



# Yoga Journey to North India

**With Fran Gallo & Dr.  
Arvind Singh**  
January 18 to February 5,  
2020

- Daily yoga with Fran Gallo, Seattle yogini
- Wonderful food & elegant accommodations
- Natural beauty and wildlife
- Rich colorful culture of North India
- Elephants, camels, and maybe even tigers and leopards!
- Dr. Arvind Singh, India expert extraordinaire
- Stunning art & architecture
- Udaipur, Jodhpur, Pushkar, Jaipur
- Peerless and majestic, Taj Mahal
- Vibrant scenes of daily life in the ancient sacred city of Varanasi on the Ganges River

*\*Please note that trip itinerary is subject to change and improvement as needed.*

Date	Activity	Location
18 Jan	Depart home city for Delhi, India	
19 Jan	Arrive in New Delhi. Driver will meet you at Indira Gandhi International Airport and take you to the hotel.	New Delhi
20 Jan	<b>Morning:</b> 7:00 Yoga. After a leisurely breakfast, drive to the airport to catch a flight to Udaipur. Enjoy the afternoon at the hotel or exploring on your own. Rest up from the busy travel of the last three days, go for a swim, or visit the spa. <b>Evening:</b> Presentation on geography and history of Rajasthan. Dinner at the hotel.	Udaipur
21 Jan	<b>Morning:</b> 7:00 Yoga, Breakfast between 8:00 and 9:30. 10:00 begin tour of Udaipur. Visit the City Palace, and Shri Jagadish Temple. <b>Afternoon:</b> Visit Garden of the Maidens (Sahelion Ki Bari) and then take an early evening boat ride on Lake Pichola. <b>Evening:</b> Optional shopping or visit the hotel spa. Dinner at the hotel.	Udaipur
22 Jan	<b>Morning:</b> 7:00 Yoga. After breakfast, start your 6 hrs drive to Jodhpur. Enroute, visit the famous 14 <sup>th</sup> Century Jain temples of Ranakpur and take lunch in the temple dining hall. Reach Jodhpur and check in at the hotel. Jodhpur is popularly known as the "blue city." Today, its gentle atmosphere belies a stormy yet glorious past, with city walls, 7 gates, numerous 16 <sup>th</sup> century's bastions and towers and its majestic Mehrangarh Fort. <b>Evening:</b> Discussion about the Rajputs, the warrior caste of Hindus. Dinner in the hotel.	Jodhpur
23 Jan	<b>Morning:</b> 7:00 Yoga. After breakfast, start your guided tour of Jodhpur and stop at Jaswant Thada, a cluster of white Marble Royal cenotaphs built in 1899 by a queen in memory of her husband Maharaja Jaswant Singh. From there we will drive to the massive Mehrangarh Fort, set on a high hill overlooking Jodhpur's rugged and rocky terrain. This fort has a got a huge museum inside, housing a marvelous collection of artifacts owned by the Royal family and beautiful Mogul paintings that have toured the world. <b>Afternoon:</b> After the tour, come back to the hotel and rest. Late afternoon optional shopping excursion to Maharani, the famous textile warehouse and then a visit to the old city. <b>Evening:</b> Dinner at the hotel	Jodhpur

<b>24 Jan</b>	<p><b>Morning:</b> 7:00 Yoga. Enjoy a leisurely breakfast and morning before you embark on a village safari by jeeps. In your jeep safari you will see wildlife and experience the village life around Jodhpur. We will visit the homes of potters, weavers, and farmers, including the village of Vishnois, a pastoral community known for their love and reverence for nature and animals. Even today, their life is lived compatibly with nature.</p> <p><b>Evening:</b> Free. Dinner at the hotel.</p>	<b>Jodhpur</b>
<b>25 Jan</b>	<p><b>Morning:</b> 7:00 Yoga. After breakfast, drive to Pushkar, a small town sacred to the Hindus in Rajasthan and now a tourist attraction for its annual camel fair. Over the centuries it grew into a temple town, and today there are as many as 400 temples in Pushkar. Pushkar is a maze of temples, ashrams and dharamsalas, and is never far from the sound of worship, from ascetics and devotees. The most important temple is dedicated to Lord Brahma. In Pushkar there is a lake bounded by 52 ghats where devotees go for a holy bath.</p> <p><b>Afternoon:</b> Reach Pushkar in the afternoon and take the rest of the day off to do whatever you wish.</p> <p><b>Evening:</b> Free for your own activities. Dinner at the hotel.</p>	<b>Pushkar</b>
<b>26 Jan</b>	<p><b>Morning:</b> 8:00 Yoga. After breakfast, we will visit the sacred Pushkar Lake, stroll on the ghats and visit temples, including the unique and important, Lord Brahma temple. After this, people can shop in the bazaar before returning to the hotel for lunch. In the evening, we will have a 2-hour sunset camel ride so we can do some asanas in the setting sun!!</p> <p><b>Evening:</b> Free for your own activities. Dinner at the hotel.</p>	<b>Pushkar</b>
<b>27 Jan</b>	<p><b>Morning:</b> 8:00 Yoga. Take a rest this morning before we begin getting to know the vibrant capital of Rajasthan, popularly known as the Pink City because of the pink color given to the houses and shops in the old city. It sits on a dry lake bed in somewhat arid landscape, surrounded by forts and palaces.</p> <p>Jaipur offers a combination of splendid sightseeing and shopping opportunities. When you arrive check into your hotel where you stay for the next two nights.</p> <p><b>Evening:</b> We will dine with a local Rajput family at their haveli.</p>	<b>Jaipur</b>
<b>28 Jan</b>	<p><b>Morning:</b> 7:00 Yoga. After breakfast take a guided tour of majestic Amber Fort. The ancient capital of Amber, just outside present-day Jaipur, was once the seat of power before the City Palace of Jaipur was built. See elaborately decorated halls, some with delightful fresco paintings, glass or inlaid precious stones. One of the most outstanding rooms is the Mirror Palace where the light from a single lamp, reflected in the many mirrors, illuminates the entire room. After Amber fort, visit the famous City Palace, a large complex of palaces, gardens and courtyards which is a museum now. It houses the collection of Mughal and Rajput miniature paintings, rare manuscripts, royal dresses, and arms.</p> <p><b>Afternoon:</b> After lunch, we visit Eleday, an elephant park where we will learn about elephants, feed them, and ride them!</p> <p><b>Evening:</b> Dinner at the hotel.</p>	<b>Jaipur</b>
<b>29 Jan</b>	<p><b>Morning:</b> 7:00 Yoga. After breakfast, drive to the Ranthambore National Park, 112 miles from Jaipur. Ranthambore is an outstanding example of an Indian governmental conservation effort called Project Tiger. The forests around the 11<sup>th</sup> century Ranthambore Fort were once the private grounds of the Maharajas of Jaipur. It is possible, if you are lucky, to see tigers lolling around lazily in the sun or feverishly hunting down sambar, small deer, around the lakes. This park has a large variety of other animals as well. Check into the hotel where you will spend two nights and enjoy your lunch.</p> <p><b>Afternoon:</b> Visit the women's craft village to see hand work of local tribal women or relax by the pool.</p> <p><b>Evening:</b> Dinner, rest and enjoy free time.</p>	<b>Ranthambore</b>
<b>30 Jan</b>	<p><b>Morning:</b> Early in the morning start for game drive with a naturalist. Come back around 10 a.m., eat your breakfast and rest. Yoga time to be determined.</p> <p><b>Afternoon:</b> Start again at 2.30 pm for your second game drive.</p> <p><b>Evening:</b> Dinner and free time</p>	<b>Ranthambore</b>
<b>31 Jan</b>	<p><b>Morning:</b> Early breakfast, drive to Agra taking a break to visit the Keoladeo Bird Sanctuary along the way.</p> <p><b>Evening:</b> Rest and relax after a leisurely dinner.</p>	<b>Agra</b>

