in the bazaars and/or return to the Golden Temple. Overnight: Amritsar.

19 NOV'22 (SAT): DEPARTURE In time transfer to Amritsar international airport to board flight for your onward destination. Arrive back in US November 20.

COSTS: US \$ 3,275 per person for Main Tour. Minimum of 15 people in group arriving, traveling and departing together, 2-people sharing one twin share room. Single occupancy is US \$ 710 extra.

Extension Tour to Rishikesh, an additional \$850 (US Funds).

Full payment together with a completed Registration Form is due by Friday 5 August 2022. If we are unable to go on the Tour due to COVID-related reasons, the Tour will be postponed until the end of Feb/early March 2023. Payment by Installments is available. Details depend on the amount and date of first payment. Contact Deepak Singh for details.

MAIN TOUR COSTS INCLUDE:

- Hotel accommodations, including breakfast, with double/twin-sharing room,
- Tips and gratuities to train porters, restaurant servers, vehicle drivers and cleaner,
- English speaking local guide for sightseeing in all places as per program,
- All applicable taxes including mandatory government service tax,
- Entrance fees for entry into monuments as per the itinerary,
- The services of a SJI representative at all airport and hotel transfers,
- Economy Class air fare for Delhi to Amritsar, and Amritsar to Delhi,
- Transfers, excursions and sightseeing will be by using an air-conditioned vehicle, and,
- All road taxes, parking fee, fuel charges, interstate taxes and currently applicable taxes,
- Rickshaw ride & Ganges cruise in Varanasi (one-time activity only).



EXTENSION TOUR - HARIDWAR/RISHIKESH

(Available only to those who go on the Main Tour, as above)

19 NOV'22 (SAT): AMRITSAR – HARIDWAR BY TRAIN

In time transfer to Amritsar railway station to board our train for Haridwar. Upon arrival, spend an hour or so in Haridwar, and then drive to Rishikesh (1 1/2 hrs) with the rest of our day at leisure. Overnight: 4 nights in Rishikesh.

20-23 NOV'22 (SUN-WED): IN RISHIKESH

Full day at leisure, on your own, with no services from SJI provided. Rishikesh is known as the 'home of yoga' and hosts an international yoga festival each March. The Beatles visited and stayed in Rishikesh with their Guru Maharishi Mahesh Yogi. You can still visit the ashram where they stayed! Walk with Shakta

HOTELS (or similar quality):

| City | Hotel | Room Type | Nights |
|----------|----------------------|-----------|--------|
| Delhi | Vasant Continental | Deluxe | 1 |
| Varanasi | Hotel Madin | Deluxe | 2 |
| Jaipur | Holiday Inn | Superior | 3 |
| Agra | Crystal Sarovar | Premier | 1 |
| Delhi | Pride Plaza AeroCity | Deluxe | 1 |
| Amritsar | Ramada | Standard | 3 |

Extension Tour

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|-----------|-------------|--------|---|
| Rishikesh | Glass House | Deluxe | 4 |
|-----------|-------------|--------|---|

COSTS DO NOT INCLUDE:

- Beverages, mineral water, alcohol, laundry, telephone calls; or other items of personal nature,
- Tips and gratuities to bellboys at hotels and your guides,
- Increases in Airfares or Government imposed taxes or entrance fees,
- Still camera or video camera fees at the various monuments and museums,
- Services not specifically stated in the itinerary,
- Any meals or items ordered in the room/room service,
- Personal or travel insurance,
- Departure Taxes or Visa Handling Fees,
- Any changes you may choose to make during your tour, and,
- Domestic (not specified within) or International Air.

Other Items of Note:

- Total Number of Nights: 11 nights Main Tour, 4 nights Extension Tour.
- Any early check-in or late check-out will be charged additional as per the hotel policy.
- Standard Check-in time is 2 pm. Room requests prior to that incur One-night charge.
- Standard Check-out time is noon. Room requests after standard check-out time incur One-night charge.
- All safety, hygiene & social distancing norms to be followed by our guests as per government guidelines.
- Hotel/Travel Company reserve all rights to change/modify tariff or package cost without prior notice during fair/festivals, national or international events, government meetings/conferences, any trade fair, marriages or main event.
- The prices are subject to change in case of any variation of tax, currency, or tariff.

among the winding walkways. She'll show you where she buys inexpensive cotton garments, too! Each evening there is a beautiful Aarti (river worship ceremony) on the banks of the Mother Ganga / Ganges River to give thanks for all that we've received during that day. Schedule your Ayurvedic-style treatments at the Glass House Spa (supplementary cost).

You can schedule a full day of activities for yourself in Rishikesh! These include crossing the iconic Lakshman Jhula suspension bridge, enjoying Rishikesh's traffic-free one-lane walkways, stopping for photos in front of the many Lord Shiva statues and eating our mid-day meal overlooking the Ganges River. Activities (supplementary cost) are also available including river rafting, trekking and your Ayurvedic treatments at the Glass House Spa. **Nov 23** - travel to airport, arrive in US Nov 24.

Tour Operator - Spiritual Journeys Incorporated (SJI) - Deepak Singh

Registration: Fill Registration Form and e-mail to Deepak Singh. [Registration Form](#). (Download form first, then open it).

Contact Information: Deepak Singh, Spiritual Journeys LLC, 262 Upland Road, Cambridge, MA 02140. USA.

Or Text/WhatsApp/Telegram Deepak at +1-508-358-4267. Email: deepak@spiritualjourneys.net