

HEART OF PRESENCE

A Transformational Journey In North India



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Discover India's astonishing cultural and spiritual richness on this wonderful 16-day journey through North India. Traveling in India can be a magical and transformational life event. Combine that magic with yoga and the creative arts and you have the ingredients for a mind-blowing experience.

On this 'Heart of Presence' journey, you will learn yoga practices to open up the energy channels in the body as well as specific poses to support your vitality as you travel.

The days will be filled with exploring India through her temples and ancient monuments, lively markets and mountain landscapes as well as walking through her crazy, chaotic streets. In the late afternoons or evenings, Diane, your facilitator, will lead you through a creative process to help integrate and express the day's experiences. You'll learn new journaling, writing and visual arts exercises designed to bring you into greater presence. No experience in these modalities is necessary.



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Day 1

On arrival in Delhi, you will be welcomed and transferred to your hotel. In the early evening we have a group meeting to commence our wonderful journey.

Day 2

This morning we have an early drive to Rishikesh, the





yoga capital of India. Enjoy some time to settle into your lovely hotel room overlooking the Ganges. In the early evening we will witness the sunset prayer ceremony performed on the banks of the River Ganges.

Day 3

After breakfast, we embark on a guided walking tour. There is some free time in the afternoon with another aarti ceremony at a different location on the Ganges.

Day 4

This morning we head north to Vasishta Cave and ashram for meditation and an optional dip in the Ganges. Enjoy some down time in the afternoon.

Day 5

There is free time today for you to stroll around, relax, shop or enjoy a massage.

Day 6

Today we fly to our next destination – Amritsar. A visit to the astonishingly beautiful Golden Temple to witness the prayer book ceremony is scheduled for the evening. Overnight Amritsar.

Day 7

After breakfast we go for a guided tour of the Golden Temple, where priests keep up a continuous chant from the Sikh holy book and welcome all people into this deeply spiritual place. You will be amazed by the Golden Temple kitchen where more than 10,000 people are fed every day no matter the culture or creed. Visit other sites and after lunch, drive to McLeod Ganj - home of





the Dalai Lama and thousands of Tibetan people living in exile.

Day 8

Go on a guided tour of Mcleod Ganj and surrounding areas. This is a fabulous opportunity to experience the vibrant and friendly Tibetan Culture. Experience the peaceful ambience of Norbulingka Institute, established to teach and preserve Tibetan art and culture. While here, enjoy a delicious Tibetan lunch. Visit the Dalai Lama's temple and museum as well as the beautiful Tibetan Children's Village.

Day 9 & 10

This morning we enjoy a walking meditation of the outer kora path around the Dalai Lama's temple. There is free time with many different activity options including: Tibetan cooking classes, walks, trekking, prayer time at the Dalai Lama's temple, a Tibetan massage, shopping at the many Tibetan stores or just enjoy some relaxing time. You will also have the opportunity to join an English conversation group with Tibetan monks and refugees.

Day 11

Enjoy some stunning scenery as we drive to Rewalsar. On the way you will visit some Tibetan colonies and ancient temples.

Day 12 - 14

The sacred lake of Rewalsar is revered by Buddhist, Hindus and Sikhs. While here you will visit the Buddhist Gompas (join the monks for





chanting), the Sikh's Gurudawara and the mystic caves of Padmasambhava (a profound place to meditate). We will be joined by Peter Malakoff to hear about the ancient wisdom of Ayurveda. You will also have the opportunity to have a detailed consultation with him. There will be free time to stroll around the sacred lake, enjoy some trekking/ mountain walks, meditate in the caves and enjoy the ambience of this peaceful little town that is off the tourist trail.

Day 15

Drive to Chandigarh airport for a short flight back to Delhi. Enjoy a final group dinner.

Day 16

Depart any time today.

ADDITIONAL INFO

This wonderful 16-day experience includes air-conditioned travel, all accommodation, all excursions and entrance fees, internal flights, some meals, guides, guide tips, yoga and creative classes.

About Diane Sherman, MA

Diane, a teacher of Arts & Consciousness, will be your facilitator during the Heart of Presence tour. Diane has been guiding people into deeper presence as a yoga, writing and art teacher for over 15 years. She is a passionate teacher, committed to exploring new ways to bring us into the moment we are experiencing right now.

Diane believes traveling is one of the quickest and most fun ways to wake up out of the trance of habitual living.



You can read more about Diane at www.ibelove.com

For booking information contact:

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Please note: The itinerary may be subject to change depending on altered circumstances.

