

## *Meaningful & Wellbeing Journey*


**14 Days | February 20, 2016 - March 4, 2016**

A land of amazing variety. India is the birth place of Hinduism and Buddhism, you will be introduced to the customs, traditions, lifestyles and superb cuisines that make India the destination of a lifetime. In the company of local experts, you will experience the spectacle of colors, sights, smells, sounds and vitality that comprises everyday life in India. India is a land of variety and contrasts.

Traveling with Nanda Journeys will ensure you meet new people; create lifelong friends; experience a new culture and way of life; learn first-hand about the vast and varied traditions and customs of India; meaningfully contribute to society by working alongside village elders and leaders; learn a new language and above all magnify your passion for Yoga in its country of birth.

At Nanda Journeys we engage with and work alongside, exemplary NGO's (non-government organizations) who understand the intrinsic needs of their local communities. While their work would continue regardless of our partnership, you, the traveler, have a unique opportunity to get involved and truly make a difference. You will not only support our elected NGO's by traveling on a Nanda Journey, but, you will commit your time, compassion and skills to work alongside the community. Whether that be installing much needed equipment, painting community buildings or teaching English to the underprivileged, you will make a difference in the lives of others, and undoubtedly yourselves.

During your 5 day Wellness Program, you will be introduced to a health and wellness program beyond compare. Awaiting you is an introduction to Yogic Kriyas, Asanas, Meditations & Pranayama, guided art sessions with a resident artist to express your creativity and relaxing Ayurveda massages to de stress the physical self. Included are consultations with the Ayurveda & Naturopathy doctors, private Yoga sessions & counseling by experienced Naturopathy & Yoga team.



## *Detail Itinerary*

### **Day 01: Depart for India**

Nanda Journeys can recommend flights – contact us for more details.

### **Day 02: Arrive Delhi**

Upon arrival at the airport you will be met by your in-country guide and transferred to your hotel. Delhi stands as the capital of Modern India. Here you can see the mingling of Old and New India; the ancient and the modern. Delhi is made up of seven ancient cities, spanning the period from the 11th to 20th centuries. Delhi has seen the rise and fall of many emperors which have left behind a plethora of monuments that commemorate the grandeur and glory of bygone ages. Very few cities in the world can express such a profusion of architectural styles.

### **Overnight at The Palms**

### **Day 03: Delhi – Cultural Visits**

This morning after breakfast, you will visit **Old Delhi**. Gain a deeper understanding of India's history and culture as you walk the streets of Old Delhi with a private guide. Learn about the impressive design of the city's 'Havelis' (private mansions), discover the significance of historical sites like the **Red Fort**, **Jama Masjid** and admire handmade crafts while exploring the locals market of **Chandni Chowk**, you'll be genuinely immersed in the Old Delhi lifestyle.

Now compare and contrast Old vs New as you explore New Delhi.

**New Delhi** was designed and built by the British in the 1920's. It's a city of wide boulevards impressive Government buildings as well as green parks and gardens. You will visit two monuments from Delhi's past - **Humayun's Tomb** and **Qutub Minar**.







**Humayun's Tomb**, which was built by the wife of Mughal Emperor Humayun, Haji Begum in the mid-16th century. This red sandstone structure is considered to be the predecessor of Taj Mahal. The structure is one of the best examples of Mughal architecture. Humayun's wife is also buried in the tomb, which is built of red and white sandstone and black and yellow marble.

**Qutab Minar** was built in 1199 by Qutbuddin as a victory tower for his victory against a Rajput King. From a base of 14.32 metres, it tapers to 2.75 metres at a height of 72.5 metres. It is still the highest and one of the finest stone towers in India and most prominent examples of Indian-Islamic architecture.

As you navigate the city in your private air-conditioned motorcoach, you will drive along the ceremonial avenue, **Rajpath**, past the imposing **India Gate** and **Parliament House**. This evening enjoy a welcome dinner at your hotel.

