

Upon receipt of your deposit, you will be furnished with additional trip information and will be required to fill out a health form. In addition, both ashrams require registration forms. These will be sent to you and must be returned by August 1.

It is highly recommended that you purchase travel insurance.

**Neither Swami Atmarupa nor the Atma Center is functioning as tour operator and assumes no liability as such. Air travel to and from India must be arranged on your own.**

**Tour services will be provided in India by Indian Excursion, a tour company which has managed all trips for Swami Atmarupa since 2001.**

**I hereby acknowledge that travel in a foreign country and travel in remote areas of said country may present a risk to my health. By signing below, I release Swami Atmarupa and the Atma Center of any liability regarding anything that may happen on this trip.**





Signature

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	<b>A Life Enriching &amp; Spiritual Journey</b>
<b>India Trip 2017</b> with Swami Atmarupa	
	
<b>Delhi, Agra Fort and Taj Mahal, Kolkata, Rikhiapeeth Ashram for Yoga Purnima, Bihar School of Yoga at Munger Ashram for the Yoga Chakra Course, Bodhgaya and the holy city of Varanasi!</b>	
	
	

## The Full Journey is Nov 25 - Dec 19 Partial Trips Priced Individually

*This journey is packed with opportunities to explore your spiritual path! You will deepen your connection to Satyananda Yoga® by visiting the two main ashrams in India during scheduled programs that both honor Sri Swami Satyananda and his work, and provide you with a unique experience of yoga beyond what is commonly seen in the West.*

*Arrive in Delhi and have a short tour. Then we travel to Agra to visit the Agra Red Fort and do a sunrise tour of the Taj Mahal. Returning to Delhi, we fly to Kolkata with a short morning tour before heading to the Yoga Purnima celebration and yajna in Rikhiapeeth via cars. Rikhiapeeth was the home of Sri Swami Satyananda for 20 years and where he attained Mahasamadhi in 2009. This ashram is now under the direction of Swami Satsangi, as she is affectionately known, who devoted her life to Swami Satyananda as one of his most trusted disciples. She continues to uphold his mission to bring better education, health and prosperity to the surrounding villages in one of the poorest areas of India.*

*From Rikhiapeeth, we travel to the ashram in Munger, the home of Swami Niranjanananda, successor to Sri Swami Satyananda. Ganga Darshan sits on a hill above the Ganges River and is the home of the Bihar School of Yoga. It continues to be one of the world's leading centers for higher education in yoga.*

*Here we spend the time imbibing ashram life along with a short course taught by Swami Atmarupa from the Yoga Academy of North America. This course will be followed by the Yoga Chakra Course with Swami Niranjanananda.*

*After Munger, we will stop in Bodhgaya, the Buddha's place of enlightenment, on our way to the holy city of Varanasi. Varanasi (or Benares) is said to be the oldest continually inhabited city in the world. Experience boat rides on the Ganges River, view the evening Aarti, tour the city, visit silk shops, and tour Sarnath where the Buddha gave his first speech after enlightenment. Varanasi truly vibrates with spirituality.*

*Join me for this special experience. You will return with memories for a lifetime!*

Om Tat Sat.

*Swami Atmarupa Saraswati*

# Itinerary

**25 November:** arrival at Delhi Airport. On arrival you will be met and transferred to your hotel.

**26 November:** sightseeing tour of Old and New Delhi.

**27-28 November:** travel to Agra to visit the Agra Fort in the afternoon. Sunrise tour of the majestic Taj Mahal. Leisurely trip back to Delhi to board a late afternoon flight to Kolkata.

**29 November:** morning sightseeing tour, and then travel by cars to the Rikhiapeeth Ashram.

**30 Nov - 3 Dec:** at Rikhiapeeth Ashram for Yoga Purnima.

Possible side trip to Deoghar to visit Shiva temple and town on the 4<sup>th</sup> (or on way to Munger).

**5 December:** travel by car to Bihar School of Yoga in Munger.

**6-10 December:** enjoy ashram life and attend a short course with Swami Atmarupa.



Bihar School of Yoga, Munger

**11-15 December:** attend the Yoga Chakra Series with Swami Niranjanananda. This program is an excellent opportunity to be taught directly from a true yoga master. Earlier this year, Swamiiji received the Padma Bushan Award, one of the highest civilian awards granted by the President of India, and the only recipient for Yoga.



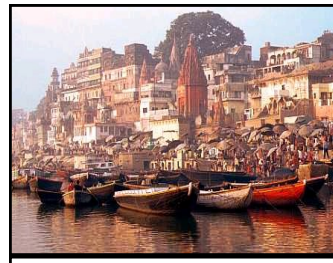
Swami Niranjanananda, the successor to Swami Satyananda Saraswati

Swamiiji Niranjan teaches with clarity and humor, providing inspiration and a common sense approach to life that will bring support to your yoga development.

**16 December:** transfer from the ashram by car to Bodhgaya, the place of the Buddha's enlightenment.

**17 December:** morning sightseeing, then drive to Varanasi.

**18 December:** sunrise boat ride on the sacred Ganges. After breakfast, a full day of sightseeing



Varanasi on the banks of Ganges

in Varanasi. Later you will return to the Ganges to enjoy the evening Aarti ceremony, a devotional ritual that uses fire as an offering.

**19 December:** more sightseeing with a tour of Sarnath, where the Buddha gave his first speech after attaining enlightenment. Enjoy a visit to a family silk factory and store. In the late afternoon, fly back to Delhi to make your connecting flights home. Om Tat Sat.

### Tour costs include:

- Accommodation in 3 or 4 star hotels on twin sharing basis. Ashram rooms are assigned. Bathrooms are often communal.
- Daily breakfast in hotels. All meals during ashram stays.
- Transfers from airports to hotels.
- Transportation charges of chauffeur driven a/c exclusive vehicles.
- Boating on the river Ganges at Varanasi.
- Fees for English speaking guides during sightseeing tours.
- All kinds of luxury, state taxes and service taxes.
- **Bus or car transfers**—Delhi to Agra to Delhi, Kolkata to Rikhiya, Rikhiya to Munger, Munger to Bodhgaya to Varanasi.
- Donation for stay at Rikhiapeeth and Yoga Chakra course fee.
- **Domestic air fares**—Delhi to Kolkata and Varanasi to Delhi.
- **Please note**—\$200 of deposit goes for domestic air fare bookings (above) and \$300 for agent's deposit. *An additional charge may be assessed for late registration if fares increase.*

### Tour costs DO NOT include:

- Any personal expenses like telephone bills, internet charges and laundry charges.
- Camera fees (video or still) and entrance fees at the historical monuments.
- Any car, train fares OR domestic airfares, excluding the ones mentioned above.
- **Tips**, porter charges, and charges for meals unless and otherwise mentioned in the tour.
- Bottled water or snacks.
- Optional trip to Deoghar may be arranged in Rikhiapeeth. Cost for this will be \$20 per person, including lunch.

## Trip Registration Form

November 25-December 19

**\$2250**

\$500 non-refundable deposit required for registration. Register no later than Aug 1.

Remaining balance due September 1.

Name \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment

Check

Visa

MasterCard

American Express

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_

CV Code \_\_\_\_\_

Signature \_\_\_\_\_

**Please return this registration form along with**

- **A copy of your passport (must be valid for at least 6 months after returning.)**
- **A copy of your Indian visa.**
- **Deposit and/or payment (please note due dates above.)**

**Please retain a copy of this registration information and flyer for your reference.**