

# PEACE YOGA

## TOUR OF INDIA & NEPAL 2011

### NEPAL....

You are Invited to discover the ancient and spellbinding magic of Nepal with us...

Explore mystical Kathmandu,.. Ride Elephants to spot Rhinoceros and Sloth Bears in Chitwan Jungle,.. Boat Ride and Trek through picturesque villages as you take in the breathtaking vistas of the Annapurnas...

### INDIA.....

South and North India,

- : Discover Kerala. Acclaimed by National Geographic as one of the 10 paradises of the World and India's Top Tourist Destination.
  - : Experience Magical Ayurvedic Rejuvenation and Anti-aging Treatments,
  - : Live on a Floating Cottage and canoe at sunset through waterways, verdant countryside and villages. See Water Buffalo bathe surrounded by lotus blossoms.
  - : Fall in Love with that buzz and energy of Mumbai, the city that never sleeps!
  - : Ferry ride to see World Heritage Listed Elephanta Caves in Mumbai
  - : Live in Fairy Tale Palaces and soak up Village Life in Rajasthan
  - : Ride Camels at sunset in and Elephants in the Deserts of Rajasthan.
  - : Marvel at the exquisite timeless beauty of the Taj Mahal.
  - : Be thrilled by Rickshaw Rides through the Old Delhi Bazaars.
  - : See the soaring snow-clad peaks of the Magical Himalayas
  - : Hear the chanting of the scarlet-robed monks in Little Lhasa, Dharamshala.
  - : Practice 'Seva'... or just marvel at the Golden Temple in Holy Amritsar.
  - : Live and Eat like Maharajahs and Maharanis.
- This is the 'Journey of a Lifetime'.

*We would love you to join us for the Peace Yoga Tour of India and Nepal..  
Limited numbers apply, so to avoid disappointment, register your interest as soon as  
possible. A cut-off date will apply.*

Day 1... DJ 500 / Tue 01 Feb-- Departs Gold Coast 6:05am Arrives Sydney  
8:35am

SQ 232 / Tue 01 Feb Departs Sydney 12:40pm Arrives Singapore 5:40pm  
MI 498 / Tue 01 Feb Departs Singapore 8:10pm Arrives Trivandrum. 9:50pm

Day 1- Day 4. Paul Mc Cartney called Kerala "Gods Own Country" and it has been named as one of the 10 hot spots of the millennium. Your floating cottage on the "Island of Smiles...is an **Ayurvedic Resort**... Unspoilt and miraculously unexplored, **Poovar Island** is a rare find in Southern Kerala. Enveloped by the most serene backwaters and opening out to the Sea and a dream golden beach, this Island Resort is truly a window into Paradise.

If you dream of being lulled to sleep by the rippling of waves and the rustling of palm fronds stirred by tropical trade winds, then this is the place for you!

Ayurveda is the traditional health science of India and Yoga and you will begin your stay with a welcome drink on arrival and included is your

- \* Every day one de- stress **Ayurveda Massage** per person
- \* To & fro transfer from Poovar boat jetty
- \* Meal on breakfast, lunch & dinner basis (Set menu / Buffet)
- \* One hour sunset cruise in local country canoe
- \* Every day one hour yoga session during the stay (07.30am to 08.30am)
- \* Half day city tour to Trivandrum
- \* One Group ayurveda cooking class



### Day 5... Saturday 5<sup>th</sup> Feb. Trivandrum to Mumbai

To the get-up and go energy of the immensely popular Mumbai, where we will catch a ferry to Elephanta Island and view the World Heritage Listed Caves plus soak up the atmosphere and the shopping, take time to visit Leopold's Café, made famous by the best seller true story of 'Shantaram'.

### Day 6.... Sunday 6<sup>th</sup> Feb. Mumbai to Udaipur

After free time in Mumbai ...we discover. Udaipur is a city of many surprises, with lakes in the midst of sandy terrain and forested hills. The city is replete with palaces straight out of fairy tales and rugged fortresses. See narrow streets lined with shops and craftsmen. You can even ride an elephant to the must-see vibrant, colorful vegetable markets. Enjoy Jagat Niwas Palace, down a meandering lane this 17<sup>th</sup> century haveli (mansion), where you can sit and gaze at the lake from large window alcoves. The rooftop restaurant is extremely romantic and intimate and the view is from large arched jharokas against which you rest and enjoy your meal.

