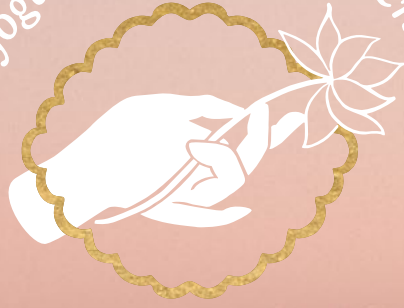


a yoga and travel immersion



SUKHA YOGA

divine india

20 – 29 OCTOBER 2024

*an immersion in Yoga and
the wondrous natural beauty of India*



DHARAMSALA (MCLEOD GANJ),
KANGRA VALLEY & AMRITSAR,
NORTH INDIA



Explore a unique part of incredible India with me.



A magnificent week of adventure, natural beauty featuring mountains and national park, sacred sights, delicious home cooked meals, like minded company, reflection, rest and immersive Yoga and Meditation teachings.



We will be in India during the holy month of Kartik. This is a highly auspicious time with many festive celebrations taking place with a common overarching theme of goodness prevailing evil forces. Intensified spiritual practice, ceremony, storytelling and visiting holy places are some of the rituals that occur during this month.

Kartik is a rejuvenating, uplifting, and spiritually charged time and provides us universally with opportunity for rekindling and reclaiming our relationship with the magic and wonder within the universe.

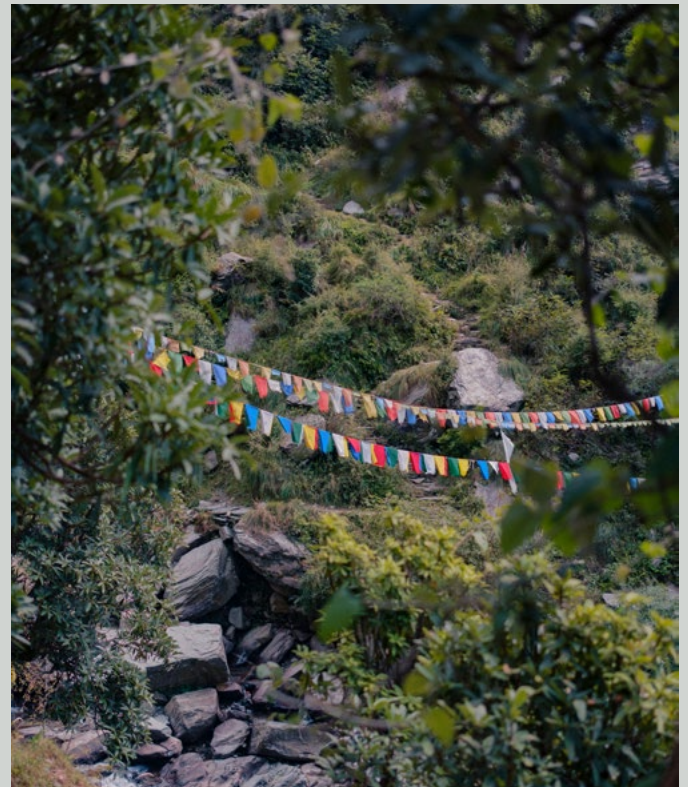
To be in India while this festival occurs is a very unique opportunity.

With great reverence and respect, we will gently observe and welcome into our hearts this genuinely transformative time.

DHARAMSALA (MCLEOD GANJ)



We begin our journey in the magical town of McLeod Ganj, Dharamsala which is home to H.H The Dalai Lama. The town is known as “little Lhasa” as it has become a refuge for many Tibetans exiled from Tibet. The town therefore is strongly influenced by Buddhism and it is a pilgrimage point for those who follow Buddhist practices.



My favourite place within McLeod Ganj is the Temple complex of H.H The Dalai Lama. Here, we will experience the kora walk, by circumnavigating the temple complex. The path is draped in prayer flags, spinning prayer wheels and many reverential residents & visitors paying respects and quietly chanting. The temple holds one of the largest collections of sacred Tibetan Buddhist texts and is where H.H The Dalai Lama shares many of his public teachings.

