

Yoga, Spiritual & Cultural Tour, India



YOGA, SPIRITUAL &
CULTURAL TOUR, INDIA

30 October – 12 November 2012

www.suryaturkey.com



*Support
Tong-Len to help
displaced
communities in
North India achieve a
secure and a
sustainable future*



www.tong-len.org

Yoga, Spiritual & Cultural Tour, India

Your Journey

Your journey will start with an introduction to Delhi. A tale of 2 cities – Old and New with its' monuments, history, chaos and fabulous shopping.



Help and make new lifelong friends and have conversations with Tibetan Refugees and learn about Tibetan culture and food.
Learn about what local and international NGO's are doing in the area.



Engage with local people and learn about their lives, culture and traditions.



Have an audience with HH17th Karmapa (schedules permitting).



Learn Tibetan/Indian cooking



Enjoy morning and evening yoga/meditation sessions.



Visit local monasteries and temples



Optional day trekking trip into the Himalayas



Come and enjoy this unforgettable adventure that will change your life.



Visit the Taj Mahal and Red Fort in Agra



Seda Kervanoglu has been supporting the education project of Tong-Len by supporting an Indian girl for 7 years. You can also opt for giving a better future to one of the under-privileged kids that Tong-Len is trying to find a sponsor for. As part of your cost a US\$100 donation will be given to Tong-Len to continue to work with underprivileged children in Dharamsala, India



Bookings will be taken by Seda Kervanoğlu and local arrangements made by Ekno Experience (an Australian & Indian based company)

A US\$500 deposit will secure your place with the balance to be payable 60 days prior to departure (15 August 2012)



If you are interested please contact Seda Kervanoğlu at seda@suryaturkey.com

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YOUR ITINERARY



Yoga with Seda



India Gate - Delhi



McLeod Ganj & Himalayas



Stay in McLeod Ganj - home of Dalai Lama

Day 1: 30 Oct 2012 Arrive Delhi International Airport in the morning. Rest and meet for lunch together at 2:00pm. Rest of afternoon for local sightseeing. *Overnight New Delhi*

Day 2: 31 Oct 2012 Sightseeing tour around Delhi. Tour Old and New Delhi by private car. You will visit landmarks including India Gate, the mausoleum of Emperor Humayun, Lakshmi Narayan Hindu temple, Jama Masjid and the shopping and entertainment hub of Connaught Place. *Overnight train to Pathankot*

Day 3: 1 Nov 2012 Arrive in Pathankot and take taxi to McLeod Ganj. Arrive late morning and check in to your Guest House. After acclimatizing yourself to the sights, sounds and culture, You will be briefed by your trip leader about what to expect over the next 10 days. Afternoon visit to His Holiness the Dalai Lama's Temple and Museum. *Overnight PemaThang Guest House, McLeod Ganj*

Day 4: 2 Nov 2012 7:30-09:00 Yoga with Seda. After breakfast visit the Tibetan Children's village this morning. The Village is a thriving, educational community for Tibetan Children in Exile. Walk around Dal Lake and an afternoon visit to TIPPA, the Tibetan Performing Arts. Evening Activity. *Overnight Pema Thang Guest House, McLeod Ganj*

Day 5: 3 Nov 2012 07:30-09:00 Yoga with Seda. Today's highlight is a group audience with the 17th Karmapa (his schedule permitting). After visit Norbulingka Institute with a guided tour of the workshops to see traditional Tibetan art and the preservation of Tibetan culture. Late afternoon a lamp lighting ceremony with the Nuns of Dolma Ling Nunnery. *Overnight Pema Thang Guest House, McLeod Ganj*

Day 6: 4 Nov 2012 07:30-09:00 Yoga with Seda. Visit to Tong-Len Hostel in Sarah (just outside McLeod Ganj). Spend time with the children. We'll take our presents to the kids at Tong-Len hostel (ask Seda for ideas what to take for kids). Evening Guest Speaker. *Overnight Pema Thang Guest House, McLeod Ganj*

Day 7: 5 Nov 2012 07:30-09:00 Yoga with Seda. After breakfast visit the Tibetan Government in Exile Campus and Library. We have lunch in the local town of Dharamsala and its market. *Overnight Pema Thang Guest House.*

Day 8 : 6 Nov 2012 07:30-09:00 Yoga with guest teacher. Spend the day with a local NGO (or Charity Organisation). Opportunity to teach an English language class and afternoon conversation classes with a conversation partners. Evening activity. *Overnight Pema Thang Guest House*

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Audience with 17th Karmapa



Participate in conversation classes with local Tibetans



Make friends with local monks



A day trip to the Taj Mahal, Agra

Day 9: 7 Nov 2012 07:30-09:00 Yoga with Seda. Rest of the day at leisure or a one day trek to Triund (at the base of the Himalayas. This trek takes approximately 7-8 hours to complete). *Overnight Pema Thang Guest House, McLeod Ganj*