### Day 7... Monday 7<sup>th</sup> Feb. Udaipur

After breakfast we visit the City Palace, towering impressively over Pichola Lake, a fascinating conglomeration of courtyards, mirrored pavilions, terraces and gardens built at different time by various Udaipur Maharanas. The nearby Jagdish Temple is dedicated to the Hindu god Lord Vishnu, preserver of the universe. We will take a relaxing boat ride around Lake Pichola to view the old city, palaces and surrounding hills, see the merchant's *havelis*, temples, the Royal hunting lodge and the exquisite Gul Mahal Pavilion on Jag Mandir Island. Overnight in Jagat Niwas Palace.

### Day 8.... Tuesday 8<sup>th</sup> Feb.

**UDAIPUR - RANAKPUR -ROHETGARH LUXURY CAMP** Enroute we visit of the biggest and most important Ranakpur-Jain temples [85 kms/2 hrs], in white and amber marble, Ranakpur is one of the five holy places of the Jain community. Continue to Rohet Garh Luxury Camp where you will be astounded to stay in accommodation enjoyed by many stars like Madonna. It is 20 kms from the village

of Rohet and a very peaceful site.

### Day 9... Wednesday 9<sup>th</sup> Feb. Rohet Garh to Jaisalmer

Our coach will take us deep into the heart of the Thar Desert to one of the last princely bastions of the region. Words cannot describe the sight of the burnished sandstone palaces rising up from the desert like a mirage. It is an intricately moulded wonderland ...a city of gilded magic. Marvel at the 12<sup>th</sup> century sandstone mansions with facades of sculptural filigree, screen windows, delicate pavilions and beautiful balconies.

Day 10... Thursday. 10<sup>th</sup> Feb.. Jaisalmer. . Enjoy a camel safari to explore the desert and its mysteries. Visit the magnificent fort situated on the 80m high Trikuta Hill. The fort has a maze of winding alleys, all of which are paved in stone. Within the fort you will also see a beautiful carved Jain Temple.

### Day 11... Friday 11<sup>th</sup> Feb. Jaisalmer to Jodhpur.

Jodhpur [330 ks 6-7 hours], afternoon arrive and transfer to Balsamand Palace for overnight. This palace is still used by the Royal Family and each of the 9 royal suites (all different) are exquisitely furnished ready for the family's arrival. Royal Polo Ponies are in the stables and available for riding. Stroll through the gardens, around the lake, or just soak in the ambience of the exquisite dining room and lounge filled with family photos and memorabilia.

### Day 12... Saturday. 12<sup>th</sup> Feb. Drive Jodhpur-Pushkar-Jaipur

Drive through Rajasthan to the Holy White city of Pushkar , quiet and tranquil situated on a holy lake... time for some shopping and maybe lunch in the Sunset Café as you watch the holy cows rest by the lake.

Journey on to Jaipur.. The Pink City as we check into our beautiful Rambagh Palace.

### Day 13... Sunday 13<sup>th</sup> Feb. Jaipur-the Pink City

City tour of Jaipur including elephant ride to Amber Fort and free time in the magical'

Pink City', a city carved out of the desert. Visit the City Palace..still the home of the former royalty. H.H. Bhawani Singh Ji.,and also the Hawa Mahal... the Palace of the Winds. Free time for shopping... best shopping for gems and jewellery possibly in the world.

**Day 14... Monday 14<sup>th</sup> Feb.. Jaipur - Agra. (265 kms /5-6 hrs)**

Morning after breakfast drive to Agra. Enroute lunch stop at Laxmi Villas Palace, Bharatpur. Afternoon arrive and transfer to Jay Pee Palace hotel. Free time either relaxing or you may wish to make a personal sunset visit to the Taj Mahal..[ a love story in marble ], ..

**Day 15... Tuesday 15<sup>th</sup> Feb. Agra- Delhi.**

Early morning sunrise visit to Taj Mahal. set within the paradise gardens. The whole of Taj complex measures 580 by 300 m and the garden 300 by 300 m. The guiding principle is one of symmetry. The four minarets [41.6 m high] at each corner of the plinth provide balance to the tomb. Lady Diana said "There are two sets of people in the world... those that have seen The Taj and those that haven't."