McLeod Ganj is a very popular base for hiking with the foot hills of the Himalayas within proximity, breathtaking views of the Himalayan range and beautiful vast open space to explore.

Should this interest and excite you, I have a contact in McLeod Ganj I can put you in touch with. 1 day trips and over night (or more) hiking are all possible to explore this really special natural wonder and majestic part of the world.

Following our two night stay in McLeod Ganj we make our way via road to Basunti – our home for six nights, situated in a private lakeside sanctuary within a pristine wildlife reserve.



BASUNTI (KANGRA VALLEY)

“Basunti is a jewel, the kind of magical place that you might spend months looking for if you were traveling independently through India, and still never find”

SUNDAY TELEGRAPH



Basunti is an idyllic private lakeside retreat in the foot hills of The Himalayas, in the state of Himachal Pradesh in North India and surrounded by the waters of the Maharana Pratap Sagar. It sits at the heart of a wildlife reserve and has been developed sympathetically with the local environment.

Set in beautiful tropical gardens with orange, mango and papaya trees, Basunti's spacious residences provide comfort combined with spectacular views.

The location on the lake is an invitation for hiking, bird watching and admiring the pristine peaceful surrounds. Izzy, David and their incredible team go above and beyond to make our stay comfortable, engaging and memorable.

There are many hammocks, comfortable chairs in the lush gardens or by the pool for you to rest, read & replenish.



While staying at Basunti, morning and afternoon classes will encourage you to immerse deeper in the teachings of Yoga, creating an opportunity for growth and expansion within your personal awareness and practice.

As our retreat auspiciously lands us within the holy month of Kartik, Nature will be supporting us in many ways to explore and embody the majesty of this rejuvenating time. We will steep in practices and teachings centralised

around the mythology that is shared during Kartik with great reverence and relevance to our lives today.

To be in India, where the great epic tales from sacred literature took place, where teachings and practices of Yoga were discovered and passed down through centuries is quite magnificent in itself. To quite simply be there, open and available to what India desires to enliven through you.

Morning classes will focus on movement to energise and recalibrate your physical form. The afternoon classes will focus on enquiry into exploring philosophy, chanting, storytelling, meditation techniques and reflection. Yoga mats, blocks, straps, blankets and bolsters are all available for our use at Basunti. Our Yoga classes will take place in an open-air thatched roof shala and on the marbled roof of the main house, with 360 degrees views over the lake, the wooded ridge, and on a clear day, the Himalayas beyond.



AMRTISAR



We end our journey with a night's stay in the magical city of Amritsar which is the home of the beautiful and incredibly peaceful and majestic "Golden Temple".



The temple is in honour of the Sikh Faith however everyone is warmly welcomed to step through the temple doors. Within these sacred surrounds you will be immersed in the beauty, music and devotion that resonates deeply and leaves a lasting impression.

We will also have the opportunity to explore the walled city alerting your senses with colour, sights, smells, tastes and sound



This trip of a lifetime will provide you with plenty of Yogic tools for self study and inquiry. Simply being in India and specifically within the Himalayan range, the birthplace of this wonderful lineage and lifestyle of Yoga, sparks inspiration for insight and reflection.

