

Frequently Asked Questions:

Why would I go on this trip to India?

One reason for a trip to India is to experience the vibrant colors, sights and sounds of a country so different than ours. We also have the opportunity to submerge ourselves in meditation and yoga in the ancient places where it all originated. If you are interested in strengthening your yoga and meditation practice as well as meeting new people from around the world and broadening your cultural knowledge, this journey is for you. It is truly an adventure like none other in your life. If you decide to head on to the Ananda Spa, it is a fantastic opportunity to cleanse, rejuvenate, learn what is the best food and exercise for your body type that you can take back with you to the states.

How do we get to India?

You are responsible for your own flight into Delhi. From there, we will have arranged a taxi to pick you up and bring you to the hotel. Most flights arrive into India late in the evening. We will spend the night at the same place and together as a group head to the airport which will take us to a town near Rishikesh. From there a taxi will take us into Rishikesh. (Hotel,

Taxis and in flight from Delhi to Rishikesh included in price).

Any suggestions for having a healthy flight?

Since the flight is so long, we highly recommend drinking plenty of water, at least 8 ounces per hour. Drinking caffeinated beverages are not recommended. I recommend vegetarian meals and suggest eating lightly since you do not burn up calories sitting. Often, people bring with them fruit for their flight and take vitamin c or Emergen-C packets which are very helpful in keeping your immune system up. Also, when not sleeping or watching one of the many movies provided, it is always good to get up and walk a little and stretch. This long flight is a great opportunity to listen to music, catch up on reading, sleep and begin to unwind from your life at home.

What will we be doing each day?

We will take the first day to settle into the country and relieve ourselves of jetlag. It may be a fantastic opportunity the first day to get an ayurvedic treatment or massage. We will have 2 yoga classes a day (one

led by Valerie another by a local teacher) and Kundalini yoga, some guided treks to a few waterfalls, visit the parmarth ashram where we are just steps away from the Ganges River, so there will also be time to sit, meditate and drink in sites and rituals of the Indian culture.. We will also have time to go for walks and sit with a local vedi astrologer and listen to share his wisdom from this world and other worlds as well, and Osho Meditation classes. In the evenings, we have the option to attend a beautiful fire ceremony called Aarti. This also takes place on the river. There will be plenty of time for shopping everyday as well as time to spend with your new friends. Additional things you can partake in (not included in the price) are ayurvedic cooking lessons, astrological readings, Hindi lessons with the local orphan children and seva (service at the ashram or orphanage). With an open heart and an open mind, each day will bring on an exciting new adventure!

What is the cost of this trip?

The estimated cost of the trip is \$ 1600 double occupancy and \$3485 additional if you continue onto the Ananda Spa. If you would prefer single, please contact me. (This price does not include airfare into Delhi). The price includes:

Ashram in Rishikesh, all transportation, treks, 1 massage each, yoga classes from Indian teachers, lead Ohso meditations, Vinyasa Yoga and Kundalini meditation from Valerie each day, Sadhana practice, yoga philosophy lecture, accommodations and 3 meals a day.

You are responsible for:

Any additional services such as Ayurvedic treatment, astrology readings, additional water or food, tipping, cooking lessons.

Do you recommend vaccinations?

For vaccinations, I suggest doing what you feel most comfortable with. Please check with your doctor to help make your decision.

How will I know what supplements and medicines to bring on the trip?

At the time of registration, along with your forms you will be sent a recommended list of supplements and suggestions for the trip.

What is the weather like in India?

The weather is great at the time of year we will be going. The days can range from 80-100 degrees with the evenings going down the 60's. It sometimes rains, but usually we have blue and sunny skies. It will be chilly for Sadhana in the morning.

Will my cell phone work there? Is there internet?

Most networks now have international options. The cost of your calls may be expensive though. If using your cell phone is greatly important to you, we recommend you purchase an unlocked/GSM phone online. This will enable you to purchase a SIM card /phone chip in India and insert it in place of your U.S. SIM card. This will allow you to dial home for a fraction of the cost then if you used your locked phone from your carrier. Once we get to India, we will set up a time for people to purchase their phone

chips. There are also plenty of phone offices in India with inexpensive rates if you choose to not bring a cell phone with you. Once we get to Rishikesh, there are internet cafes for you to use. Just know that the internet service in India is very slow.

Will there be time for shopping?

Most definitely! We know of many great shops to go to. Shopping in India is always exciting and you will be able to find many beautiful things for yourself and gifts for others!

What about money in India?

Once we get to India, there are many offices to change money in. Now in India, they have ATM machines that will give you dollars and many places where you will be shopping now take credit cards. We do recommend bringing cash and not Traveler Checks. For some reason, Traveler Checks are still difficult to cash in. Before leaving India, you would convert your rupees back to U.S. dollars or foreign

currency because you cannot change it once you leave the country.

Do I need a passport and visa?

Yes. A valid passport is needed to enter into any of the ports we will be flying into. If you do not have a passport, please give yourself plenty of time to register for it and receive it. It often can take up to a month to get your passport. You will also need a tourist visa for India. We suggest the 6 month unless you are planning on traveling to India many more times. They have a 10 year visa for this. For visa information, go to www.indianconsulate.org For information on how to apply for a U.S. passport go to www.travel.state.gov You will not be able to travel without a passport or visa.

How should I dress once in India?

When in India, we suggest dressing modestly with respect to the culture.

For woman, we ask that you do not wear clothes that are tight, transparent or that show the stomach and underarms. This would mean no tank tops, halters or

short t-shirts. We also discourage wearing jeans and slacks and instead wear loose and graceful clothes such as long skirts and Indian Kirtas. This is not only to show respect to a culture that does not dress like westerners, but for your projection and comfort as well. Once we are in India, we have many shops to take you to where you will be able purchase beautiful and inexpensive clothes to wear everyday there and do yoga in. Please do not bring jeans.

It's a little easier for men in India. Pants are fine to wear. We suggest wearing t-shirts or Indian Kirita shirts and no tank tops.

Is the food and water clean?

There is plenty of bottled water everywhere we go and it is extremely inexpensive. Do not drink the water out of any tap in India. We suggest using bottled water to brush your teeth. We have great recommendations once we are in Rishikesh. The food at the Divine Ganga is also very clean and tasty. Please do not eat any food from vendors on the street. There is so much delicious food in India.