



## A Journey of Purpose & Passion

**12 Days | October 26, 2015 - November 7, 2015**

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.

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 as you support village elders and community 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 who understand the intrinsic needs of their local communities. While their work would continue regardless of our partnership, you, the traveller, 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 4 day Yoga retreat, you will be introduced to a health and wellness program beyond compare. Awaiting you is an exclusively developed program including Asanas, Meditations & Pranayama, and relaxing massages to de stress the physical self.



# 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. It 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**

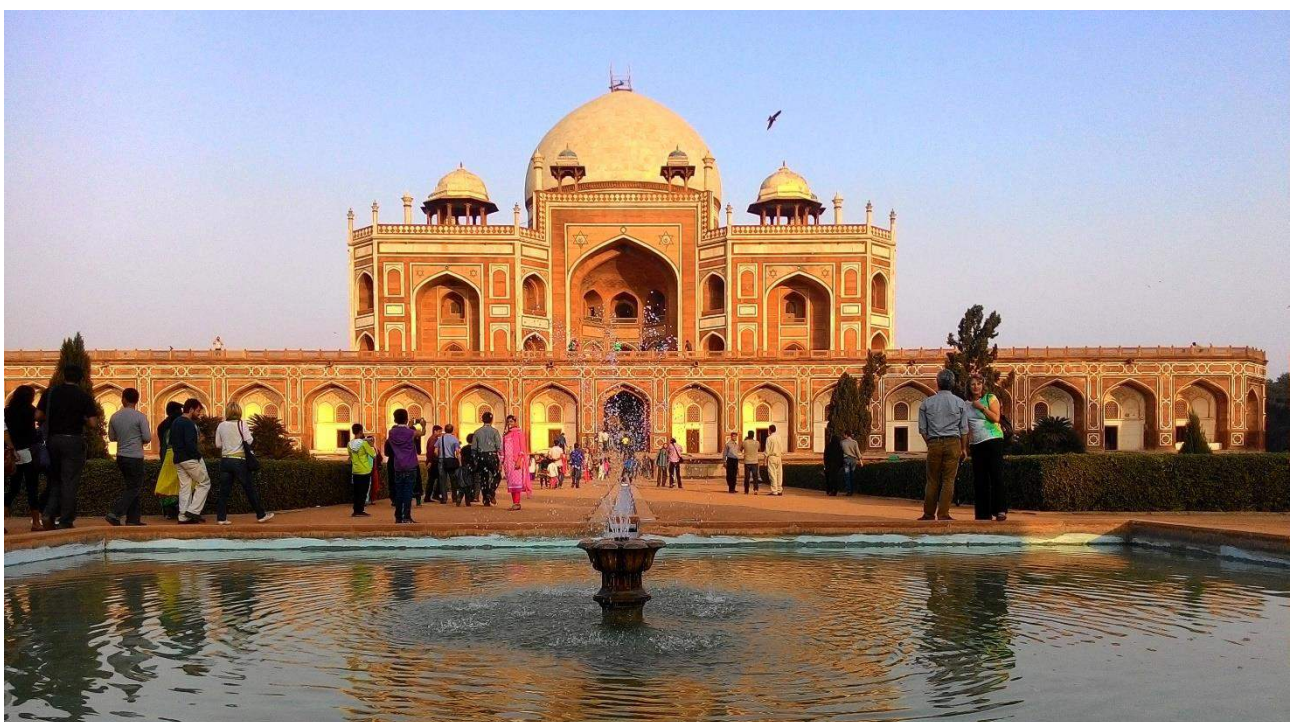
### **Meals: Breakfast**

## 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 local 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**, 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 one of the 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 – 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 build. 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 build. 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 Radisson**

**Meals: Breakfast, Lunch**





### Day 05: Agra (Yoga) – Fatehpur Sikri – Jaipur

Morning; participate in a 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.

#### **Overnight at Lebua Lodge**

**Meals: Breakfast, Lunch**

### Day 06: Jaipur (Yoga + Cultural Visits)

Morning; participate in a 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.

Evening; enjoy a cultural dance performance followed by dinner.