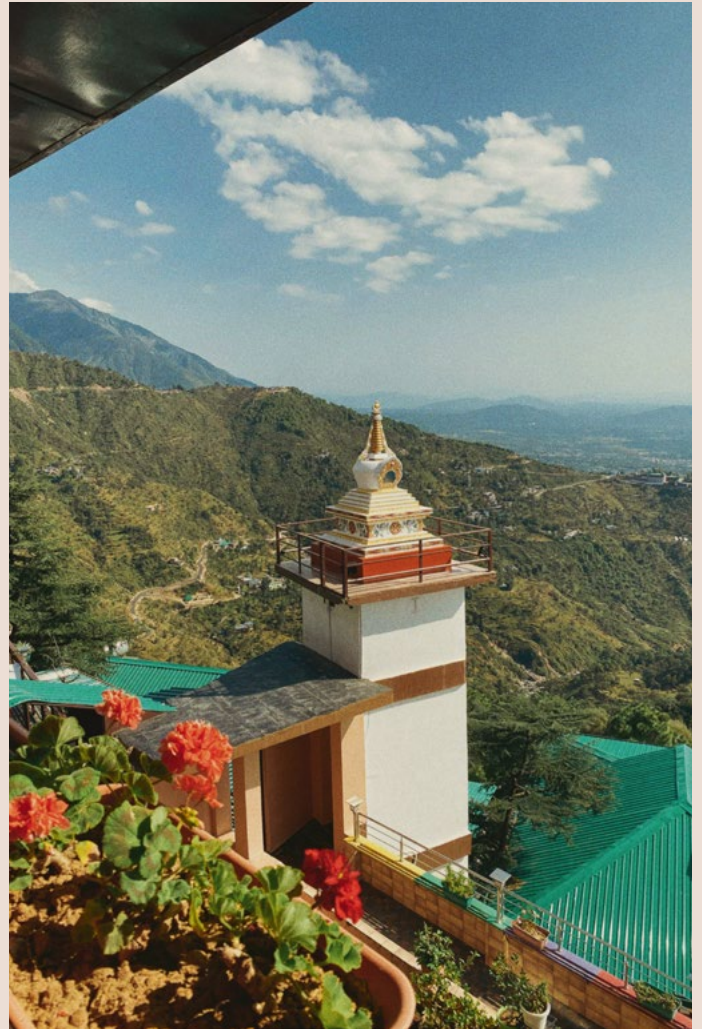
ACCOMODATION

This retreat offers 15 places.

Our Basunti accommodation comprises of twin share rooms, spread over two low rise lodges and the Main House. Each room is thoughtfully curated with its own en-suite bathroom facilities, veranda or balcony.

They all come with extensive views over the gardens or the surrounding area. Basunti's spacious grounds are inviting for solo exploring, lying in one of the numerous hammocks, chairs on the deck or resting by the pool. There is a main room and library for reading and reflection.

If you are traveling with a friend/couple please inform me so I can allocate your room accordingly. There are four rooms available for single occupancy.



If you are traveling solo but require twin share, I will partner you with another delightfully like minded & same gender attendee.

In McLeod Ganj and Amritsar we will be staying in comfortable and well located hotel/guest houses.

It needs to be explicitly said that these are traditional guest houses run by local families mainly accommodating pilgrims. They are clean, homely and are extremely kind with their hospitality, care and service.

Due to their close proximity to pilgrimage sites, they are not materially luxurious however they are abundant and immersive culturally.



INCLUSIONS AND COSTS

Retreat inclusive of

Nine nights accommodation

Pick up transfers from your arrival point at Dharamsala airport/train/bus station and departure transfers from our hotel in Amritsar to airport/train/bus station.

All meals during our stay at Basunti. Some meals in McLeod Ganj & Amritsar

All local guides

All Yoga and Meditation immersion and practices led by Lara

Tipping for guides, accommodation and transport

Additional special surprises.. As India is the land of “being in the right place at the right time”, some of our adventures don’t materialise until closer to the date or graciously present themselves to us when we are there. That’s what makes India so special to explore. We simply show up and let the magic unfold!

Retreat not inclusive of

Airfares - international and domestic

Visa

Comprehensive travel insurance (essential)

Alcoholic beverages - David and Izzy have a selection of imported wines and beer at Basunti in which you are most welcome to enjoy with the evening meal.



INVESTMENT

\$3,300 pp twin share

\$4,200 pp single occupancy* (only four rooms available)

To secure your place, a non refundable \$700 deposit is required. The payments following will be made in installments & dates and details will be issued once you have confirmed your place.

ABOUT YOUR HOST
Lara Dwyer



I first explored India in 2004 and was instantly hooked, returning repeatedly over the years . I love the immersion of the incredible culture, hospitality, sensory assault and wild contrasts that being in India offers.

I have lead two previous Yoga and Trekking expeditions to North East India in the vicinity of Darjeeling and three to Amritsar & Himachal Pradesh.

I am continually drawn back to the Himalayan ranges, the feeling of being surrounded in their majesty projects a feeling of peace steadiness. The sages, mystics and rishi's of ancient and now travel to the mountains to seek further wisdom and knowledge and there is something just so uniquely special about being amongst this sacred landscape.

