

# Experience India 2012



Retreat itinerary below or for more information contact Valerie 303-579-6340 [valerie@organictwist.com](mailto:valerie@organictwist.com)

After arriving in Delhi you will be picked up by an organized taxi service and brought to our Jaipur Hotel in Rishikesh.

The following morning, we will have a fabulous authentic breakfast, group orientation and a yoga to help us recover from jet lag.

Spend the first 10 days of the trip enjoying yoga and meditation every morning together as a group. Our days vary and include different things such as:

- \*Yoga taught by Valerie each morning
- \*Afternoon Yoga classes from local teacher Anand Mehrorta
- \*3 meals a day
- \*3 guided hikes to a waterfall and sacred temples
- \*A dinner party with a local family
- \*An Evening ceremony and kirtan at the ashram on the Ganga
- \*Lots of free time to shop or just take in the many magical gifts of the Holy Motherland.
- \*All taxi services
- \*A la carte options not included in price:
  - \*ayurvedic cooking lessons
  - \*Astrology reading
  - \*pancha karma or other spa services
  - \*Private Hindi Lessons

We will be staying at Jaipur Inn in Luxman Jhula Rishikesh for the first 7 days and the last 3 days at Anand's Sattva Center <http://www.mysattva.com/about/sattva-center/>

Either you will fly home or continue on to the Ananda Spa for 4 more days and 3 nights nestled in the Himalayas. Perfect for today's traveler who is looking for innovative ways to restore and rejuvenate their energies, Ananda is a word class, 5 star, 21,000 square foot spa offering an extensive menu of over 79 body and beauty treatments, integrating the traditional Indian systems of Ayurveda with the more contemporary Western spa approach. The spa experience strives to achieve the ultimate harmony between the physical and the mental realms of the individual.

Included in the 3 day/4 night stay:

- \*Private session with Ayurvedic Doctor
- \*A spa treatment every day
- \*3 fabulous ayurvedic meals
- \*Morning Yoga each day lead by Valerie
- \*Guided trek through the Himalayas
- \*Use of the pool, gym, whirlpool and sauna
- \*Lots of free time to relax and process the journey

Depart for Delhi in the afternoon via train to Delhi. Either you will be taken directly to the International airport to fly home or spend a final evening in Delhi and then brought to the airport the following day. Your flight will either need to be the evening of the 12th (10pm or later) or the following morning on the 13th.



### Getting to and returning from Delhi:

Fly into the airport in Delhi. Most international flights arrive at night, so plan to arrive at the airport on the afternoon or evening of Oct 10th, where you will be picked up by our taxi service. If you are not continuing onto the Ananda, your return flight should be made for Oct 21st at 7pm or later, or the following morning on the 22nd. If you are continuing on to the Ananda, your flight will be Oct 24th at 7pm or later, or the following morning on the 25th. (Delhi hotel NOT INCLUDED) Most international flights depart at night. (Flight is not included)

### Food:



All meals are included with breakfast and dinner at Jaipur Inn or Sattva Center. Lunches will be at some of the finest in Rishikesh. Prepared simply and cleanly, the places where we will go serve tasty and clean yogic food, suitable for keeping you healthy, as well as keeping your body and mind feeling light.

Breakfasts will consist of porridge, coffee, teas, breads and nut butters. Lunch and dinner will mostly consist of traditional Indian foods, including rice, chappatis, palak paneer, among other things.

Other restaurants and shops are always accessible should you wish to be more adventurous!



"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

"My journey to India with Valerie was an exploration of heart and soul in a country so emotionally profound you have no choice but to look deep within. Valerie's presence, strength of character and love for India guided us through each amazing day. Our time was filled with authentic experiences with the locals, yoga, meditation, hiking, eating and lots of introspection.

Anyone seeking an opportunity to reawaken their consciousness and develop their spiritual practice, should definitely consider joining one of Valerie's retreats. I came back to my own life filled with a sense of gratitude and an appreciation for the abundance that is present in my everyday. India is a country that needs to be experienced to be understood and Valerie was the perfect teacher for that experience."

-Stephanie Carter (India Retreat 2010)

PRICE: Rishikesh \$2100 (double) \$2300 (single)

Anand: \$2250 (double) \$2500 (single)