#### **Overnight at Lebua Lodge**

**Meals: Breakfast, Dinner**

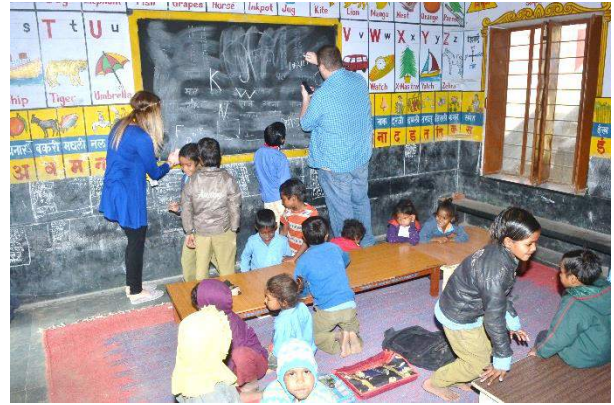






### Day 07: Jaipur (Yoga + Service)

Morning; participate in a yoga and Meditation Session. Later spend the day with school children at a local school. Immerse yourself in an exclusively designed service program where you will work with local students and build lasting relationships through educational and cultural exchange. Assist in a variety of roles from Teaching English to helping with computer education.



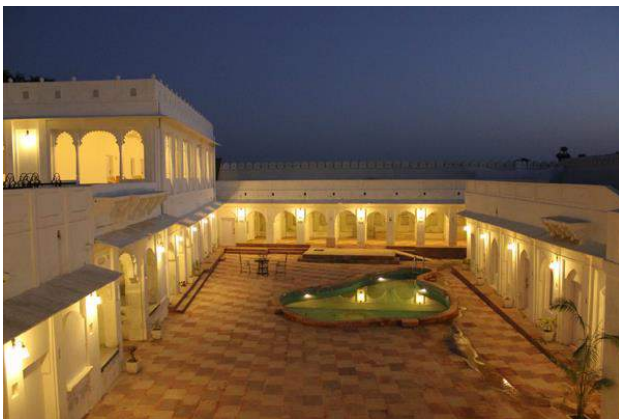
Evening meet with a local family and join them for dinner.

### Overnight at Lebua Lodge

**Meals: Breakfast, Dinner**

### Day 08: Jaipur (Yoga) – Khairwa

Morning; participate in a yoga and Meditation Session. Later drive to the village of Khairwa, a lovely village - for a taste of Indian village lifestyle.



You'll be staying at **Dera Khairwa**, a 15th century Fort - Palace at Village Khairwa, District Pali, Rajasthan. It is located in the centre of Rajasthan, which offer an enlivening experience of royal legacy with simplicity and style and gives it a unique culture of its own. The rugged historic structure amalgamates with the stunning red sandstone monument, it is a mesmerizing example of the Mughal-Rajput period architecture.

### Overnight at Dera Khairwa

**Meals: Breakfast, Lunch, Dinner**

### Day 09: Khairwa (Yoga Retreat at Dera Khairwa)

Today we begin our Yoga retreat at the Khairwa Palace.

**Yoga** is perhaps the world's first system that recognizes the interconnection and interaction between body and mind. References to yoga can be seen in many ancient scriptures like Bhagavad Gita, Mahabharata, the Vedas, etc. The main purpose of yoga is to isolate the mind of all thoughts, worries and fears, and to increase the strength and flexibility of the body. The regular practice of yoga can help keep stress and tension at bay and facilitate the mind to a state of well-being and peace. Our retreat includes yoga and meditation sessions, Lectures on Yoga and traditional Rajasthani upper body massages.

This evening join dancers at Hotel.

### Overnight at Dera Khairwa

**Meals: Breakfast, Lunch, Dinner**





### **Day 10: Khairwa (Yoga Retreat / School Visit / Village Exploration)**

Morning; Yoga and Meditation Sessions. Later explore a local school and meet with school children. Evening enjoy a tour of the village of Khairwa. We'll explore the village to see the lifestyle, culture, professions and the attire in Khairwa speaks.

**Overnight at Dera Khairwa**

**Meals: Breakfast, Lunch, Dinner**

### **Day 11: Khairwa (Yoga Retreat)**

Morning; Yoga and Meditation Sessions. Evening take a jeep safari through the country side.

