

JOURNEY OF PURPOSE & WELL-BEING

Destination - India: Delhi | Agra | Jaipur | Gokarna

February 20, 2016 – March 4, 2016

Journey to India, the birth place of the ancient practice of Yoga. On your Nanda Journey you will 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 as you support community leaders in the impoverished communities of Delhi; live like a local but, above all, magnify your passion for Yoga by participating in a 5 day retreat at a Idyllic Swaswara Resort in Gokarna. Your journey will be unique and like no other, however, it wouldn't be complete without visits to such icons as the Taj Mahal and Amber Fort. Let your journey begin!

Program Highlights

- 7 days of yoga practice, 5 at the Om Beach, Swaswara Resort
- Visit and explore the iconic Taj Mahal and Amber Fort
- Community service in Delhi
- Learn and participate in Indian traditions {Henna, Turban tying, Dance, Music}
- Live like a local and join friends of Nanda Journeys for a traditional home cooked meal
- Mind/Body/Soul & Nutrition

Community Service Focus

- School visits
- Assist NGO's in variety of roles to support local communities
- Join the staff at Swaswara Resort for a community based group exercise which could be helping on the farm, gardening or beach cleaning

Yoga Focus

- 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
- A Dosha / Prakruti analysis with the Ayurveda doctors
- Two full body Ayurveda abhyanga massages



Nanda
JOURNEYS



Tour Price

\$3,945 – Twin-share room
\$1,050 – Single supplement

For more information contact:

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Travel for People with Purpose and Passion