Seeing is believing this beautiful monument -one of the Wonders of the World, and its' dedicated to Love-The Taj Mahal at sunrise.

After breakfast visit Agra Fort Agra Fort, on the west end of the Yamuna River, Akbar's magnificent fort dominates the centre of the city. The outer walls, just over 20 m high and faced with red sandstone tower above the outer moat. The fort is crescent-shaped with a long nearly straight wall facing the river. Time to visit the family of the artisans responsible for marble work at the Taj... still creating masterpieces in age old fashion and technique. Visit local market. Afternoon drive to Delhi [2010 kms/4 hrs]. On arrival in Delhi transfer to hotel for overnight. Taj Palace Hotel.

**Day 16 ... Wednesday 16<sup>th</sup> Feb. Delhi- Dharamsala**

Morning after breakfast Old Delhi Tour (half day) Half day tour of Red Fort, Jama

Masjit Mosque. Enjoy the thrill of a rickshaw ride through the Old Bazaar... see the snake charmers after scrumptious lunch at one of our favourite restaurants... "Havemore". Later transfer to domestic airport for flight to Dharamsala and transfer to Chonor House, accommodation to guest of His Holiness.

This delightful hill station is the home of **The Dalai Lama** and popularly known as Little Lhasa. It is enchanting with its many spinning prayer wheels and fluttering prayer flags spreading the message of Peace and Harmony.

The scarlet clad monks and gentle Tibetans live here in peace.

**Day 17... Thursday 17<sup>th</sup> Feb. Dharamsala**

The program here unfolds as we do our charity work in this region... Amongst other things, we will visit Bhagsu Nag School to view the completed schoolground which has been our ongoing project from 2005 to 2007. We will Visit Forest Ganj School, to see the completed toilet block and possibly various villages for which we have raised funds. We will visit the Dalai Lamas Monastery and apply for private audience with His Holiness. We will also visit His orphanage... and see the babies and kindergarden, taking gifts to the children..

**Day 18... Friday 18<sup>th</sup> Feb. Dharamsala**

Free day for shopping and exploring or visiting The Dalai Lamas Monastery. Then perhaps as previously we will be honoured with a private audience with His Holiness- The Karmapa - this was a spell-binding experience and we will apply once again for a further audience

Visit to Norlingka Institute, Tibetan art and craft village, Kangra Art Museum, Tibetan Library of work and archives. Tibetan Medical and Astro Institute. Free time for shopping and/or visiting the Leprosy Village to distribute supplies.

**Day 19... Saturday 19<sup>th</sup> Feb. Dharamsala-Amritsar**

After a leisurely breakfast we say goodbye to beautiful Chonor Guesthouse and drive to Amritsar.... situated on the north-western boarder of India, a 400 years old city, founded by the 4<sup>th</sup> Guru (Teacher) of the Sikhs – Guru Ram Das. It has been the seat of Sikh Religion and Culture from its very inception. Amritsar literally means “The pool of Nectar” derives its name from the holy pond around the temple. After check in at the brand new hotel, ‘Ista’. Later drive to Wagha Boarder at the Indo-Pak boarder to witness the retreat ceremony performed by the soldiers of Boarder Security Force and Pakistan Rangers at the same time, A very colourful and unique ceremony of its kind which cannot be seen anywhere else in the world and is unforgettably touching and inspirational flag retreat ceremony. Back to the hotel for dinner and for those who choose we will go to the temple for the night ceremony. You will marvel at the Holiest shrine of the Sikh Religion..Glorious Amritsar Temple... its walls are covered with 1 600 kgs of pure gold leaf. A pilgrim site, once seen never forgotten!

#### Day 20... Sunday 20<sup>th</sup> Feb. Amritsar.

Optional early morning visit to the Golden Temple (The morning ceremony starts around 4 A.M.). Back to hotel for breakfast, later after breakfast go for the sight seeing of Amritsar including visit to Ranjit Singh's Panorama, Jallianwala Bagh and second visit to the Golden Temple. People can spend more time at the temple if they choose and those who want to help in the community kitchen, making chapattis or preparing vegetables or dahl for the community can also do so.

