

# Experience India 2010



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

**Sept 29th**~After arriving in Delhi you will be picked up by an organized taxi service and brought to the Ginger Hotel where you will relax for the evening and sleep off your jet lag.

**Sept 30th**~We will head out as a group and take a 7am train from Delhi to Haridwar. On the train we will have a chance to sit back and take in the sites of India. From Haridwar we are picked up by our taxi drivers and drive 45 minutes to the divine Holy town of Rishikesh where we will be greeted by our host and staff of the Divine Ganga Cottage. We will have a fabulous authentic meal awaiting us, group orientation and a yoga to help us recover from jet lag.

## Sept 30th-Oct 9th

Enjoy yoga and meditation every morning together as a group. Our days vary and include different things such as:

- \*Sadhana and Vinyasa Flow Yoga taught by Valerie each morning
- \*2 afternoon Yoga classes from a local teacher
- \*3 meals a day-breakfast at the Divine Ganga resort, lunch and dinner at different cuisines throughout town
- \*3 Osho Meditation classes
- \*Waterfall hike and a guided hike to a sacred temple
- \*An evening spent 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

## Oct 9th-Oct 12th

Either you will fly home or continue on to the Ananda Spa 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

Oct 12th (and 13th)

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 Sept 29th. If you are not continuing onto the Ananda, your return flight should be made for Oct 9th 10pm or later, or the following morning on the 10th. Most international flights depart at night. (Flight is not included)

### Food:



All meals are included and are 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!

### Prices:



Sept 29th-Oct 9th

Double Occupancy \$1750

Single Occupancy \$1900

Oct 9th-Oct 12th (Ananda Spa)

Double Occupancy \$3800

Single Occupancy \$4450