

# *Himachal, Uttarakhand, Varanasi India*

**Yoga ❖ Spirituality ❖ Cultural Heritage**  
with Holi, festival of colour

March 10 – 26, 2019

*We are not human beings on a spiritual journey. We are spiritual beings on a human journey.*

- Stephen Covey





Custom yoga and spiritual tour of Himachal, Uttarakhand, Varanasi  
With Holi, spring festival of colour  
for Janice and friends

where spirituality is a way of life,  
and sages of yore are more revered than rock stars.

Timeless, yet ephemeral, capture the essence  
with this sensitively conceived tour

**17 Days immersion in the spiritual seat of India**

Meditation retreats in **Dharamsala**  
Monasteries, temples, and tea plantations across **Himachal**  
Hiking beauty spots of the **Himalayas**  
Where the ancient pulse of Hinduism beats: **Varanasi**  
Floating golden temple of **Amritsar**  
Suave and charming **Chandigarh**  
Unforgettable **Taj Mahal**

Slow down, meditate, chat, share a meal, and breathe deeply







Janice Skinner



Janice has had a love of yoga since her teens and has been teaching since 1986. In her work as a yoga teacher and psychotherapist, she emphasizes the exploration of bodymind wisdom and cultivating relationship with our Essential Nature.

She is thrilled to present this retreat with Shila, which will visit the roots of yoga & Buddhism.

## Your tour leaders

### Shila Desai

Shila founded [Eat Your Heart Out Tours](http://Eat Your Heart Out Tours) to help travellers experience



the lands of her ancestry – India and East Africa – in a meaningful, sensitive, and culturally infused way. E.Y.H.O.'s destinations have spread to span the globe, and co-leaders hail from all over the world. Themed tours include the trail of textiles in remote deserts and living alongside tribal communities. A hands-on operator, Shila is involved in every stage of conceptualizing, planning, and organising a trip. She leads her own

tours because, as she says, "There's no such thing as a second chance on a guest's vacation."

From her home in Toronto, Shila travels extensively in India on tour or to scope out future tours. Shila is a yoga and Vipassana practitioner, and a writer. She is fluent in Hindi, Gujarati, and Urdu besides English and conversational French. Alongside Janice, Shila will present an unforgettable experience in spiritual India.

"Shila's boundless energy and commitment created lifelong memories" – *Dunja K., Toronto*

"I was welcomed from the onset by Shila Desai, company owner, tour organizer and guide extraordinaire. Her intimate knowledge of the people, culture, textiles, food and regions made the experience unforgettable." *Tina Hoffer, Colorado*

"I would travel with Shila again in a heartbeat!" *Anne-Marie Applin*

"You are so good at what you do" *Janis Combe, Wisconsin*

Subject to change due to local conditions and desires of the group

#### Day 01: March 10 - Arrive Delhi

Arrive IGI airport New Delhi, meet with your tour leader and transfer to hotel for overnight stay. Time permitting visit the B'nai Temple and regroup back at hotel for a yoga session. Late evening, primer on Indian history from ancient time to contemporary by your tour leader. *Note: arrivals earlier than noon require extra night accommodation*

#### Day 02: March 11 - Delhi

Morning visit to Bangala Sahib Sikh Gurudwara, which feeds 10,000 daily no charge solely on a volunteer basis. Peep in the kitchens and try your hand at rolling rotis. Followed by tour of old city with its maze of fascinating bazaars. Stop at Jama Masjid, iconic mosque. Evening yoga.

#### Day 03: March 12 - Delhi to Amritsar

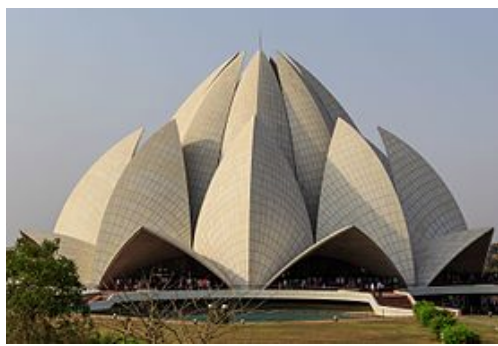
Morning yoga followed by driving tour of New Delhi. Contrast the Lutyens designed city with old city. Late afternoon flight to Amritsar. Transfer to hotel. Walk around the Golden temple complex. The whole complex is illuminated in the evening. Witness the evening Palki Sahib Ceremony. After dinner, primer on Sikhism by tour leader

#### Day 04: March 13 - Amritsar

Morning yoga/meditation. Visit Golden Temple in the morning followed by beautiful gardens of Jallianwala, Ram Bagh and a stroll through Kapra Market. Early evening visit with a local family steeped in Sikh tradition and culture. Dinner with local family

#### Day 05: March 14 - Amritsar – Dharamsala (210 Kms/06 Hours)

Morning drive to Dharamsala. Upon arrival check into hotel, owned by the Dalai Lama's sister. Evening, time and energy levels permitting guided walking tour of McLeod Ganj town, home to the Dalai Lama. Restorative yoga. Late evening, talk on Buddhism.