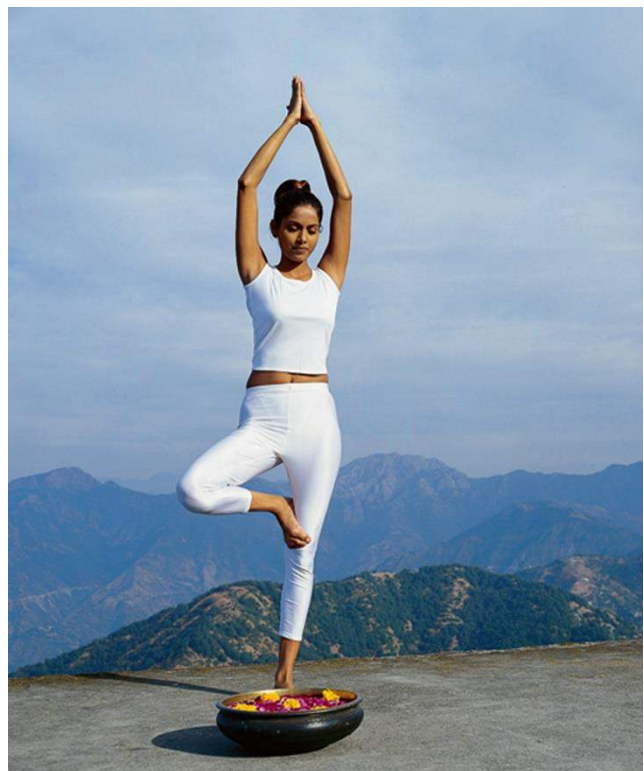
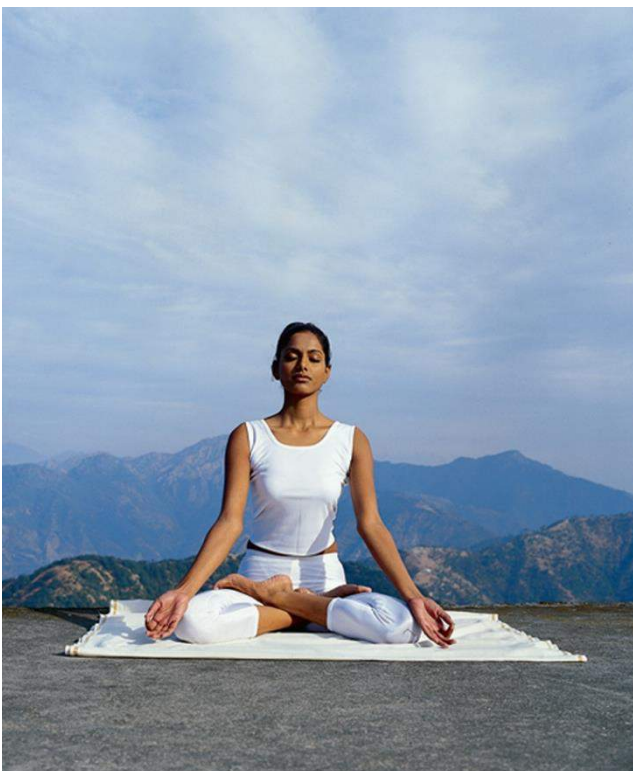
**Overnight at Dera Khairwa**

**Meals: Breakfast, Lunch, Dinner**

### **Day 12: Khairwa – Jodhpur – Fly to Delhi – Departure**

Morning; Yoga and Meditation Sessions. Later, check-out from your hotel, fly to Delhi to connect to your evening flight home.

**Meals: Breakfast**



# Tour Prices and other Information

**Price \$ 3,295 per person twin or double room**

**Single supplement \$980**

## What's Included

- 10 nights twin share accommodations with private facilities
- Fully inclusive 11 day program including all entrance fees and activities as described in the detailed itinerary
- Daily breakfast
- 7 lunches and 7 dinners as outlined in the detailed itinerary
- Air conditioned motor coach transportation
- Flight Jodhpur - Delhi
- All airport transfers
- English speaking professional guide 24x7
- Expert Yoga instruction provided by Dr Ambika Chandani (see Bio)

## 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, alternate massages such as Ayurveda
- Travel insurance (must provide proof of travel insurance before travelling)

