

2011 Spiritual Journey to Mystical India!



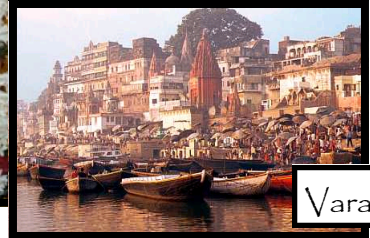
Satsang Week, Munger



Delhi



Yoga Purnima, Rikhiapeeth



Varanasi



Agra

Join Swami Atmarupa for an Experience to spiritually & culturally enrich your life beyond words!

Begin in **Delhi** & after a bit of a rest take a tour of some of the great landmarks of the capital city. Travel to **Agra** for a tour of the Agra Fort & roam the streets of the old city. Witness the spectacular **Taj Mahal** at sunrise & then return to Delhi to take an overnight train to Rikhiapeeth, the ashram of Swami Satyananda.

Participate in the Yoga Purnima program. This ancient tantric fire ceremony, is both a tribute to the birth and life of the great yogi Swami Satyananda Saraswati, and centers around the Mahamrityunjaya Mantra. The program is a very important & effective yajna for the health, wellbeing & protection of mankind. The Mahamrityunjaya mantra is a most ancient universal mantra taken from the Krishna Yajur Veda which can remove difficulties & afflictions of every kind. It is traditionally chanted in the worship of Shiva and has gained eminence on account of its extreme efficacy in granting protection to those who chant it.

Travel on to the **Bihar School of Yoga** in Munger to join the **Ashram Life and Satsang Week** course with Swami Niranjanananda Saraswati. This is a unique opportunity to be in the presence of, and receive inspiration from a true yogic master, the successor to Swami Satyananda.

On the way back to Delhi spend a day in **Varanasi**, a magical city where you can still witness the intimate rituals of an ancient civilization. It claims to be one of the oldest living cities in the world & is considered one of the holiest places in all of India. Tour the city landmarks & visit a family run silk business. Take a boat ride and see pilgrims bathing & performing rituals in the sacred waters of the **Ganges**.

Return to **Delhi** for last minute shopping before boarding your flight home.

ATMA CENTER

"Yoga for EVERY body"

www.atmacenter.com

216-371-9760

If you are interested in joining Atmarupa for this year's tour, please contact the Atma Center for a registration form.

Neither Atmarupa nor the Atma Center is functioning as tour operator & assumes no liability as such. Tour services will be provided in India by the tour company, Indian Excursion.

PROPOSED ITINERARY (Due to the nature of travel in India, this is always subject to change!)

Thu, Dec 1	Arrival Delhi . You will be received by the tour representative & transferred to your hotel.
Fri, Dec 2	Guided sightseeing tour of Old & New Delhi . Evening free to explore the busy streets of Delhi on your own.
Sat, Dec 3	In the morning you will be driven to Agra. Tour the Red Fort & then spend the evening exploring the old city.
Sun, Dec 4	A sunrise tour of the Taj Mahal. Return to Delhi in the afternoon & board the train for Rikhia .
Mon, Dec 5	On arrival you will be transferred to the Rikhiapeeth ashram.
Dec 6-10	Yoga Purnima program.
Sun, Dec 11	Visit Deoghar temples & town. (Optional)
Mon, Dec 12	Karma yoga at Rikhiapeeth
Tue, Dec 13	Travel by car to Bihar School of Yoga in Munger .
Wed, Dec 14	Karma yoga in Munger.
Dec 15-21	Ashram Life and Satsang Week with Swami Niranjan .
Thu, Dec 22	Take the morning train to Varanasi . You will be received on arrival & drive straight to Ganges for evening Aarti. Later you will be transferred to your hotel in Varanasi.
Fri, Dec 23	Early in the morning visit the Ganges once again & take a sunrise boat ride. After breakfast, proceed for the sight seeing tour of Varanasi. In the evening you will be transferred to the railway station to board the overnight train to Delhi.
Sat, Dec 24	Arrive Delhi in morning. You will be transferred to the hotel. Day free. Transfer to air port according to your flight Dec. 24 or 25 to depart to USA.

TRAVEL & ACCOMMODATION IN INDIA ONLY

TOUR COST INCLUDES:

TRANSPORTATION:

Transportation charges of chauffeur driven a/c exclusive vehicle.
Transfers in A/C car from Jaisidh to Ashram and Ashram to Munger.
Boating over the river Ganges at Varanasi.

Train fares for the following sectors

New Delhi-Jaisidh (1st Class A/C Coach), Jamalpur-Mugalsarai (2 tier A/C Coach) and Varanasi-New Delhi (1st class A/C Coach).

SERVICES:

Charges of English speaking guide during sight seeing tours.

All kind of luxury, state & service taxes 2.575%.

Daily breakfast.

All meals at the ashrams.

ACCOMMODATIONS

Hotel accommodation in Delhi, Agra & Varanasi in air-conditioned deluxe. Cost per person on twin sharing basis* in 3 or 4 star hotels.

***SINGLE Rate Supplement will be charged.**

Accommodation in Rikhia & Munger at the ashrams may be dormitory housing & sharing of a common bathroom.

DONATION:

A \$250 donation to Sivananda Math, the charitable organization responsible for uplifting the impoverished people who live in the area around the Rikhiapeeth ashram.

ASHRAM LIFE & SATSANG WEEK COURSE FEE:

A \$300 course fee set by the ashram.

ADMINISTRATIVE CHARGES:

A \$300 administrative fee for the Atma Center & Atmarupa. This fee reflects the actual amount of time preparing for the trip & guiding the group based on past experience.

TIPS:

A \$50 fee that will cover tips for guides and drivers.

COST DOES NOT INCLUDE:

Airfare from USA to Delhi.

Any train fares or domestic airfares *excluding* those mentioned.

Any personal expenses & charges such as telephone or internet bills, taxi service, porters at the railway stations, & laundry charges.

Camera fees & entrance fees at the temples & monuments. The entrance fee at the Taj Mahal is about \$25 & entrance fees average \$5-10 at other sites.

Tips at restaurants or to room service attendants at hotels.

Bottled water or snacks on trains or elsewhere.

Meals & tips other than those noted.

Optional trip to Deoghar. Cost should be ABOUT \$20 per person.

INVESTMENT: \$1800

If you are interested in joining this year's tour, please fill out the registration form and return with:

1. A **copy** of your **passport** (a passport that is **VALID for at least 6 months** after returning). You will need to apply for a visa to travel to India. Further information will be provided upon registration.
2. **NON-REFUNDABLE** deposit of **\$500** - due by **Saturday, September 10, 2011**.
3. **Deadline for registration and balance due Saturday, October 15, 2011**.

PLEASE NOTE THAT THIS GROUP IS LIMITED TO 10 OR LESS PEOPLE TO OPTIMIZE YOUR EXPERIENCE.