**Overnight at The Palms**

**Meals: Breakfast, Lunch, Dinner**

#### **Day 04: Delhi – local community Service**

Every Nanda Journey provides an opportunity for its travelers to give back to local communities and truly be immersed in local culture through service. For 2 days be welcomed by the staff and pupils of Deepalaya School, a non-profit supporting the education of underprivileged children from impoverished Delhi communities. Immerse yourself in an exclusively designed 2 day service program where you will work with local students and build lasting relationships through education and cultural exchange. Assist in a variety of roles from teaching English to helping with computer education.



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**Overnight at The Palms**

**Meals: Breakfast, Lunch**

#### **Day 05: Delhi – local community Service**

Today again you will be teaching and helping the students with activities at Deepalaya.

Enjoy dinner this evening with friends of Nanda Journeys.

**Overnight at The Palms**

**Meals: Breakfast, Dinner**

#### **Day 06: Delhi – Agra (Taj Mahal)**

An early start this morning takes us to Agra by road. Late this afternoon we visit **Taj Mahal** – the Monument of love. It may be a visual cliché, but it is also the one of the few architectural icons that surpasses expectation. Our architectural guide will give us a specialized tour of the living monument.



The **Taj Mahal** was built by the Mughal emperor as the final resting place for his favorite Queen, Mumtaz. This perfectly symmetrical monument took 22 years (1630-1652 A.D) of hard labor and 20,000 workers, masons and jewellers to built. It was designed by the Persian architect, Ustad Isa. The verses of Holy Quran are inscribed on it and at the top of the gate's 22 small domes, signifying the number of years the monument took to built. The

elegant dome of the Taj has a diameter of 60 feet, and directly under the dome is the tomb of Mumtaz Mahal. Fantastic inlay work, using semi-precious stones, decorates the exterior and interior.

**Overnight at Trident**

**Meals: Breakfast, Lunch**

**Day 07: Agra (Yoga) – Fatehpur Sikri – Jaipur**

Morning; participate yoga and Meditation Session at your hotel. Later we're off by road to the 'Pink City' because of its many pink sandstone monuments, Jaipur's vibrant culture is on dazzling display in all the streets and bazaars. It is one of the great cities of the Rajput, with historic forts, palaces, and gardens. Jaipur is named after its founder, the warrior and astronomer sovereign Sawai Jai Singh II who planned his new capital to reflect the increasing wealth of the kingdom.

We'll stop en route at the UNESCO World Heritage site of **Fatehpur Sikri**, briefly capital of the Mughal Empire, with one of the largest mosques in India within a marvelous complex of monuments and temples. Continue to Jaipur. Enjoy the rural countryside and colorful markets along the way. On arrival check-in at your hotel. Enjoy free time this evening in this and relax in your tranquil setting.

**Overnight at Lebuva Lodge**

**Meals: Breakfast, Lunch**







### **Day 08: Jaipur (Yoga + Cultural Visits)**

Morning; participate yoga and Meditation Session at your hotel. Later explore the monuments of Jaipur's golden age. The **Amber Fort** is a beautiful complex of palaces, halls, pavilions, gardens and temples and is magnificently preserved. Another highlight is **Jantar Mantar**, the largest of the five remarkable observatories built by Jaipur's founder. Its complex instruments, with scientifically



designed settings and shapes, represent the high points of medieval Indian astronomy. You will also see the **City Palace**, a former royal residence built in the centre of the old city in a blend of the Rajasthani and Mughal styles.

### **Overnight at Lehua Lodge**

**Meals: Breakfast, Dinner**

### **Day 09: Fly Jaipur – Mumbai – Goa – Drive to Gokarna**

Today you will fly to Goa and then drive to Swaswara. Here you will learn about and practice how to rejuvenate and balance your life. To relax, release and slowdown in order to be able to hear & listen to your inner song or “Svara”!

Be immersed in a comprehensive wellness program which begins with an introduction to Yogic kriyas, asanas, Yoga nidra. Meditations & Pranayama, relaxing Abhyanga Ayurveda massages & special focus yoga sessions using art & music. The program includes consultations with the Ayurveda & Naturopathy doctors, private Yoga sessions and counseling by the experienced Yoga team at Swaswara.

