



## INDIA

12 Nights / 14 Days

March 16 – 30 2024

\$5,999 - shared room, land only

\$1,699 Single room supplement

## Mindfulness and Cultural Immersion Journey with Bruce and Emma Kittle



***Journey to INDIA for a transformative and once in a lifetime experience! Explore the sights and sounds of India while also participating in mindful practices with Bruce and Emma to enhance your wellness journey! Participate in meaningful service and adventure while also supporting the impactful mission of 501(c)(3) nonprofit Operation Freedom Paws. Your journey of physical and mental well-being to India will empower OFP to support the physical and mental well-being of veterans, first responders, children, and other individuals with disabilities.***



### Discovery

- ✓ Self-discovery through **reflection, meditation, & dialogue**
- ✓ Create lasting memories while engaging with **rescued elephants**
- ✓ Discover the captivating **architectural wonders** of Old and New Delhi
- ✓ Immerse yourself in the rich artistic traditions of **block printing**
- ✓ Witness the ethereal sight of the **Taj Mahal** at sunrise
- ✓ Enjoy a thrilling **white-water rafting** adventure on the **Ganges**

### Enlightenment

- ✓ **Expansion of self** & our world views through cultural immersion into the depth and richness of **India's historic spiritual traditions**
- ✓ Daily guided **group circles** to reflect, debrief & integrate experiences
- ✓ Delve into the intricate world of **doshas** and the **Ayurvedic** lifestyle
- ✓ Explore healing and health with food in a **traditional cooking class**

### Mindfulness

- ✓ Daily **breath & yoga** practices for grounding, presence & alignment
- ✓ Engage in a **spiritual blessing** ceremony with a local priest
- ✓ **Meditate, fly kites**, and enjoy classical dance in Old Delhi's haveli
- ✓ **Aarti ceremony** and yoga by the banks of the **Ganges**

### Compassion

- ✓ Exploring your own growth through **connection & service** to others
- ✓ Engage in **service** in a Sikh Temple **community kitchen & school**
- ✓ Engage with leaders supporting **mental health needs** in Jaipur

### Journey Facilitators: Bruce Kittle & Emma Kittle Ponce

**Emma Kittle Ponce** | Kundalini Yoga Teacher | 200 RYT | Certified Health Coach, IIN | Host & Producer of Hidden Pearls Podcast | Practice with her on Hidden Pearls Studio

**Bruce Kittle** - J.D., MDiv. | Hidden Pearls Podcast | Performance & Certified Life Coach | Circle Keeper | Yogi | Tribal Badass | Mindfulness & Meditation Leader Hidden Pearls Studio | Restorative Justice Facilitator

**Hidden Pearls Podcast** | Uniting the world through storytelling

**Hidden Pearls Studio** | Movement, Meditation & Mindfulness practices to heal, love & unite the world

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