

yogya journey to



north india

October 4-19, 2008

Retreat Fees and Information

\$3250 regular registration for a double occupancy room is due by August 1.

There is an economical option to have a combination of two nights of double rooms at the beginning of the trip and then single rooms throughout the remainder of your time in India this year, please see details on the registration form.

\$475 single occupancy supplement is necessary if you are signing up alone or would like your own room.

We cannot guarantee a roommate for you, so if you are signing up solo, you will have a single occupancy designation. If you prefer to double up with someone, indicate your preference or we'll do our best to pair you with someone (of the same gender) as the retreat fills. If a roommate becomes available, your single occupancy supplement will be returned.

If you are sending a deposit in advance, it is deducted against the total cost due by the final date.

Discounts: \$100 off for early registration paid in full by June 1, 2008.

Sign up with a friend: \$50 off for each person

Registration fees in full are due when we reserve your air ticket by August 1st.

Special conditions permit late registration by pre-arrangement with facilitator. In this case you would be responsible for buying your own ticket and the retreat fees would be adjusted accordingly. Late registration deadline, to permit room and transportation reservations, is September 1st.

The allowance for airfare on this trip is \$1300. If the cost of roundtrip airfare purchase is less than or exceeds this amount, a cost adjustment will be made as necessary. The earlier you register and pay in full, the better deals you will get for airfare. If you wish to make your own airfare arrangements to take advantage of frequent flier programs, etc., you may deduct \$1300 off of the total price for this trip. You must send us your flight details so that transportation arrangements can be made for you. Please plan to arrive in Delhi on the 4th to join the group.

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Itinerary and Daily Schedule

Oct. 4 Arrive in Delhi, overnight

Oct. 5 1st asana class at hotel in the morning. Excursions to Humayun's Tomb and Nizam-ud'din Darga. Overnight in Delhi

Oct. 6 Train journey to Rishikesh. Tour of ashram, afternoon asana class.

Oct. 7-12 Retreat schedule in effect. Oct. 11th/12th day free schedule after lunch! Optional day trips to Beatles Ashram and Vasistha Cave.

Program begins at Parmarth Niketan in afternoon with an asana class, Yoga Nidra and Aarti in the evening

Retreat Schedule of programs:

7AM-8:15AM Pranayama, chanting and Sun Salutations w/
mantras, meditation led by Phoenix

8:30AM Breakfast

10 AM Yoga Philosophy class given by Mataji

11AM Vedic Chanting led by Mataji

11:45-1:15PM Vinyasa Asana class

1:30PM Lunch, free time until 3:30PM

3:30PM Asana II/ Specialty workshop given by Phoenix

4:30-5PM Yoga Nidra given by Mataji

6PM Kirtan and Aarti/kirtan at the Ganga nightly

7:30PM Dinner

Oct. 13 leave Parmarth for Haridwar in the afternoon. Trip a Jain temple on the way to Haridwar. Evening Ganga Aarti.

Oct. 14 AM practice, optional trip midday to wildlife reserve--or rest at the beautiful Haveli Hari Ganga. Overnight

Oct. 15 Morning intensive. Free time to explore Haridwar and visit a temple. Leave for Delhi by train, arriving in late evening.

Oct. 16 Leave at 11AM by car to Black Taj, Moon Garden, shopping in Agra. Early PM asana practice. Overnight in Agra

Oct. 17 Visit the Red Fort and Taj Mahal, and shopping in Agra. Return to Delhi by train in the evening.

Oct. 18 AM practice, Jama Masjid, shopping at Janpath bazaar. Group farewell dinner and "Dances of India" in the evening.

Most international flights depart very early on the 19th AM from Delhi to home. You will be able to keep your room until your flight leaves if your flight goes back later on the 19th. You'll get back the "same day" due to time zone catch-up!