

F E B R U A R Y 2 0 1 2

EXPERIENCE INDIA

TWO PART TRIP RISHIKESH, INDIA AND THE ANANDA SPA

Join this two part journey to the sacred land of India lead by Valerie D'Ambrosio. You will have an opportunity to experience your own inner richness and the diverse spiritual cultures that live in India today.



Package Pricing (flights not included)

Both packages include-All taxi service, train ride to and from Delhi, 3 meals a day, yoga, and trekking.

Rishikesh:\$TBD(double)

\$TBD (single)

Rishikesh and Ananda:

\$TBD(double)

\$TBD (single)

(\$500 non-refundable deposit. Register before November 15th for discount.)

DIVINE GANGA RISHIKESH, INDIA (FEB 16 ~ FEB 26)

Immerse yourself in one of the most spiritual havens lying on the Holy banks of the Ganga River. In Rishikesh the roads of the city are lined with bustling market places of ethnic arts and handicrafts, fresh produce markets, and holy shrines. We are blessed to stay at the Divine Gange Cottage, overlooking the Ganga river each morning, nestled at the foot of the Himalayas. Each day will be celebrated with Sadhana, yoga lead by Valerie in the morning and a local instructor in the afternoon, meditation, chanting, and delicious authentic Indian meals, along with 2 guided treks.



Package includes:

- *Rooms and daily authentic indian cuisine
- *Daily Yoga and Sadana practice
- *Three Osho Meditation classes
- *Local hikes and yoga with a local teacher
- *Dinner with a local family
- *Nightly satsang on the ganga river

Ananda Spa In the Himalayas (Feb 26-29)

You can continue the journey by pampering yourself. Ananda Spa is a world class destination spa swirled in the sacred mists of time, nestled in the Himalayas. Ananda is dedicated to today's traveler who is looking for innovative ways to restore and rejuvenate their energies.

Package Includes:

- *Ayurvedic consultation
- *3 fabulous nutritious meals a day
- *Daily spa treatments
- *Daily yoga
- *Trekking
- *Pool, gym, sauna

For photos and a full listing of entitled spa amenities contact Valerie

FOR MORE INFO GO TO WWW.ORGANICTWIST.COM OR CALL 303-579-6340