Day 10: 8 Nov 2012 07:30-09:00 Yoga with Seda. Later in the morning learn how to make the 'momo's' (the famous Tibetan dumplings) at your Tibetan cooking class. You can also take an Indian cooking class instead. Afternoon we visit the nearby village of Bagshu. Evening Guest Speaker. *Overnight Pema Thang Guest House.*

Day 11: 9 Nov 2012 07:30-09:00 Yoga with Seda. Leave your Guest House after breakfast for the drive to Pathankot to the afternoon train to Delhi. Arrive Delhi approx. 9pm. *Overnight Delhi*

Day 12: 10 Nov 2012 Take a day trip by car to Agra to visit the amazing Taj Mahal and Red Fort. Return to Delhi late afternoon. *Overnight Delhi*

Day 11: 9 Nov 2012 Last minute shopping in Delhi and a farewell dinner. *Overnight Delhi*

Day 14: 12 Nov 2012 Prepare for your international flight home.

COST US\$2,250 (from Delhi), USD\$1,950 for Early Bird discount - payable by 15 June 2012

Includes

- Fully escorted tour by Seda Kervanoğlu
- You will be met by a representative of Ekno Experience at New Delhi
- Comfortable accommodation for the duration of the trip.
- All transfers and travel by A/C train and private vehicles
- Breakfast and dinner
- Meditations and Yoga

Excludes

- Airfares to and from India
- Indian visas *
- Travel Insurance (compulsory)
- All attractions and entrance fees as per itinerary
- Occasional optional items not identified in itinerary description
- Tipping and personal expenses
- Bottled water and other beverages not included with meals

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What to Bring

McLeod Ganj is about 1800m. high so even if it's warm and bright all day in late October and November temperatures vary around 20-25C degrees during the day, it'd be a bit cool in the evenings and at night. Expect to have good sun shining on your face during the day, but bring warm clothing for evenings and nights. Please bring a pair of walking boots or shoes for treks and walks. For yoga sessions please bring your yoga gear (either loose and comfortable pants or leggings) and a warm shawl to cover you all around for meditations and final relaxation or yoga nidra sessions. You can also bring your own yoga mat. A torch (flash light) and a pen knife would be handy. And all your toiletries and medication. If you'd like to donate your or your children's old clothes to Tong-Len, you're also welcome to bring whatever you think would be useful for kids between age of 3 and 16 both boys and girls. Alternatively you can donate money when we visit the hostel or perhaps opt for sponsoring a kid! It'd be good to leave some stuff behind from your luggage on the way back as you'd have some space for shopping. Lastly please bring a small notebook which you can use as a journal to write down your impressions, experiences and feelings. You'll be encountering a totally different environment and culture in fact mixture of three cultures there; Tibetan, Indian and Kashmiri. It'll be part of the program to spend some time in solitude and write down in your notebook and share some of your writing in the evenings with the group. You'll find it very useful afterwards when you want to remember what you've done and experienced when you were there.

Your Tour Leader



Seda Shambhavi Kervanoğlu started yoga in İstanbul at Ananda Marga Yoga centre in 1985 during her University years. Since then yoga has always been in her life with its different limbs at different density and even though she tried different disciplines like Tai Chi or T.M. afterwards she settled down with yoga as a life style since 1998 and decided to live her life around yoga.

She practised Iyengar tradition of Hatha Yoga at East London Iyengar Yoga centre and was introduced to Donna Holeman's principles of yoga by Sharon Matarazzo and Angelika Grohmann at Bodywise in London. She practised Integral yoga with Shri Aurobindo influenced Sama Fabien who is the founder of Aurolab. She did one year intensive TTC run by Aurolab. She studied Theravada Buddhism and Vipassana at Suan Mokhe in Thailand and Tibetan Buddhism with the renowned Lamas including H.H. Dalai Lama the 14th in McLeod Ganj, Dharamasala, India.

She has completed her yoga teacher training at Sivananda Yoga Academy in Madurai Ashram in India. During her long stay in McLeod Ganj she self-studied ayurveda and received ayurvedic treatments which lead her afterwards to obtain her certificate in Ayurvedic Massage and Panchakarma Therapy from Dr.M. Sathyanandan - S.M. Ayurveda, Panchakarma and Yoga Therapy Centre, Varkala and a Certificate in Kalari Massage from Dr.Shaji -E.P.V. Kalari

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Centre, Palai in India. She has participated to some seminars and workshops to contribute to the Ayurvedic Healing Course with Dr. David Frawley, Vedic Institute in Holland.

On one of her long Indian trips, she met the right person, Dudiji for her Reiki initiation level I and years later she received the second level from Fadime Emir in 2009.