Basunti retreat is a slice of heavenly paradise within India. In my 20 years of traveling to India I've never experienced a place so serene. The visual beauty is exquisite and simply must be experienced to be understood.

I am forever grateful for all that India as a country has taught me over my travels and am excited to lead this special group and share with you what I love!

TESTIMONIALS



“A trip to India with Lara is a dream come true. Lara has a Midas touch. To be with her in India, this land she loves so much, to learn, to chat, to dance with her is pure joy.”

If you are ever blessed with the opportunity to experience India, do it with Lara. This retreat is perfectly curated with the help of generous and informative guides and hospitable and comfortable accommodation. Norbu House and the experiences in McLeod Ganj, Tibetan cuisine and temple visits as well as village and waterfall walks, all unforgettable. Basanti.... enchanting. It moves something deep inside to be here, to experience it's magic, to eat the home grown, home cooked meals, to see the majestic Himalayan mountains rising up in the distance, to learn of India's history from David and Izzy. It's heaven on Earth.”

– Andrea D



TESTIMONIALS

“Seeing India through Lara’s eyes is an incredibly lucky and beautiful experience. It is a gift to have such an authentic experience in India, traveling with a wonderful group.”

It’s hard to put into words the impact this trip can have. Not only is India deeply rich and vibrant in its offerings, but Lara has carefully and thoughtfully woven practices of yoga and so much more into your time. This helps to absorb, breath in, and take rest. In both trips I have taken with Lara, I have also brought home many practices, readings, and asana that have stayed steady in my life and continued long after. I’m sure many who know Lara, and have traveled (some multiple times) on such offerings with Lara will say the same - I wouldn’t go to India with anyone else! If something is calling you - this is the time. It’s an experience and joy that will stay with you for a lifetime.”

– Raechel N

“I feel so happy to have experienced the Divine India Retreat Experience with Lara. Lara curated an amazing experience that I would never have seen otherwise.”

The activities visiting various temples - where we were often the only westerners - was truly exceptional. Walking the Kora path around the Dalai Lama’s Temple was also the most wonderful experience.

Then to travel to the isolation, peace and beauty of Basunti retreat centre was just perfect. A way to truly retreat from the busyness of India and fully immerse in Yoga, meditation, chanting and deep rest whilst in such a magical setting with fabulous company.

Lara was so great at weaving the whole experience together, supporting us, creating beautiful practises for us to Immerse in and showing us how to totally go with flow no matter what India threw at us. Very grateful to have been part of such a Divine Retreat!”

– Margaret L



TRAVEL INFORMATION

Arrival/Departure

Our retreat commences on the 20th of October, meeting at our hotel in McLeod Ganj, Dharamsala. Check in is 2:00pm and we will gather later in the afternoon for our first group session.

You will need to either fly into Dharamsala (connecting flight from your international flight city of arrival either Delhi or Mumbai) or there are options with bus and train. Please speak to me directly if the latter options interest you and I can assist you with the logistics. Flights leave 4–5 times per day from Indira Ghandi Airport in Delhi and take just under 2 hours in travel time for around \$150 AUD.

Visit cleartrip.com or makemytrip.com for domestic flight and trains schedules and prices.

Amritsar has many regular flights to Delhi which takes one hour.

There is also a direct train option which takes 8 hours (if you are wanting to experience the infamous Indian rail experience).

Visas

A visa is required for all foreign nationals when visiting India.

E-visas can be arranged online within a month before departure. Length of visa issued depends upon your nationality, but most are of 3 or 6 months validity (from issue date, not arrival date!).

Find more info about this on your local Indian Embassy's website in Visa section.

General info <https://indianvisaonline.gov.in/visa/>

Travel Insurance

Travel insurance with full medical cover is required when attending this journey. We advise you to take out a travel insurance policy that supports the level of risk you are willing to take. The policy should be unwavering and includes COVID related travel issues and government travel restrictions.

COVID

For the latest COVID protocols and entry requirements, head to smartraveler.gov.au for the latest information.





*For any other questions or further information contact Lara
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