

WISDOM OF THE ENNEAGRAM

A Transformational Journey In North India



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Discover India's fascinating cultural and spiritual richness on this amazing 15-day journey through North India. Touring India can be a major transformational life event. When combined with the wisdom of the Enneagram, an ancient system that generates deep insight, you have the ingredients for a soul nourishing adventure.

On this profound journey, you will learn practices to deepen your self-awareness, open your heart and be fully grounded in your body as you travel. We will explore India through her temples and ancient monuments, lively markets and mountain landscapes as well as walking through her crazy, chaotic streets.

The tour will be interspersed with group and individual sessions (optional) on the enneagram. Melisah and Julie, your co-facilitators, will lead you through practices to integrate your experiences and balance your mind, body and heart awareness. You'll learn about the ancient enneagram symbol to explore your unique personality structure and use it as a doorway to evolve.

This tour will delight your senses and rattle your soul.



ITINERARY

Day 1

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

Day 2

This morning we have a short flight to Rishikesh, the



yoga capital of India. Enjoy some time to settle into our lovely hotel room overlooking the Ganges. In the late afternoon, we will meet for our first group session. Overnight Rishikesh.

Day 3

After breakfast, we embark on a guided walking tour. There is some free time in the afternoon with many optional activities, including massage, walking, relaxation etc. Some individual sessions will also be held in the afternoon. In the early evening we witness the sunset prayer ceremony performed on the banks of the River Ganges. Overnight Rishikesh.



Day 4

This morning we head to Vasishta Cave and ashram for meditation and an optional dip in the Ganges. Enjoy some down time in the afternoon. Later we will meet for another group session. Overnight Rishikesh.

Day 5

There is free time today for you to stroll around, relax, shop or enjoy a massage. Some individual sessions will be held in the afternoon. In the early evening there is another opportunity to enjoy an aarti ceremony at a different location on the Ganges. Overnight Rishikesh.

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. Overnight McLeod Ganj.

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. In the late afternoon we have a group session. Overnight McLeod Ganj.

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, prayer time at the Dalai Lama's temple, a Tibetan massage or shopping at the many inexpensive Tibetan stores. You will also have the opportunity to join an English conversation group with Tibetan monks and refugees. Individual sessions will also be held on these two days. Overnight McLeod Ganj.



Day 11

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

Day 12 & 13

The sacred lake of Rewalsar is revered by Buddhists, 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 (an amazing place to meditate). 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 off the tourist trail. Individual sessions as well as a final group session will be held here. Overnight Rewalsar.



Day 14

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

Day 15

Depart any time today.

ADDITIONAL INFO

This wonderful 15-day experience includes air-conditioned travel, all accommodation, all excursions and entrance fees, internal flights, some meals, guides, guide tips, enneagram sessions.

About Melisah Feeney

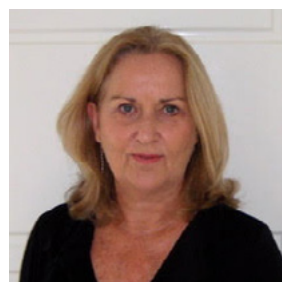


PhD, Master (Psych), BSc(Hons) (Psych), Diploma Enneagram Studies

Melisah, a psychologist specialising in human potential and a qualified enneagram

teacher, will be your co-facilitator during the tour. Melisah has been helping people deepen self-awareness, enrich life purpose and unleash their potential through the enneagram. She is passionate about living life fully, connecting authentically and learning about different cultures.

About Julie McNall



Registered Nurse,
Diploma Enneagram
Studies

Julie completed a 2-year internship to qualify for a Diploma in Enneagram Studies. She is passion-

ate about the transformative potential of the enneagram and uses the enneagram as a tool of awareness for her own development as well as a way to understand why other people do what they do. Julie has co-facilitated workshops and also used the enneagram to help others unpack current life challenges. Julie is currently finishing a book, using the enneagram framework, on how to nurture the wholeness already present in a baby as the personality develops.



For booking information contact:

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

