

# Buddhist Immersion & International Yoga Festival

February 23 - March 7, 2012

Dharamsala, Rishikesh, Agra

**Day 1 / Feb 23: Arrive Delhi.** Anytime.

**Day 2 / Feb 24: Delhi to Dharamsala** - Breakfast at the hotel. 9am leave for airport for flight to Dharamsala (11:10am). Arrive 12:35pm. Drive straight to Norbulingka Cultural Center, started by the Dalai Lama to preserve Tibetan Arts. Eat a late lunch during orientation in the gardens followed by a tour of the center. Dinner on your own at the hotel. Overnight Norbulingka. (B, L)

**Day 3 / Feb 25: Dharamsala** - Morning yoga in the Golden Temple followed by breakfast at the hotel. Today the group will explore the Kangra Valley. Drive an hour to Tenzin Palmo's Dongyu Gatsal Ling Nunnery. Palmo was one of the first Westerners to be ordained as a Tibetan Buddhist nun. Her vision for the Nunnery to give young nuns of the Drukpa Kagyu lineage the opportunity to realise their intellectual and spiritual potential after so many centuries of neglect. Continue on to Khampagar Monastery (very close to Tenzin Palmo). On the way back, visit Chamunda Devi Temple. It is believed that it is a place where Devi Chamunda killed two evils named Chand and Mund. The temple is very beautiful and it is along a riverside with awesome views of the valley floor. Eat lunch here. After lunch, drive 40km to Dharamsala, meaning "shelter for spiritual pilgrims." Afternoon free. Dinner near the hotel. (B, L)



Norbulingka Cultural Center

**Day 4 / Feb 26: Dharamsala** - Morning yoga with group leaders followed by breakfast at the hotel. Morning free to visit the Tibetan Museum to learn in detail about the Tibetan people living in India and wander around town. In the afternoon, cook traditional Tibetan momos which you then get to enjoy eating. More free time before dinner and a short movie about Tibet at Common Ground Restaurant. Overnight Dharamsala. (B, D)



Himalayan Temple Hike

**Day 5 / Feb 27: Dharamsala to Delhi** - Morning yoga with group leaders followed by breakfast at the hotel. We offer two Himalayan hiking options to choose from:

**Group 1:** More difficult hike to Kareri Village. Scenic and rural hike over rugged mountains to a remote village. 6 hrs. Lunch provided.

**Group 2:** Guna Temple hike. 2 hrs up to Temple. 3-4 hours total travel time. Bring your own snacks. More moderate but still involves steps.

Free day for those who do not choose to hike.

In the evening, meet with a Tibetan lama. Group dinner. (B, D, lunch for Group 1). Overnight Dharamsala.

**Day 6 / Feb 28: Dharamsala to Delhi** - Early morning meditation at the Dalai Lama's temple followed by breakfast. Load cars @ 10am for drive to airport. Arrive 2:30pm in Delhi. Shop in artsy Hauz Khas Village or take a walk in nearby Deer Park before a delicious South Indian dinner at Naivedyam. Overnight Delhi. (B, D)

**Day 7 / Feb 29: Delhi to Rishikesh** - Take a 7am train to Haridwar (4 hrs). Continue on one hour to Rishikesh. Go straight to Ramana's Orphanage for a lovely organic lunch made by the children.

Walking tour of Rishikesh on the way back to the Ashram.

Register for Yoga Fest. Dinner at the Ashram. Overnight Parmarth Niketan Ashram (B, D)

**Day 8 - 11 / March 1-4: Rishikesh** - Yoga classes start at 6:30am and go until 6pm. Lectures, asana, meditation and pranayama classes by teachers and revered Swamis from around the world. (B, L, D)



Aarti Ceremony @ Yoga Fest

Sprinkled throughout the week Redback Travels will offer special activities outside the Fest including a walk to the abandoned Maharishi's Ashram where the Beatles wrote "The White Album", a hike to Neelkanth Temple in the foothills behind the Ashram, a swim in the Ganges River, and a visit with children at the Ganga Valley School. All activities TBD based on the schedule and you will get exact dates/times at the Fest. All meals are included with the ticket price at the Ashram. If you choose to eat outside the Ashram, you are on your own. We will provide a list of recommended restaurants.

**Day 12 / March 5: Rishikesh to Delhi** - Attend the Festival until lunchtime. After lunch, take taxis back to Haridwar to board 6pm train back to Delhi. Arrive 10:45pm. Overnight Delhi. (B, L)

**Day 13 / March 6: Delhi to Agra** - Board a private bus to drive 3.5 to Agra. Check-in to the hotel and eat lunch. After lunch, learn how the Taj Mahal was built and end the day with a sunset tour of the Agra Fort. This historical fort is where the Emperor Shaw Jahan, who built the Taj Mahal for his late wife, was imprisoned by his own son for 8 years before. Get a sneak peak of the Taj from his prison room. Group dinner. Overnight Agra. (B, D)

**Day 14 / March 7: Agra to Delhi to Home** - Wake up early and be ready to go at 5:30am. Be one of the first people to witness the Taj Mahal in the early morning hours when it is peaceful and quiet. Tour the Taj for a couple of hours. After breakfast at the hotel, board a private bus to drive back to Delhi. Finish the trip with a visit to Gandhi's Memorial and a driving tour of the chaos of New Delhi. Rest in a hotel near the airport before your evening flight.

*\*They say in India Sub Kulch Malega, or Anything is Possible.*

Things rarely happen quite like you expect. Our schedules are an outline and subject to change. An enjoyable experience takes precedence over everything else.

Lodging is in clean and comfortable 3-4 hotels. Parmarth Ashram is basic with white marble rooms overlook the Ganges river. The hotel in Dharamsala is Tibetan owned.



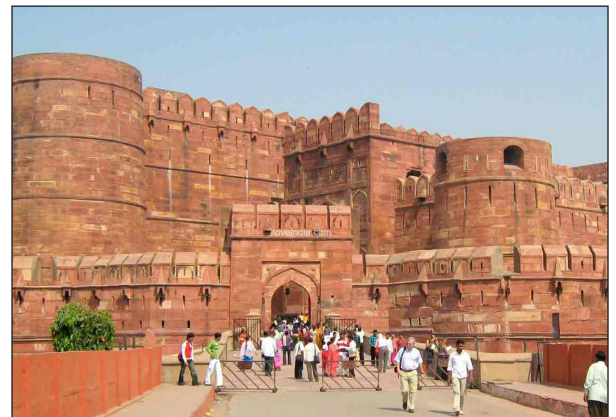
Yoga in Dharamsala



Playing games with the children at Ganga Valley School, Rishikesh



Dharamsala



Agra Fort



Mataji, a Rishikumar, Swamiji from Parmarth Ashram



Sunrise at the Taj



Talk with Llama Bhagdro