



INSIGHT INDIA 2019

The pilgrimage of Shakti

SOUTH + NORTH INDIA WITH INDU ARORA
SEPT 28 - OCT 11, 2019



Pilgrimage to South + North India:

According to Vedic lore, the southern most tip of India is the seat of Kundalini as Shakti and Northern most tip of India as Himalayas is the seat of consciousness as Shiva. The pilgrimage of Shakti in our body is from the root to the crown mimicking the Vedic lore. The "Pilgrimage of Shakti" 2019 is an attempt to live this Vedic lore.

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TRIP HIGHLIGHTS

AYURVEDA VILLAGE - VAIDYA GRAMA • DAY 1 - DAY 7

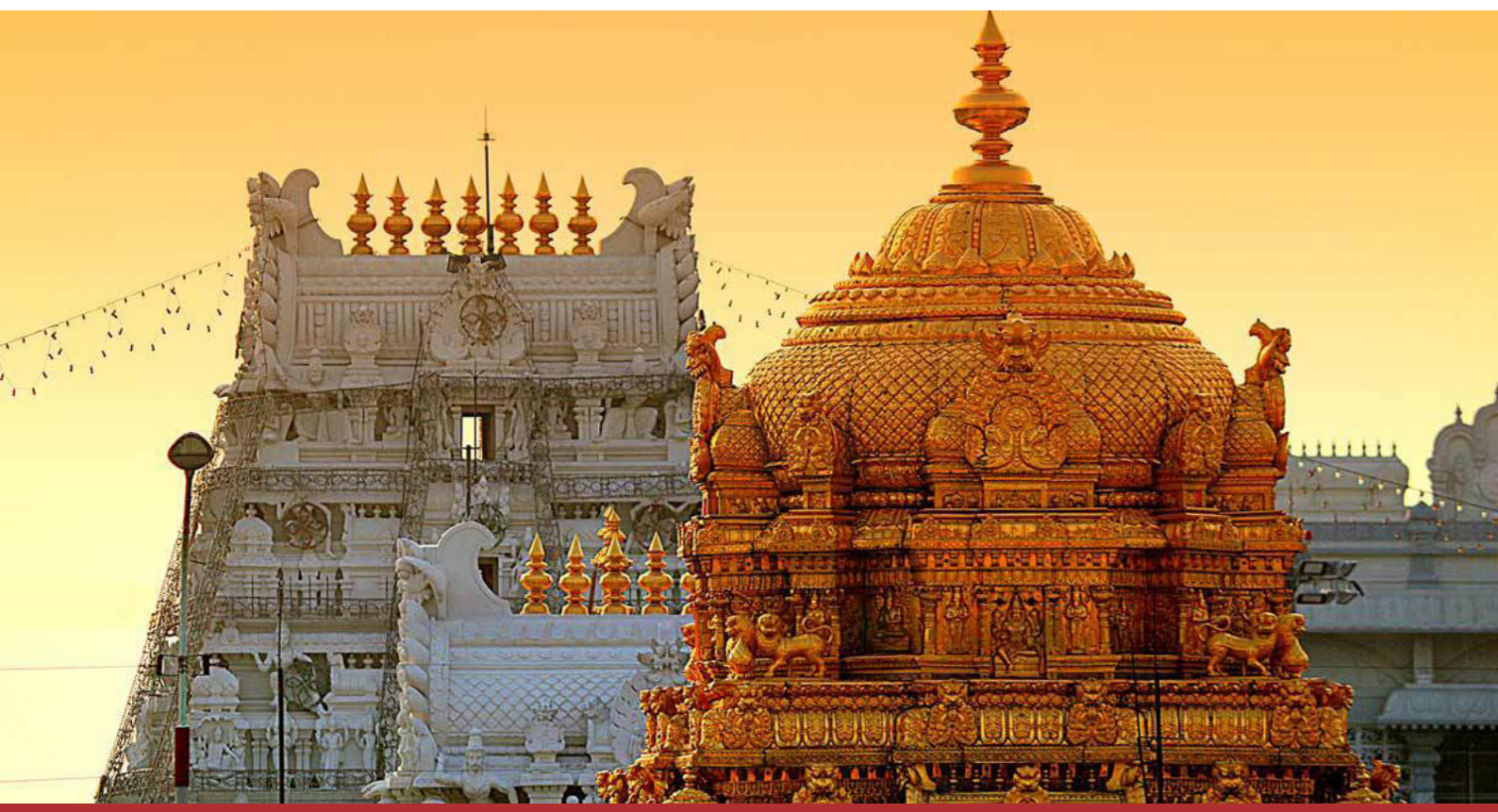
The village of healers: We begin our journey with experiencing the Ayurvedic life style. Vaidya Grama is a place where the body can relax and the mind can become calm effortlessly. A team of classically trained vaidyas (Ayurvedic doctors), nature - the eternal healer, food - the original medicine combined with daily treatments is awaiting you.

Divine timing brings us to India in a time when Shakti is worshipped and invoked for nine days. Every day at Vaidya Grama we will have Yoga practice sessions, lectures and gatherings.



TIRUMALA TIRUPATI TEMPLE • DAY 8

Take a pause and visit the sacred Tirupati Balaji temple. A pilgrimage is incomplete without the element of surrender and bhakti. Open your heart to the divine as you join the palms in namaste.





RISHIKESH - NEEMRANA GLASSHOUSE • DAY 9-14

Built in the 21st century, the Glasshouse on the Ganges sprawls across the banks of the holy Ganga near a white sand beach. Situated near the river Ganges, it boasts of therapeutic mountain views. It is a magical natural spot, set in a lychee and mango orchard of the Maharajas of Tehri Garhwal, with a garden of tropical plants, full of rare birds and butterflies.



Soak the sight and delight of the flowing Ganges as we study, explore, reflect and connect the dots between Shakti, Agni, The Goddess, Tejas, Kundalini and Prana. Visiting Rishikesh, enjoying indian delicacies, meditating in Vashishtha cave and taking a dip in the sacred confluence of two rivers - the birth place of Ganges- Dev Prayag are all a part of the second part of our pilgrimage. .



TRAVEL & ACCOMMODATION

Included

- Airport pickup (from Coimbatore) and drop (to Dehradun)
- Domestic ground transportation
- Airfare from Coimbatore to Tirupati
- Airfare from Tirupati to Dehradun
- Lodging on double sharing basis
- All meals at Vaidya Grama and Glasshouse
- All treatments and herb during the period of stay at Vaidya Grama
- Scheduled group trips
- Monument / temple fees
- CEU's available for registered yoga teachers.

Not included:

- International airfare
- Visa and Passport fees, Health Insurance, tips, donations, additional sightseeing, changes in itinerary, shopping, calling cards, wifi fee at Vaidya Grama, special food related requests, baggage fees, health maintenance, laundry, accommodation upgrades

FEES & REGISTRATION

- Price in USD for 14 days \$4500
- Registration fee: \$800 by December 15th, 2018*

*Registration and any additional fees once paid are non-refundable and not transferrable

SINGLE PAYMENT:

\$800 paid by December 15th, 2018 and \$3700 payable by May 15th, 2019

INSTALLMENT OPTION:

\$800 paid by December 15th, 2018 + 3 installments of \$1335 each payable by March 1st, 2019, June 1st, 2019 and August 1st 2019

RETREAT STAFF



INDU ARORA
Retreat Leader



AGOTA SESZTAK
Retreat Coordinator

GURJIT BAGGA
Retreat Coordinator