## Contact Information

Nicola Balmain

Tel: 509-981-5332

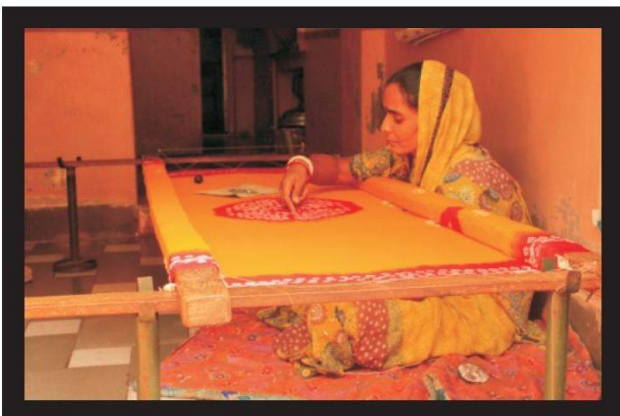
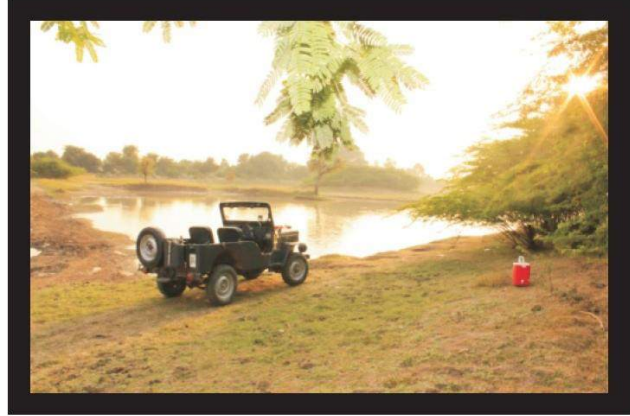
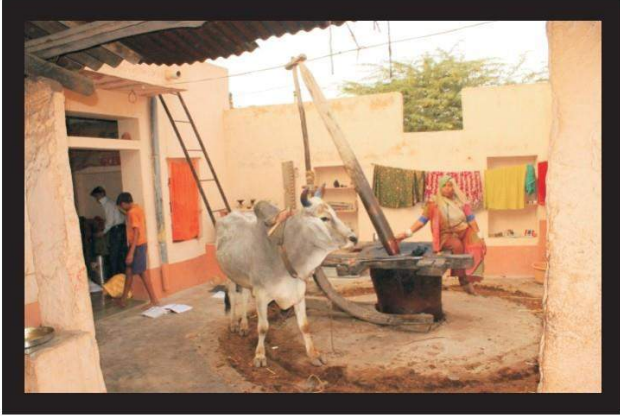
Email: [nicola@nandajourneys.com](mailto:nicola@nandajourneys.com)

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

Space limited to 16 participants



## Khairwa Village





## Dr. Ambika Chandani



Motivated and responsible yoga and pranayama instructor and yogic philosopher extensively trained in fitness, nutrition and health education.

Fitness Instructor accomplished in helping clients at all levels get into the best shape of their lives.

Strongly believe, health is a conscious lifestyle choice necessary for longevity and happiness.

### Skills

- Health and wellness expert
- Human anatomy aptitude
- Extensive knowledge of health and wellness
- Certified Group Fitness Instructor
- Motivational techniques
- Skilled motivator
- Nutrition expert
- Energetic personality
- Healthy lifestyle role model
- Expert in yogic philosophy & meditation.

### Work History

**Director** - 1/1997 - Present

**Indra Yog Sansthan** - Jodhpur.

- Founder of Indra Yog Sansthan, a nonprofit organization catering to the wellness needs of people of all strata of the society.
- Cultivated positive relationships with participants by interacting with them during group fitness classes.
- Developed safe and effective yoga programs for all members.
- Organized over 30 camps on personality and character development.
- Benefited many through therapeutic yoga.

### Education

**Ph.D.**, Medical Sociology

# Accommodations

## Delhi – The Palms



B Block, Sushant Lok, Phase I, Gurgaon - 122001, India  
Tel: 011-91-1244199900

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

## Agra – Radisson Blu



Taj East Gate Road, Uttar Pradesh 282001, India  
Tel: 011-91-5624055555

Website: <http://www.radissonblu.com/hotel-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>

## Khairwa – Dera Khairwa: The Fort Palace



Village Khairwa, Tehsil Pali, Distt. Pali 306501, Rajasthan, India  
Tel: 011-91- 2932245344

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