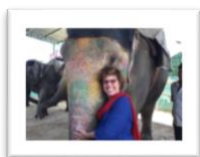
<b>1 Feb</b>	<p><b>Morning:</b> Rise early for a sunrise tour of Taj Mahal to view this incredible and extravagant monument as the sun bathes it in an ethereal light. Built in the 17<sup>th</sup> Century by Mughal Emperor Shah Jahan as a memorial to his beloved wife, Mumtaz Mahal, it took 22 years and the labor of 20,000 men. The white marble for this perfectly proportioned building with its amazing delicate inlay work was transported to the site by elephants from a quarry 200 miles away. Breakfast back at the hotel. After breakfast optional visit to an artisan's cooperative and shop where beautiful marble inlay work is done.</p> <p><b>Afternoon:</b> Drive to Agra Airport to catch a flight to Varanasi.</p> <p><b>Evening:</b> Reach your hotel, check in and dinner at the hotel.</p>	<b>Agra</b>
<b>2 Feb</b>	<p><b>Morning-Afternoon:</b> After breakfast, fly to Varanasi, the most sacred city of Hindus and equally sacred for Jains and Buddhists as well. Situated on the holy Ganges, it is also known as the oldest living city on earth. During the time of Buddha, between 563 BCE and 400 BCE, it was already a flourishing trade center and the main hub of culture in India. Varanasi has stood as the symbol of Hindu renaissance and continues to preserve many cultural traditions, philosophy and rituals. Its ghats on the Ganges and numerous temples form the major attraction in the old city. Begin with a visit to Sarnath, the birthplace of Buddhism.</p> <p><b>Evening:</b> Visit a silk weaving cooperative or do your own thing.</p>	<b>Varanasi</b>
<b>3 Feb</b>	<p>Wake-up early in the morning to go for sunrise boat cruise on the holy Ganges. Here, weather permitting, you will see one of the most beautiful and memorable sunrises, during which the whole drama of life (from womb to tomb) is played out on the bank of Ganges.</p> <p><b>Evening:</b> Go to the Ganges for a spectacular evening aarti at Dashashwameth Ghat, the most fascinating daily ritual of Hinduism.</p>	<b>Varanasi</b>
<b>4 Feb</b>	Enjoy a relaxing morning before we fly to Delhi to connect with our international flights.	<b>Varanasi-Home</b>
<b>5 Feb</b>	<b>Arrive in your home city with wonderful memories that will change the way you look at life.</b>	

**Trip cost:** \$4950 includes: All transportation within India, 5 star hotels (on a sharing basis. Add \$1200 for single suppl.), yoga, breakfasts, 4 lunches, and dinners, porters, bottled water, hotel and driver tips, entrance fees, and group activities. It also includes an orientation booklet and personal advice on travel to India. Cost does not include tip for guide, drinks, room service, non-group activities, personal expenses, or international airfare.

### **EARLY BIRD SPECIAL**

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RECEIVE A COMPLIMENTARY AYURVEDIC SPA  
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WHILE ON YOUR TRIP!

A deposit of \$500 will reserve your spot (fully refundable before July 30, 2019). 50% of the total cost of the tour is due by August 30. If the retreat/tour is canceled due to lack of participants, you will be granted a full refund. A minimum of 10 people is required for the trip to occur. We do anticipate meeting our goal of 10 participants. You will be contacted after July 30 to let you know if we have met our minimum so that you can go ahead and purchase your flight. Please send in your check with the registration form as soon as possible to guarantee your place and help us make all the transportation and hotel bookings in a timely way.



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