

# Explore the Heartlands of Ayurveda

## Join some of the greatest minds in the field of Ayurveda for an educational journey to remember

A private tour limited to friends of Tri-Dosha

15 to 25 February 2011 (or 1 March for Agra)

Join Tri-Dosha's founder Sunita Passi on an inspiring adventure into the Indian heartlands of Ayurveda. Throughout the tour, Sunita – who has established herself as a pioneering force in Ayurvedic well-being in the UK - will be on hand to guide you through the historic and cultural significance of the ancient philosophy. The trip kicks off in the colourful and vibrant Indian capital city of Delhi where you'll be whisked off to [Parmath Niketan Ashram](#) to be part of a gathering of Ayurveda's most influential experts.

This [conference on Ayurveda](#) is set to be a huge learning curve to inspire and motivate you. Over the next five days, absorb a vast amount of information from the world's most revered minds in Ayurveda and participate in what is set to be a defining date in the calendar of Ayurveda learning. Here you will also live in true style as prescribed by the vaidyas of Ayurveda and your accommodation will reflect the humble and basic traditions.

Yet luxury is only a heartbeat away. Next we will transport you to the [Avalon Ayurveda Spa](#), a beautiful resort in the Himalayan Mountains of Mussoorie. This elegant retreat will be your home for the remaining five days where you'll experience an authentic bespoke programme based on the annals of Ayurveda against the mighty Himalayas as a mesmerising backdrop. You will be sure to take home the wisdom and wonder of this life-changing Indian system over a memorable ten days.



An extended tour to the ancient city of Agra, home of the Taj Mahal, is also available.

**15 February** Arrive in the evening in Delhi, our representatives will welcome and escort you to your hotel. Overnight: Delhi.



**16 February** Soak in the sights the capital city of Delhi and then take an afternoon train to Haridwar. You will arrive in the evening, and our representatives will meet you and escort you to the Parmath Niketan Ashram in Rishikesh, one of the most important towns for Hindus. Register for the Ayurveda Conference. Overnight: Parmath Niketan Ashram, Rishikesh.

**17 to 20 February** Attend and participate at the Ayurveda Conference. Overnight: Parmath Niketan Ashram, Rishikesh.

**21 February** After close of the Conference, depart Rishikesh for Mussoorie by car, a journey of two hours. Check-in at the Avalon Ayurveda Spa, meet your doctor who will plan your treatments, and start your treatments. (Cost of treatments will be extra, payable directly to the Spa). Overnight: Avalon Ayurveda, Mussoorie.

**22 to 23 February** Experience your spa treatments at the Avalon Ayurveda. Overnight: Avalon Ayurveda, Mussoorie.

**24 February** Depart late morning by road for Delhi International airport in time for a flight departure at 9:00 PM or after on 24 February. Trip concludes

### ***Main Tour Ends***

### **OPTIONAL TOUR TO AGRA**

**24 February** Depart early in the morning for Haridwar to take a morning train for Agra. Arrive in the evening and explore this old and architecturally world renowned town. Overnight: Agra.

**25 February** Watch the sun rise at the Taj Mahal, one of the world's most iconic buildings, constructed by Shah Jahan in 1630 for his queen Mumtaz Mahal to enshrine her mortal remains. This architectural marvel is a perfectly proportioned masterpiece fashioned from white marble that stands testimony to the skill of 20,000 craftsmen brought together from Persia, Turkey, France and Italy and who took 17 years to complete this 'Love Poem in Marble', returning to your hotel for breakfast. Later visit Agra fort containing the hall of private and public audience and other palaces, then the tomb of Itmad-Ud-Daula, known as the 'Baby Taj'. It was the first Mughal structure totally built from marble with extensive use to pietra dura. Overnight: Agra.



**26 February** Depart at leisure in the morning for Jaipur, visiting the ancient Mughal capital of Fatehpur Sikri en-route, a total journey time of five hours. This 16th century capital of Mughal emperor Akbar is a complex of forts, palaces and mosques built in sandstone. The city had to be deserted because of lack of water. The white marble Tomb of Sheikh Salim Chisti, Akbar's spiritual adviser, is now

observed as a Muslim pilgrimage spot here.. Continue on to Jaipur and spend the evening sightseeing the city of palaces and splendour. Overnight: Jaipur.



**27 February** Spend the whole day sightseeing in Jaipur and walking the narrow lanes of Jaipur, dotted with forts and palaces synonymous of India. Visit the massive Amber Fort which is reached by elephant back. Spend the afternoon on

your own, walking the streets, shopping. Overnight: Jaipur.

**28 February** Depart at leisure in the morning for Delhi airport, a journey of 5 hours. Get dropped off in time for your flight home departing 7:00 PM or after this evening. Overnight: On board your flight home.

### ***Optional Tour Ends***

**ADDITIONAL INFORMATION:** Please e-mail [Sunita Passi](mailto:Sunita.Passi@spiritualjourneys.com) at Tri-Dosha, Ealing, London, England.

**COSTS:** Tri-Dosha reserves the right to cancel this tour if 19 or fewer people sign up.

**Main Tour:** UK£ 1,050.00 for 10 days per person on a twin-share room basis.

An additional UK£ 200.00 for a single supplement, EXCLUDING at Parmath Niketan Ashram which will ALL be twin share.

**Optional Tour:** UK£ 452.00 per person on a shared room basis.

An additional UK£ 175.00 for a single supplement.

**EXCLUDES:** International Air to and from Delhi, India.

#### **COST INCLUDES:**

- Accommodation: Hotels and accommodation in a twin share basis,
- Meals: Breakfast in all places, but all meals during the Ayurveda Conference,
- Guide: English speaking local guide for sightseeing where stated,
- Elephant Ride: At Amber Fort, Jaipur (if an elephant ride is not available, then this will be substituted with a 4-WD vehicle drive),
- Train Travel in air-conditioned trains as indicated (for optional tour),
- Taxes: All prevailing taxes like Luxury tax in all hotels and Expenditure tax, Inter state road tax, toll tax, driver's allowance, parking wherever applicable,
- Vehicles: Transfers & sightseeing as per program using air-conditioned vehicles,
- Monuments: Entrances fee for entry into monuments as per itinerary, and,
- Representation: The services of a SJI representative at all airport, train and hotel transfers.



#### **COST WOULD NOT INCLUDE:**

- Beverages, mineral water, alcohol, laundry, telephone calls; or other items of personal nature,
- Tips and gratuities to driver, guide, porters, bellboys and waiters at restaurants,
- Increases in train fares or Government imposed taxes or entrance fees,
- Still camera or video camera fees at various monuments and museums,
- Any meals except specifically mentioned,
- Services not specifically stated in the itinerary,
- Personal or travel insurance,
- Departure Taxes or Visa Handling Fees,
- Any changes you may choose to make during your holiday,
- VISAS ARE REQUIRED FOR TRAVEL TO INDIA,
- Supplements listed above, and,
- International Air.

**REGISTRATION and INFORMATION:** Fill the Registration form and e-mail to [Deepak Singh](mailto:Deepak.Singh@spiritualjourneys.com) at [Spiritual Journeys, Inc.](http://SpiritualJourneys.com), 101 Lexington Street, Belmont, MA 02478, USA. Ph: +1-508-358-4267.