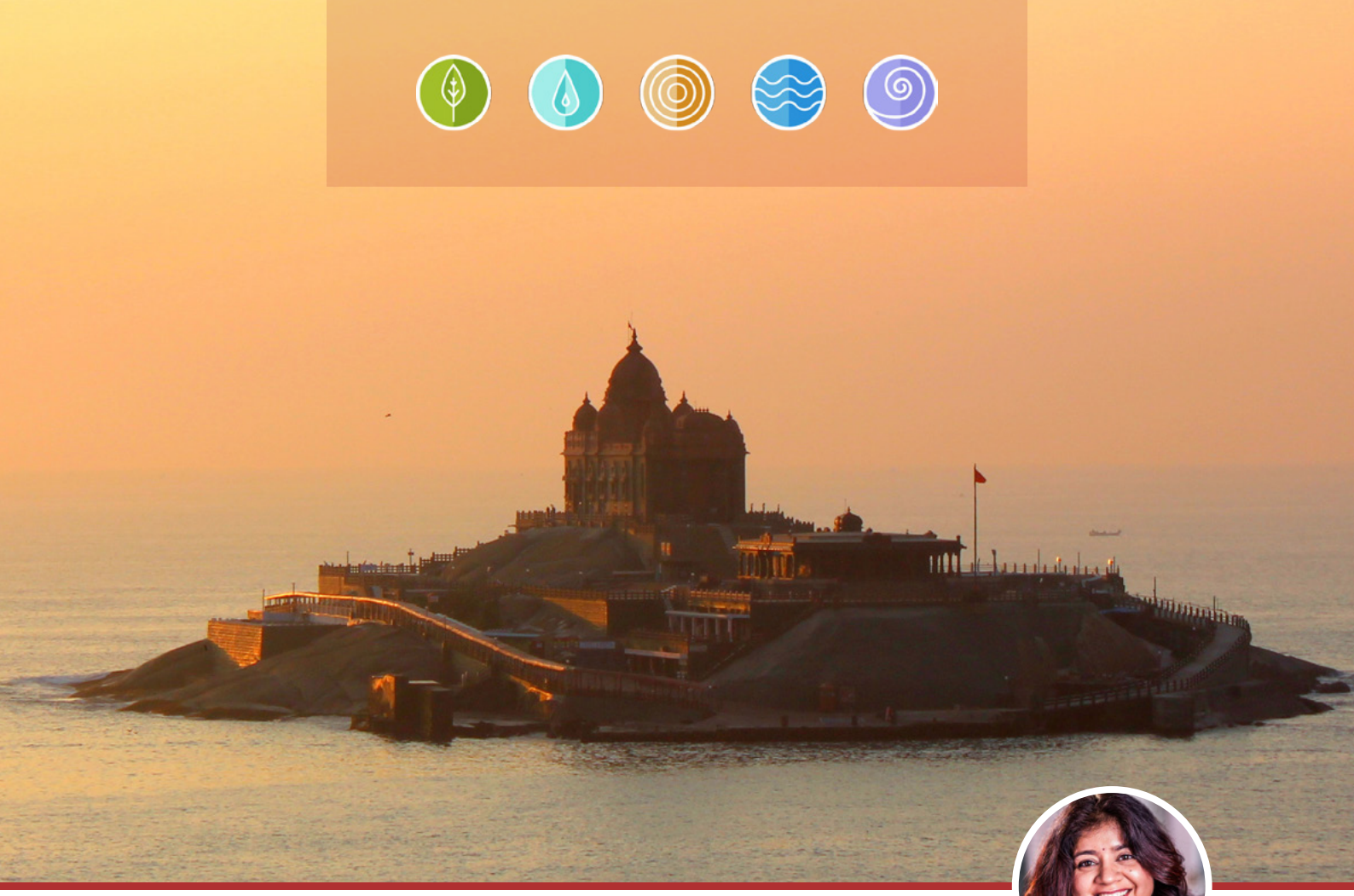


INSIGHT INDIA

Five Element Journey

TO SOUTH INDIA WITH INDU ARORA
NOVEMBER 27 - DECEMBER 10, 2017

Journey to South India: 'The land of Ayurveda' brings the five elements to life. An experience which is a perfect blend of rest, rejuvenation, exploration, yogic insights, rituals and pilgrimage.

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TRIP HIGHLIGHTS

EARTH - VAIDYA GRAMA

DAY 1 - DAY 7

The village of healers: We begin our journey by the invocation of earth element: rest in your true nature by being in the village of healers, Coimbatore going through simple ayurvedic treatments, daily lectures on Ayurveda and Yoga practices for one week.



LECTURES and YOGA classes by:
Shashi Khosla and Indu Arora

"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." (Indu Arora)



WATER - JAMBUKESWARAR
DAY 8

The next landmark is a visit to the temple, which is dedicated to the water element allowing for purification of our emotions and mind, setting the pace for the onward journey.



FIRE - MEENAKSHI TEMPLE
DAY 9

To acknowledge the fire we visit Madurai and Meenakshi Temple which is one of the Shakti sthala in South India. This temple invokes our innate appetite as seekers of knowledge and insight. This fire allows us to be the beings of light that we are.



AIR - RAMESHWARAM
DAY 10

Rameshwaram is one of the 12 Jyotirlingam (awakened form of Shiva) in India. This place is truly exceptional. In order to pay a visit to the temple one has to bathe in water from 22 wells and these 22 wells hold the water from 22 different rivers from India. Shiva is considered to be omnipresent like the air. This air is the life force that keeps us alive and yet we hardly pay homage to this breath which is present in us as Shiva.



ETHER - KANYAKUMARI
DAY 11 - DAY 14

Kanyakumari is the meeting point of three bodies of water (Arabian sea, India Ocean and Bay of Bengal) and it is the southern most tip of India. This is the place from where the Shakti as virgin goddess (Kanya Kumari) rises to meet Shiva (in Himalayas).



The entire map of India (Bharata) represents the body of a human being and every geographical region has a symbolic connection to thehuman body, mind and spirit.

TRAVEL & ACCOMMODATION

- Pick up from and drop to the airport included.
- Airfare To & From India is NOT included.
- All group traveling expenses within India during the journey and monument fees covered*.
- Accommodation will be twin/ triple sharing rooms.
- Breakfast included for all 14 days AND lunches and dinners in the first 7 days of the journey is included

**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 14 days $3500
- Registration fee: $500 by January 15th 2017*

**Registration fee is non-refundable and not transfarable.*

PAYMENT OPTIONS:

1. Singel payment: $500 payed by January 15th 2017 and $3000 payable by March 15th 2017
2. Installments: $500 payed by January 15th 2017 and 3 installments of $1100 each payable by March 15th 2017, June 1st 2017 and August 1st 2017

RETREAT STAFF



INDU ARORA
Retreat Leader



AGOTA SESZTAK
Retreat Coordinator

GURJIT BAGGA
Retreat Coordinator