

INDIA: Delhi, Kochi, Kumarakom & Periyar

October 13-23, 2018 (arrival back on 24th)

\$6,399 (based on double occupancy)

\$1,299 (Single supplement)

BOOK NOW 888.747.7501



CAREER ENRICHMENT
Health and Wellness Program

India is one of the most dynamic and eclectic countries on the planet. Representing diversity in all its forms—people, religions, traditions, clothing, dialects, and habits—this remarkable country links East Asia and Europe, but belongs to neither. From the exquisite majesty of the Taj Mahal, to the pink allure of Jaipur, to the legacy of Mahatma Gandhi, India exudes a sense of mystery and promise.

Program Highlights

- 9 nights / 11-day journey through India
- Enjoy an **elephant safari** in Kerala; join a chef for a hands-on **cooking lesson** to learn some traditional dishes; and explore **Old Delhi** including a visit to the Red Fort and India Gate.
- An optional **Taj Mahal Extension** will be offered.

Focus on healthcare

- Interact with health and wellness professionals from a variety of facilities such as **Apollo Hospital**, **Zorba the Buddha** (an eco-village that combines spirituality, creativity, and social welfare) and the **Kerala Ayurveda Academy**.
- Visit a **meditation center** to participate and talk to people who have been embodying a multi-decade's meditation practice. Discuss and brainstorm innovative strategies to bring these ideas back home for successful adoption and engagement.
- **8.0-10.0 Continuing Medical Education (CME) credits** will be sought for this journey. ***This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians. ***

Focus on the community & culture

- Giving back and engaging with the local community is an important part of your journey. You will have an opportunity to interact with a local **non-profit organization** or **community project**.
- Witness one of India's most spectacular dances—**Kathakali**.
- One evening you will see and learn about **Kalaripayattu**, the traditional martial art of Kerala, which is specifically used for defense and resistance.

Program Leader: Janet Bruno, MD

Dr. Janet Bruno has dedicated her entire life to empowering individuals to get healthy, stay healthy, and live meaningful lives. Above all, she strives to be a role model to those she serves. Dr. Bruno provides a variety of consulting services to businesses and physicians who desire to improve their wellness programs. Prior to that, she served as Regional Medical Director for OptumHealth, a division of UnitedHealth Group. In this role, she oversaw operational delivery of disease and wellness solutions to over 5.5 million Americans.



Why Nanda Journeys?
Travel for people with purpose and passion. See for yourself what a difference travel makes.

Ready to go?

Tel: 888.747.7501

Email: info@nandajourneys.com

Website: www.nandajourneys.com

CST 2121590-40