



INSIGHT INDIA

Spiritual Side of Northern India

A JOURNEY WITH INDU ARORA
MARCH 19 - APRIL 2, 2016

INDIA....the word itself brings a vision of colors, culture, heritage, variety and experiences...

This journey to Northern India is about all this and also about the things that can be felt at a subtle level. Many such sites are present in India which have not been commercialized and hold a deep and raw energy...at times we call this energy "spiritual experience"! I welcome you to this journey which will take us to some such places.

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TRIP HIGHLIGHTS

The intention of this trip is, as we explore these places outside; we invoke and understand certain hidden and unexplored aspects of our own selves.

RISHIKESH, DEVAPRAYAGA - 5 DAYS TO EXPLORE AND EXPERIENCE!

RISHIKESH – Known as the capital of YOGA! We will be exploring the various traditions of Yoga like Sivananda, Parmartha Niketana, Himalayan Yoga, Iyenger Yoga etc! Enjoying the exotic Ganga Aarti, trip to the Rama Jhoola, Laxman Jhoola, and of course Indian street bazaar experience!

DEVAPRAYAGA – the Godly Confluence where IDA meets merges PINGALA - Devaprayaga is the sacred event of merging two heavenly rivers, Alakananda and Bhagirathi, to form the holy GANGES which is symbolic to SUSHMANA! This holy place is filled with natural beauty! On the way to Devaprayaga we also pay a visit to a sacred, secret ancient cave for meditation.

Celebrating HOLI, the World's most colorful festival. Holi or 'Phagwah' is celebrated as harvest festival as well as welcome-festival for the spring season in India. It is also can be regarded as a celebration of the Colors of Unity & Brotherhood - an opportunity to forget all differences and indulge in unadulterated fun. It is one occasion when sprinkling colored powder (,gula') or colored water on each other breaks all barriers of discrimination so that everyone looks the same and universal brotherhood is reaffirmed.

LECTURES by Vedadhyayi Siddhartha Krishna on Vedas, and practices & discussions led by Indu Arora and Agota Sesztak.



VARANASI: 3 DAYS TO LEARN AND EXPERIENCE!

VARANASI is the spiritual capital of India. It is often referred to as „the holy city of India“, „the religious capital of India“, „the city of Shiva“, and „the city of learning“. Also known at various times in history as Kashi (City of Life) and Benares, this is one of the world's oldest continually inhabited cities. It's a particularly auspicious place to die, since expiring here offers moksha (liberation from the cycle of birth and death), making Varanasi the beating heart of the Hindu universe.

LECTURES by

- **Shashi Khosla** *“The biggest transformation in life comes when we meet the person who takes us from where we are to where we could be. One such change came to my life when I met my Master, “Shashi Khosla”. This is one opportunity I would like to share with all of you, to meet her, know her and learn from her. What better location then Northern India, “The Capital of Yoga!” (Indu Arora)*
- **Bettina Baumer** *is a renowned Indologist, one of the foremost expounders of Kashmir Saivism and a well-known figure in the field of inter-religious dialogue”. She was recently awarded Padma Shri by Government of India in 2015 for her contribution to Literature and Education.*

AGRA, VRINDAVAN, JAIPUR

AGRA: 1 day. TAJ MAHAL is known as one of the New Seven Wonders of the world, and one of three World Heritage Sites in Agra. Completed in 1653, the Taj Mahal was built by the Mughal king Shah Jahan as the final resting place for his beloved wife, Mumtaz Mahal. Finished in marble, it is perhaps India's most fascinating and beautiful monument.

VRINDAVAN: 2 days. The city of Bhakti, devotion, the heart of India. It is the site of a forested region, where, according to the Mahabharata, Krishna spent his childhood days. Be ready to open your hearts.

JAIPUR: 2 days stay at the capital of the state of Rajasthan. It is one of the planned cities of India and is a principal tourist destination Filled with ancient forts and monuments that boast of its glorious past. A large number of temples and other religious places reflect the spiritual value of the dynasties of the past, who built them. The splendid architecture of these temples is simply awe-inspiring and their religious significance is worth a visit.



**THREE ORIENTATION SESSIONS INCLUDED FOR
BRIEFING / PREPARING / SOCIALIZING FOR THE JOURNEY
SECRET FACEBOOK GROUP EXCLUSIVLEY FOR THE ATTENDEES**

TRAVEL & ACCOMMODATION

- Pick up and drop from the airport included.
- Airfare To & From India is not included.
- All group travelling expenses and monument fees covered*.
- Accommodation will be twin/ triple sharing rooms.
- Rooms on the banks of the river Ganges in the heart of Rishikesh.
- Breakfast included for all 14 days.

*Not included in Fees: Visa, Passport, Health Insurance, additional sightseeing, changes in itinerary, shopping, calling cards, special food related requests, baggage fees, health maintenance, lunch & dinner.

FEES & REGISTRATION

- Price in USD for 15 days \$2600
- Application fee: \$500 by August 1st 2015.

SINGLE PAYMENT:

\$ 500 paid by August 1st, 2015 in addition \$ 2100 by 1st October 2015

INSTALLMENT OPTION:

\$ 500 paid by August 1st, 2015 in addition 3 installments of \$ 800 each payable by October 1st 2015, January 1st and February 15th 2016

RETREAT STAFF



INDU ARORA

Retreat Leader



AGOTA SESZTAK

Retreat Coordinator

GURJIT BAGGA

Retreat Coordinator