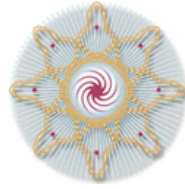


KUNDALINI



YOGA EAST

A Spiritual Journey to India

November 4 through 17, 2008

Cost: \$3200 (excludes airfare)

A deposit of \$1600 is due now to hold your place.

Join Sat Jivan Singh on a Yatra, a spiritual journey, to India, one of the most spiritual places on Earth, this fall. India is a land of incredible beauty; a deeply spiritual land where so many of the world's great religions began and where the ancients began the practice of yoga. We will begin each day with yoga and meditation as we seek to tune into the deep esoteric energy of this ancient place.

Our Yatra begins as we meet in New Delhi, the capital of India and one of its largest cities. New Delhi is a modern 21st Century city that exists side by side with its ancient past. It is not uncommon to see ox carts and elephants pulling wagons next to the Mercedes and Jaguars; to see sacred cows, freely roaming the streets, being given the right of way by motorists; to see workers building skyscrapers standing on scaffolding made of twigs and short pieces of wood lashed together with cord; and in the midst of all this to see temples built hundreds, perhaps thousands of years ago. This is the city we will explore. We will sightsee, shop, have clothes made and visit some of the most beautiful temples and exotic places you have ever seen.

From Delhi we leave by train for Amritsar, the home of the Golden Temple, one of the most beautiful sights on the Earth. A temple made of marble and gold that sits amid a small lake, called a sarovar, it gleams brightly in the Indian sun and generates a tremendous amount of spiritual energy. We will visit the Golden Temple daily while in Amritsar. It is a wonderful place to meditate – either on the parkarma, the walkway that encircles the lake, within the temple itself or on the rooftop. The power of the Golden Temple is so great that just being there evokes a mental state not unlike mediation with ones eyes open.

While in Amritsar we will visit the school Yogi Bhajan founded, Miri Piri Academy. It is a beautiful, inspiring place where about 125 children study academics and the lifestyle taught by Yogi Bhajan. We will also visit several historical sites around the Golden Temple.

We next board the Shatabdi Express train as we travel to Rishikesh, the City of the Yogis.” Often referred to as the only vegetarian city in the world Rishikesh is home to many yoga ashrams and spiritual communities. The Beatles traveled here to study with the Maharishi in the ‘60s. Among your choices of things to do include visiting the many yoga bookstores and gem shops, swimming in the sacred Ganges River and participating in the evening rituals held along the river. There will also be many opportunities for you to do yoga if you wish.

Next we venture by road up into the Himalayan foothills to the beautiful hill station of Mussoori. The views around Mussoorie are spectacular. There will be many opportunities for sightseeing, hiking and relaxing.

Upon returning to Delhi you will have the opportunity for more sightseeing, picking up clothes being tailored and any last minute shopping you wish before leaving. On our last day we will travel to Agra for a day trip to the Taj Mahal, the tomb built by Shah Jahan for his beloved wife. Upon returning to Delhi we depart for the airport for your flight back home.

Additional details available from Sat Jivan Singh on request. @ satjivansingh@kundaliniyogaeast.com