

# Yoga Journey to North India

Rishikesh, Haridwar, Agra, and Delhi

October 5 - 19, 2008

With Phoenix Artemisia and Sadhvi Abha Sarasvati

2 daily classes in Vinyasa Yoga, pranayama and meditation \* Experience 10 days of ashram life in Rishikesh and Haridwar by the sacred Ganga River, in the cradle of Vedic culture



Trips to local areas of interest including caves, temples, and a wildlife preserve \* Study Yogic philosophy & chanting \* Impeccably prepared vegetarian Indian cuisine \* Ayurvedic treatments \* Tour of Agra to see the Taj Mahal and shopping in Delhi \*

Follow your heart to Sacred India! [www.phoenixyoga.net](http://www.phoenixyoga.net)