

Pilgrimage to Spiritual India

16 days | 28 December 2011 - 12 January 2012

“You are very welcome to join us on the most special India pilgrimage of all, the journey to the heart.”

Love India? Would you like to visit India and adventure with like minded people?

India has long been the destination for spiritual seekers from all over the world. Part tour, part retreat, this unique tour will combine inner and outer pilgrimage. We will practice yoga and meditation daily in some of the most visited pilgrimage destinations of northern India. In Bodhgaya, we'll meditate under the Bodhi tree where the Buddha sat and awakened 2,600 years ago and visit the Deer Park in Sarnath where he gave his first teachings. We will practice yoga in Rishikesh where the Ganges flows out of the Himalayas, often referred to as the home of yoga and take a dawn boat ride on the Ganges many miles downstream in Varanasi where pilgrims have visited for thousands of years. We'll meet with Buddhist, Advaita and Yoga teachers and explore the common aspects of all the spiritual traditions of India, of all humanity.

Travelling will be kept to a minimum to keep the experience as relaxed and rich as possible. We will spend 3-4 days in each place so that we can imbibe the atmosphere fully before moving on. Each day will have yoga and meditation and there will be some days with extended meditation practice to deepen into our own experience.

Your tour guide is Anton Eastick. Anton has visited and lived in India for many years and has a deep love for the culture and diversity of this great country. He teaches yoga and Insight Meditation in Melbourne, Australia and Internationally and is currently a student of Hakomi psychotherapy and The Diamond Approach.



Cost: \$1,980AUD/person

Interested? Contact Anton on 0412 018 962 or email insightyoga@bigblue.net.au www.thedharmapath.com.au