

6 APR-16 APR 2020

# INDIAN HIMALAYAS YOGA GETAWAY

11 DAYS  
\$5150 TWIN SHARE  
or \$6250 SINGLE PERSON

**Join us for 11-days of yoga, walks and cultural immersion in the incredible Indian Himalayas!**

Follow in the footsteps of legendary yogis; visit their sacred places and take part in ancient rituals. Discover the potent power of the Indian Himalayas to relax and rejuvenate. Unwind in beautiful boutique resorts nestled amongst rural villages with expansive Himalayan views. Dine on delicious home-cooked cuisine and delve into charming, traditional local culture. Soak in the spiritual ambiance that has drawn yogis from all walks of life for centuries; an exceptional pilgrimage for mind, body and soul.



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### INCLUSIVE FEATURES

#### THE YOGA + MEDITATION

This retreat, which is suitable for all levels of ability, offers a great opportunity for you to immerse yourself in a yoga and mindfulness practice and explore how this then affects your whole being. For those who do not know Jacqui & Shimon, they have over 60 years of collective experience in teaching, studying and practicing Yoga. Shimon's good humour will lift your spirit and Jacqui's depth of Spiritual wisdom will leave you quiet within. They will both take your Yoga practice to the next level. Enjoy daily yoga classes and meditation sessions throughout the 11-day getaway.

#### IMMERSIVE CULTURAL ACTIVITIES

Provide insight into local culture with village excursions and temple visits. Participation in ancient rituals and walks in the hills. See the full itinerary on the following page for more details.

#### BOUTIQUE HOTELS + RESORTS

Hand selected for authenticity and ambience. We'll stay in 4 distinct and quintessentially unique properties. See the full itinerary on the following page for more details.

#### PRIVATE TRANSFERS + TRAINS

No journey to India would be complete without a train ride! Once in the hills we will utilise private vehicles to get to our main destinations.

#### CURATED CUISINE

Delicious organic and locally-sourced produce, served daily throughout the 11-day getaway.



#### INDIA CO-HOST

Australian born, Indian resident; Claire is well-versed in India's ancient and modern history, fluent in Hindi and passionate about creating meaningful travel experiences in India. Contact: [claire@grassroutesjourneys.com](mailto:claire@grassroutesjourneys.com)



#### FULL PACKAGE

**INDIAN HIMALAYAS YOGA GETAWAY:  
6 APRIL until 16 APRIL 2020**

**\$5150 TWIN SHARE or \$6250 SINGLE**

Package includes: 10 nights accommodation

- All meals and snacks provided
- Early morning Yoga session, Daytime mindfulness session plus afternoon Asana, Pranayama and Meditation.
- Private transfer and train fare, to-and-from Delhi.

#### SPECIAL EARLY BIRD PRICE

**SAVE 5% if paid in full by Jan 30, 2020!**

**HAWTHORN MALVERN YOGA EVENTS**  
[info@hawthornyoga.com](mailto:info@hawthornyoga.com) Tel: 9885 9455

[hawthornmalvern yoga.com](http://hawthornmalvern yoga.com)

# 11-DAY YOGA GETAWAY

## INDIAN HIMALAYAS | 6 APR-16 APR 2020



### RETREAT ITINERARY

#### DAY 1 | MON 6 APR 2020

##### DELHI, THE PARK

Arrive into India's capital city. Meet your instructors, guide and co-participants at 6pm, followed by a welcome dinner.

#### DAY 2 | TUE 7 APR 2020

##### DUNAGIRI RETREAT

No journey to India would be complete without a train trip! We travel from Delhi into the North Indian state of Uttarakhand and transfer by road to our blissful abode nestled in the Himalayas. A rigorous journey well worth the effort. Dunagiri; home to many of India's great Yogi's and close to nature's heart.

#### DAY 3 | WED 8 APR 2020

##### DUNAGIRI RETREAT

We begin the day with a yoga session. Thereafter we visit the local temple dedicated to the patron Goddess and protector of the area. The afternoon is at leisure to further explore the hills or simple relax and take in the incredible mountain views.

#### DAY 4 | THU 9 APR 2020

##### DUNAGIRI RETREAT

After a morning yoga session we take a delightful walk through rural landscapes and enchanted forests. Bringing us to legendary Mahavatar Babaji's Cave where Kriya Yoga was founded; a sacred spot imbued with special spiritual energy.

#### DAY 5 | FRI 10 APR 2020

##### BINSAR THE GRAND OAK MANOR

Driving through village hamlets and alongside rivers will take us further up the hills into the Pine & Oak forests of Binsar Wildlife Sanctuary. Staying in the former British Commissioner private home within the Sanctuary its easy to see why Sir Ramsey selected this spot in 1856.



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## RETREAT ITINERARY

**DAY 6 | SAT 11 APR 2020**

### **BINSAR THE GRAND OAK MANOR**

A half-day walk (6kms/3 Hours) along a traditional stone path within the Sanctuary will take us through Deodar and Cyprus forests studded with Rhododendron trees. We may encounter monkeys, certainly the healing power of the forest and be captivated by the panorama from the lookout.

**DAY 7 | SUN 12 APR 2020**

### **SONAPANI HIMALAYAN VILLAGE**

Today we move down the hills to another hidden gem nestled in the hills. Richly endowed with fruit trees and local flora with continuing views of the hills. We'll settle in with an evening Yoga session.

**DAY 8 | MON 13 APR 2020**

### **SONAPANI HIMALAYAN VILLAGE**

Opening the day with yoga is always a good start! After breakfast we'll explore neighbouring villages with opportunities to interact with local communities.

**DAY 9 | TUE 14 APR 2020**

### **SONAPANI HIMALAYAN VILLAGE**

Walk to Mukteshwar (8kms/4-5 Hours) a 350 year old Hindu temple dedicated to Lord Shiva with excellent views of the valleys below. Enjoy lunch in a local café before returning to Sonapani.

**DAY 10 | WED 15 APR 2020**

### **DELHI, THE PARK**

Return train into Delhi will have us arrive in the evening. Transfer to our Hotel in Delhi for a restful sleep before our departure tomorrow.

**DAY 11 | THU 16 APR 2020**

### **DELHI, DEPARTURE**

There are no activities planned. You are free to depart anytime today.



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