She's also done the Yoga and Anatomy and Yin Yoga intensive workshop with the revolutionary Yoga anatomy teacher Paul Grilley at Triyoga in London. She's been studying Tantra since 2002 and did a Tantra workshop for Couples and got initiated for Cobra Breath with Hanna & Martin, Transcendence; Authentic Tantra just before she founded and opened Surya Yoga in Datça, Turkey in 2005.

Seda completed first three levels of Transformational Breathing Technique Course developed by Dr. Judith Kravitz and lead by Nevşah Fidan in 2006. Seda has trained to be an Osho Active Meditation Teacher at Osho Meditation Centre in Pune, India and received a title for Surya as Osho Meditation Activity Centre in January 2008. During her stay at Osho Meditation Centre, she also had the opportunity to do the AcuEnergetics Workshop run by Kevin Farrow. She shares her knowledge and experience of Tantra, AcuEnergetics and Osho Active Meditations with her students in and out of her lessons during her intensive workshops/retreats.

In 2010 she organised a Yoga Therapy course for yoga teachers in co-operation with Paramanand Institute in Indore, India. The director and the teacher of yoga therapy, Babaom delivered the course facilitated by Seda at Surya Yoga. Seda has found the opportunity to complement her knowledge of Ayurveda and Yoga with this particular course and started practising yoga therapy a means of healing her students and seekers.

As she believes in on-going self-development and professional training, she keeps taking workshops on yoga, breath, healing and ayurveda. Recently she's started a two year Homeopathy diploma course run by Homeopathy Association in İstanbul in co-operation with Greek Homeopathy School and Ass., which she believes is the right asset for her healing and curing profession complementary to her yoga therapy and ayurvedic healing knowledge and experience.

Supporting Tong-Len, Dharamsala India

Tong-Len's mission is to help displaced communities in North India achieve a secure and sustainable future by addressing the root causes of their poverty and ill-health through a range of education and health-based projects.



Displaced families from some of the poorest areas of India have come to the Kangra Valley in Himachal Pradesh. Here there are a large number of communities of up to 600 people struggling to survive in flimsy make-shift shelters which offer only minimal protection against the harsh climatic conditions. Disease is rife and this is exacerbated by severe malnutrition. Children, like their parents, have little or no opportunities for education and many spend their days scavenging and begging.

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Why Travel with Ekno Experience?



At Ekno Experience we are passionate about Spirituality, Culture & History. We aim to provide our guests with the thrill of being able to engage with India, come face to face with cultures of the Himalayan region as well as seeing the history that this country has to offer. All this is combined with discovering the wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable and tailored for the enjoyment of our small groups or individuals - philosophies that have been at our core since 2005 when we began operating Buddhist related holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us for a life changing experience!

Ekno Experience Director, Sharon Thrupp has lived in India and Nepal for the last ten years and introduced countless people to the wonders of this region, including the unique landscapes of the Himalayas. But, we still call Australia home. Ekno Experience is an Australian business, operating under Australian laws and standards. Because we're locals. Ekno Experience Director, Sharon Thrupp has lived in India and Nepal for the last ten years and introduced countless Australians to the wonders of this region. With our Tibetan Buddhist connections we are ready to share with you the magic of India.

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We also know how to look after you. Our tours are accompanied by specialist leaders to provide you with authentic spiritual insight into the culture you are experiencing. We won't compromise your comfort either. Daily meditation and yoga, good food, comfortable accommodation and travel options are provided. All our tours support local sustainable projects. Your journey supports the work of Tong-Len. The Project provides facilities and programs to educate displaced communities in Northern India.

You can visit our website on www.eknoexperience.com or visit us on facebook – Ekno Experience

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Booking Form

30 October – 12 November 2012

Please complete one form per person. If you do not have a passport, complete this form as if you were applying for one. WE REQUIRE ALL DETAILS AS PER YOUR PASSPORT

PASSENGER INFORMATION (full names as per passport)

Family Name:

Title:

Given Names:

Gender:

Date of Birth:

Telephone (Home):

Telephone (Business):

Mobile:

Email Address:

Address (Home):

Nationality:

Passport No:

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Expiry Date:

Have you travelled to a developing country before:

If so, where?

Do you have any disabilities or are on medication?

if so please tell us about them?

Special dietary requirements:

Single supplement required:

Accommodation requests: (e.g. Smoking or non-smoking)

Emergency contact details

Name:

Telephone:

Relationship to passenger:

DECLARATION: I have read, understood and agree to abide by the booking conditions as listed on the reverse of this form.

Signature:

Date:

TERMS AND CONDITIONS

The acceptance of all reservations are subject to these booking conditions which form a contractual relationship between Ekno Experience Tours & Travels Pty Ltd (Ekno Experience) ABN 51 121 148 427 and its clients. It is important that clients understand these booking conditions before making a booking.