We will visit Jallianwah Bagh... The historic site where hundreds of innocent people along with women and children were shot dead by British General Michael Dyer on 13th April 1919. A memorial has been created here as a national monument in the memory of those who lost their lives.

#### Day 21... Monday 21<sup>st</sup> Feb Amritsar– Delhi– Kathmandu

Early morning transfer to Amritsar airport to board flight # 9W 2632 (09:45 A.M. – 11:05 A.M.) to Delhi and then the connecting flight # 9W 262 (01:05 P.M. – 02:45 P.M.). Upon arrival at Kathmandu transfer to Hotel... Radisson for the overnight stay.

**Day 22... Tuesday 22nd Feb: Kathmandu ,**

Sightseeing tour of Kathmandu, Patan City and Bhadgaon and Visit to Makhan Babus Orphanage

**Day 23... Wednesday 23<sup>rd</sup> Feb: Kathmandu- Chitwan**

Drive Kathmandu to Chitwan and check-into Machan Resort in Chitwan. Upon arrival the naturalist will host reception, refreshments, briefing about programme and Lodge facilities. Get to know, learn about and possibly if you wish bathe and ride an elephant bareback by climbing up his/ her trunk.

**Day 24... Thursday 24<sup>th</sup> Feb: Chitwan Jungle**

Full day jungle activities. Here you will find excellent opportunity for bird watching as you ride on elephant back through the jungle to see four kinds of deer, wild boar, rhinoceros, monkeys, sloth bears, gaur and more...

**Day 25... Friday 25<sup>th</sup> Feb: Chitwan -Pokhara**

Scenic drive to Pokhara and transfer by raft across to the middle of the lake to idyllic Shangri-La Village Hotel. Afternoon sight seeing of Pokhara and one hour boat ride on Lake Phewa.

**Day 26... Saturday 26<sup>th</sup> Feb.: Trek ToMajhgaon**

Photograph the breathtaking panoramas of the Annapurnas as you arrive in the village of Lumle situated at an altitude of 1610 meters, we begin our one and a half hour walk to the Gurung Village, after some 45 minutes we arrive at the village of Chandrakot situated at an altitude of 1580 meters. From this village there are spectacular views of Annapurna South, The sacred and unclimbed Fishtail Mountain or Macchapuchhare and the surrounding Modi Valley. Our walk then takes us through a forested area to Gurung Lodge (1450 meters). The tribal style houses with attached bathrooms have magnificent views of the Annapurna South and Annapurna 1. Relax by the fire and enjoy the extensive gardens.

Day 27... Sunday 27<sup>th</sup> Feb.: Second day on Trek.  
Itinerary to be advised

Day 28... Mon. 28<sup>th</sup> Feb: Trek down to Pokhara and Fly to Kathmandu  
After early morning tea at your Lodge we trek via different view points enjoying the opportunity to photograph stunning scenery departing from Lumle Village. We visit a Tibetan Refugee Camp where you can enjoy the temple and surroundings before our flight back to Kathmandu. Once again stunning scenery from your plane.

Day 29... Tuesday 01<sup>st</sup> March: Kathmandu~ Singapore ~ Brisbane.

Depart Kathmandu at 01:05 P.M. (SQ5311)  
Arrive Singapore at 08:15 P.M.

Depart Singapore at 09:10 P.M. (SQ235)  
Arrive Brisbane at 06:50 A.M. (Wednesday 02nd March 2011)

This itinerary is subject to change without notice.

Tour Cost: To be advised asap.

There will be a single supplement if single accommodation is required- either by personal choice or circumstance- **SO BOOK EARLY** -This price will be advised if necessary.

Non refundable Holding fee - (unless organizers choose not to proceed with tour.) is \$1,500.00. This can be deposited to Peace Yoga and Meditation Centre...

BSB 064-445 A/C 10334358

The bank is Commonwealth Bank at Broadbeach.

At this stage the balance can be paid 6 weeks before departure.

We would love you to join us,

Buddha says...

“If you pass an opportunity, it may be many lifetimes before it comes your way again.”

Namaste,

*Doreen and David.*