

Rishikesh, India Details

April 7th – 21st, 2009

Join us in this sacred life changing experience as you empower your self with the ancient knowledge of sound and light.

This tour is designed for those who want to deepen their knowledge of Sacred sound, Yoga and the energetic body of the Chakras.

Rishikesh is one of the holiest centers in India. Crowded with sadhus with long matted hair and pilgrims from all over the globe, Rishikesh is the birthplace of yoga. It attracts thousands of tourists every year, who come to seek mental peace in the midst of the humdrum of modern life. The various ghats and temples assist the human spirit in its endeavor to be one with the ultimate source of all creations. It is also an attraction for the ones in search of adventure and passion. For those who choose to feed their adventurous spirit, river rafting, hiking, are very popular. In the 1960s, the place came into limelight as the place where the pop group Beatles met their guru, Maharishi Mahesh Yogi.

Rishikesh is located in the northern part of Uttar Pradesh. It is 238 km northeast of Delhi and 24 km north of Haridwar and spreads on the right banks of the Ganges, at its confluence with the Chandrabhaga stream. It is surrounded by hills on three sides and is perched at an altitude of 356 meters above sea level. The name Rishikesh is loosely applied to an association of five distinct sections encompassing not only the town but also hamlets and settlements on both sides of the river. These include Rishikesh itself, the commercial and communication hub; the sprawling suburban Muni-ki-Reti or the "sands of the sages"; Shivananda Nagar, north of Rishikesh; the temple section of Lakshmanjula, a little further north; and the assorted ashrams around Swarg Ashram on the east bank. In Rishikesh, the winters last from November to March, when temperatures fall below 0°C. The monsoons are generally experienced in the months of July and August. April – June is the summer season. A high of 35 degrees, yet a dip in the Ganga and cool evenings and mornings assist with cooling off the heat of the day.

Here is the link to the ashram where we will be staying in Rishikesh <http://anandprakashashram.com>

Days 1–3 Adjust into Delhi, sight seeing, Temples, shopping and sharing daily practice and teachings.

Days 4–12 Leave for Rishikesh and begin the retreat, teachings and practice. We will also be exploring the area, seeing water falls, temples, the Jungle and more surprises.

Days 13–15 Return to Delhi and finish the last few days with optional shopping and touring.

Are You Ready For India?

If you are able to answer yes to the following questions then I welcome you to come on a Journey to India. One of the things you can expect in India is the unexpected and don't be surprised when it happens. Do you have an open heart and mind? Do you think things happen for you instead of to you, and see it as an opportunity for personal growth? Can you laugh at yourself in challenging times? Do you like adventure, culture and new experiences? Patience, acceptance and toleration are a must in India. Leave your mental baggage at Home. One can choose to have a richer experience with the attitude in which you enter with. Allowing all things to happen without the comparing comforts from back home or how you wish it would be going, then I guarantee you will enjoy the journey.

Sequoia

What To Bring

Hat

Sunglasses

Ear Plugs

Handkerchief

Good Walking Shoes

Bathroom Flip Flops

Towel

Journal

Light Jacket

T Shirt (no sleeveless)

Long Pants or Capri's

Swim Suit (Just in case we go in the water)

Yoga Mats are available at the center, it's also nice to have your own.

Travel pillow if you wish

Toiletries

Dehydration Vitamin C packs

Essential oil of Tea Tree, Nutri-Biotic for fungus, bacteria, parasites (available at health food stores)

Dress In India

If you dress like a tourist you will be treated like one. I find you get hassles much less, and are given more respect when you dress in the local clothes, or covered up. It may bring you out of your comfort zone, yet this is part of the experience. Indian women usually don't wear revealing clothes and while on retreat it is kindly requested that you also respect the rules of the center where we will be staying:

*Capped sleeves (no tank tops or spaghetti straps)

*Clothes that cover your undergarments (tops and bottoms that are not too low cut)

*Pants and skirts that are at least knee high.

*Preference for light colors and less black.

*No bathing suits. (at the center)

Travel Insurance

Some people choose to get Insurance, It is a personal choice. There are many options for those who are not feeling well: Ayurvedic, Homeopathic and Western.

Passports are required please visit this link for details: http://travel.state.gov/passport/get/first/first_830.html

Vaccines and other travel info from the US State Department:

This is a personal choice. Sequoia believes it will not be necessary as you will be in the country for a short period of time and not doing a lot of travel
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1139.html

Indian Tourist Visa is required please visit this link for details:

<https://indiavisa.travisaoutsourcing.com/>

www.feelingsoulgood.com: Sequoia's website with Retreat Details

www.healing-arts-center.com: Lisa's website with Retreat Details

www.indiamike.com: this is a forum site with lots of info about India.

We will be sending further details shortly regarding accommodations. Sequoia is in India right now making our India travel arrangements and we will forward this to you as soon as we receive the details.

Your journey to India information sheet

Name _____

Address including country _____

Telephone: () _____ Email Address: _____

Birthday _____

Passport Number _____

Expire date _____

Do you have any allergies? _____

Do you have any health problems? _____

Emergency Contact

Relationship to you: _____

Name: _____

Address: _____

Telephone: () _____ Email Address: _____

Yoga experience : How many years? Months / what kind of yoga?

What do you hope to receive from this journey ?

When you think about being in India is there any challenges that will arise for you? If so what?

Signed Name _____ Date _____

Printed Name _____

We ask that you keep an open heart and mind then it will be a flowing experience for you and the whole group as you know your attitude is contagious.

Waiver and Release of Liability

I have read the travel information provided by the retreat facilitator's and understand that since I am traveling in a foreign country I may need to take necessary precautions such as getting shots updated, and may need to observe some dietary precautions in the best interest of my health. I understand that I am responsible for providing travel insurance for myself if so desired. In registering for this retreat, I understand that I am wholly responsible for my health and safety for the duration of the retreat from beginning to close and hereby waive Lisa Ishwari Murphy, Sequoia Henning, Fairhaven Healing Arts Center and Feeling Soul Good from any liability resulting from my participation. I agree not to hold Lisa Ishwari Murphy, Sequoia Henning, Fairhaven Healing Arts Center and Feeling Soul Good responsible in the event of any loss of personal belongings, or damage to my person resulting from my participation in this retreat. I understand that every effort will be made to sustain my well-being in the case that a medical emergency occurs, but that I am wholly responsible for obtaining any necessary medical treatment should any illness or physical discomfort arise on the trip.

Printed Name: _____

Signed Name: _____

Date: _____