### **Overnight at Swaswara**

**Meals: Breakfast, Dinner**





### **Days 10,11,12,13 Swaswara - SWA WELLNESS PROGRAM INCLUSIONS**

- Two full body Ayurveda Abhyanga massages
- One SwaSwara “De stress” therapy
- Daily group Yoga sessions include guided meditations.
- Accommodation on full board basis inclusive of the three main meals
- Unlimited Indian teas & herbal teas served with freshly made healthy cookies

### **YOGA**

- 30 minute Private Yoga sessions
- Introduction to the cleansing Yogic kriya session using JAL NETI to cleanse the nasal tracts & sinuses.

This cleansing procedure can be supplemented on the third day by a personalized elimination juice diet to cleanse the body of toxins, which will be supervised by the Naturopathy doctor.





## AYURVEDA

- A detailed consultation with the Ayurveda doctor on arrival followed by checkups & interaction prior to each Ayurveda treatment
- A Dosha / Prakruti analysis with the Ayurveda doctors
- Two full body Ayurveda abhyanga massages - per person

## Activities & Experiences

- Daily guided yoga asana sessions parallel classes for Wellness & Progressive levels
- Daily guided sunrise meditations
- Daily guided evening meditations or chanting
- A daily special focus Yoga session which could be on Yoga nidra/ Pranayama /Art yoga / Laughter yoga / Mandala meditation
- Guided art classes to explore & express your creativity guided by our resident artist
- Guided nature walks, village visits & bird watching trips accompanied by our staff (Subject to weather during the Monsoons)
- Thursday - a guided walking excursion into Gokarna to explore the old town & temples which ends at the colourful, weekly farmer's market.
- Daily interactive cooking sessions with the Chef & his team in the kitchen at 11.30hrs
- **Karma Yoga** - if you wish you can join the staff for a community based group exercise which could be helping on the farm, gardening or beach cleaning
- Weekly cultural programs showcasing a traditional dance forms or musical instruments.

## Overnight at Swaswara

**Meals: Breakfast, Lunch, Dinner**

## Day 14 Swaswara – Delhi – Departure

Morning check out from your hotel and drive to Goa and connect your flight to Delhi for your flight back home.

**Meals: Breakfast**



# Tour Prices and other Information

**Price \$3,945 per person twin or double room**

**Single supplement \$1050**

## **What's Included**

- 12 nights twin share accommodations with private facilities
- Fully inclusive 13 day program including all entrance fees and activities as described in the detailed itinerary
- Daily breakfast
- 8 lunches and 8 dinners as outlined in the detailed itinerary
- Air conditioned motor coach transportation
- Flight Jaipur – Goa
- Flight Goa – Delhi
- All airport transfers
- English speaking professional guide 24x7
- Expert Yoga instruction provided by Swaswara Retreat professional staff

## **Not Included**

- International airfare
- Passport & Visa costs
- Tips
- Baggage fees, excess luggage charges
- Alcoholic beverages
- Personal expenses
- Additional activities not outlined in the detailed itinerary, additional massages
- Travel insurance (must provide proof of travel insurance before travelling)

## **Contact Information**

Nicola Balmain

Tel: 509-981-5332

Email: [nicola@nandajourneys.com](mailto:nicola@nandajourneys.com)

Website: [www.nandajourneys.com](http://www.nandajourneys.com)

Space limited to 16 participants



# Accommodations

## Delhi – The Palms



B Block, Sushant Lok, Phase I, Gurgaon - 122001, India  
Tel: 011-91-124 419 9900

Website: <http://www.thepalms.in>

## Agra – Trident



Next to TDI Mall, Fatehabad Rd, Tajganj, Agra, Uttar Pradesh 28200, India  
Tel: 011-91-562 223 5000

Website: <http://www.tridenthotels.com/hotels-in-agra>

## Jaipur – Lebua Lodge



Kunda, NH-8, Tehsil Amber, District Jaipur, Rajasthan - 302028, INDIA  
Tel: 011-91- 141 305 7211

Website: <http://www.lebua.com/lebua-lodge-amer>

## Gokarna – Swaswara



Om Beach, Donibhai, Uttara Kannada, Gokarna, Karnataka 581326, India  
Tel: 011-91- 484 266 8421

Website: <http://www.swaswara.com>