**Day 06: March 15 - Dharamsala**

After breakfast, proceed for a city tour of Dharamshala, visiting Tibetan Museum, Kalachakra temple, Tibetan Children Village, and Tsechokling Gompa. Later, partake in Buddhist chanting and meditation at Dalai Lama Monastery, with possible audience with the Dalai Lama. Restorative yoga.

**Day 07: March 16 - Dharamsala**

Morning visit to Gyuto Monastery, mix of ancient spirituality and earthen reality. It is quite different to the larger and busier Dalai Lama monastery. Later visit Norburlinka Institute at Lower Dharamshala for an in depth look at preservation of Tibetan arts and crafts. Evening session with Ayurvedic doctor for an overview of Ayurveda

**Day 08: March 17 - Dharamsala – Chandigarh (260 Kms/06 Hours)**

Morning drive to Chandigarh. Arrive Chandigarh in late afternoon and check into hotel. Evening visit Tek Chand Rock Garden and also the main city designed by Le Corbusier. Evening restorative yoga

**Day 09: March 18 - Chandigarh to Varanasi)**

Early morning yoga, followed by flight to Varanasi via Delhi. Rest of the day free to walk the ghats (like quays in Paris) and observe the ancient rhythms of life in the world's oldest living city. Evening discourse on Hinduism by tour leader

**Day 10: March 19 - Varanasi**

Wake before dawn to catch the sunrise on a private boat on the Ganges. After breakfast, morning tour of Varanasi, visiting Kashi Viswanath temple and Bharat Mata temple. Evening, opt for one of many classical concerts in Varanasi, which is the crucible of Indian culture from time immemorial, or take in Holi festivities in the city.

**Day 11: March 20 - Varanasi**

Morning rituals at Durga Temple and a chance to play Holi in a communal setting. Mid morning yoga before lunch, followed by visit to a Varanasi weaving village, where each family's livelihood centres around its weaving trade. Meet the weavers and discover their disappearing lifestyle.



**Day 12: March 21 - Varanasi**

Morning drive to Sarnath where Buddha preached his first sermon after attaining Enlightenment. Afternoon free. Evening pranayama session, followed by evening arti (prayer rituals) on the river.

**Day 13: March 22 - Varanasi to Khajurao**

Flight to Khajurao. Check in at hotel and refresh with a restorative yoga session. Visit the best preserved Western group of temples which are a national monument, and in-use Lakshmana Temple for evening rituals.

**Day 14: March 23 - Khajuraho to Orchha (5 hours)**

Transfer to spectacular Orchha with its Mughal-inspired Rajput architecture, palaces, temples and royal cenotaphs. Afternoon walk and evening yoga.

**Day 15: March 24 - Orchha to Agra**

Drive to Jhansi and board a train to Agra. Upon arrival, visit Agra Fort where Shah Jahan was imprisoned by his son Aurangzeb, and a private gallery of original Mughlai costumes. Evening yoga and meditation.

**Day 16: March 25 - Agra to Delhi (4 hrs)**

Sunrise over the Taj Mahal. Follow your tour leader for the most intimate experience of this timeless monument to love. Return to hotel for breakfast, drive to Delhi. Upon arrival at Delhi check into airport hotel.

**Day 17: March 26 - Delhi**

Departure Delhi.

Namaste! Thank you for travelling with Janice and E.Y.H.O. Tours







### What's included

- Led by Janice Skinner and Western based tour leader, native Hindi speaker.
- local English-speaking guides
- all group airport and road transfers in private air-conditioned transportation
- flights Delhi-Amritsar/Chandigarh-Varanasi
- train Jhansi-Agra
- all water transportation by private boat
- accommodation in select 3-4\* boutique and heritage hotels
- all monument and excursion fees, activities as indicated
- all breakfasts
- meal with local family
- local taxes and fees
- Pranayam session
- Ayurveda talk
- Four discourses by tour leader:
- Bottled water on tours
- . . . and much more!

### What's not

- International airfare
- Tipping and gratuities – guides, drivers
- Travel insurance

Questions? We're happy to help! Email [janiceskinner@sympatico.ca](mailto:janiceskinner@sympatico.ca)





## Cost Per Person

17 Days

10 - 11 pax: USD 3650 twin share  
USD 1340 single supplement

12 - 14 pax: USD 3580 twin share  
USD 1275 single supplement

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