RESERVATIONS & PAYMENTS

To make a booking Ekno Experience requires names in full (as per passports) of all passengers, and a pre-departure contact phone number and a non-refundable deposit of USD500 per person is due to Ekno Experience within 7 days. The balance is due 60 days prior to departure. Failure to pay by the due date may result in cancellation of the booking. For bookings made within 60 days of departure, payment in full is due immediately upon confirmation.

TRAVEL INSURANCE

We strongly recommend that a comprehensive travel insurance policy be purchased at the time of booking your tour. Contact Ekno Experience for details.

CANCELLATIONS & AMENDMENTS

Amendments to confirmed bookings will be subject to a fee of Euros40, USD 50 or AUD50 per change. Within 60 days of departure and once documentation has been issued, amendments may also be subject to cancellation fees. Should you need to cancel a booking, notification in writing must be made to Ekno Experience. The following cancellation fees will apply:

- **More than 60 days before departure: Deposit**
- **60 to 30 days before departure: deposit plus 20% of the cost**
- **Less than 30 days before departure- 100% of all monies paid**

No refund will be given for unused or cancelled services once travel has commenced.

PRICES

All prices are in United States dollars and are based on tariffs and exchange rates current as at 1 January 2012. Whilst considerable care has been taken in pricing the travel arrangements, circumstances may change to necessitate changes in itineraries and cost. Any increase must be borne by the client, notwithstanding that deposits or full monies may have already been paid.

GROUP DEPARTURES

Group departures are subject to minimum passenger numbers and Ekno Experience have the right to cancel, amend, offer alternative tours, or refunds to clients should the minimum number not be attained.

PASSPORT AND VISA

A valid passport is required for all international travel. A visa is required to enter India. Ekno Experience will not accept responsibility for passengers who fail to obtain correct travel documents.

GENERAL HEALTH REQUIREMENTS

International touring can involve a considerable amount of walking on uneven surfaces and stair climbing. To take full advantage of the itinerary it is important that all tour participants have a level of physical fitness that allows them to take part in all activities, without the need of assistance from others. In addition, we recommend that travelers seek advice from a medical practitioner regarding current health requirements, if any, for the countries to be visited.



CONSULAR ADVICE

Please consult the official travel advice issued by the Foreign Affairs Department of your country. We recommend that you review this information both prior to making a booking and again prior to departure.

NOT INCLUDED IN TOUR PRICE

The tour price does not include travel insurance, passport and visa fees, excess baggage charges, gratuities, laundry, phone calls and other communication costs, drinks, meals not listed in the itinerary, and all items of a personal nature.

TRAVEL AND ACCOMMODATION

All forms of transportation and accommodation are provided by independent third parties, and standards and conditions may vary from what has been quoted. Ekno Experience has no control over such changes and makes no guarantee regarding this. Should any independent third party, service provider, hotelier or carrier cancel services or provide different services to those expressly mentioned by Ekno Experience, the client agrees to have no claim or cause of action whatsoever against Ekno Experience. All vouchers and tickets are issued subject to the terms and conditions specified by the suppliers and all services are subject to the laws of the country where the services are provided.

SERVICE GUARANTEE

Ekno Experience guarantees that the client obtains the travel, accommodation and other associated services contracted by the client. When presented with clear evidence that services paid for were not provided to the client that resulted in subsequent changes, delays, loss of services later in the planned itinerary, and it is proven that such altered services were due to negligence or willful mismanagement by Ekno Experience employees, then Ekno Experience, at its sole discretion, will determine the appropriate recovery action and/or compensation to be paid to the client. This will vary upon the circumstances but will be no less than the minimum cost required to recover from an element of failed service (paid to the client direct or to the ground operator responsible for correcting the situation) through to, but not exceeding, a full repayment to the client of the full cost paid by the client in the event of major disruption to contracted services whereupon it was impossible for the clients to continue with the contracted arrangements at all.

DISCLAIMER

Notwithstanding the Service Guarantee above, Ekno Experience and the client(s) understand the Booking Conditions described herein have been read and accepted by the client(s). Ekno Experience accepts no responsibility for any accident, damage, loss, injury, sickness, death, cancellation, delay, detention, deviation, substitutions or other unforeseen event unless caused expressly by the negligent or willful act of itself or its employees. Every endeavour has been made by Ekno Experience to ensure that all services are accurate at the time of final payment and Ekno Experience shall not be under any obligation or be liable to any person for any loss or damage suffered as a result of an inaccuracy or misdescription contained herein; or which may arise as a result of any changes in or withdrawal of any price, detail or service appearing herein due to circumstances beyond its direct control due to the actions or failures of third party carriers, sub-contractors, governments bodies, military or terrorist actions.