



*Incredible*

INDIA 2024

16 to 30 March 2024

A JOURNEY INTO THE EXOTIC AND  
THE MYSTERIOUS

# Spiritual

## BUCKET LIST

MINDFULNESS RETREAT INCLUDING  
MUMBAI, TAJ MAHAL, GOLDEN TEMPLE,  
VARANASI AND THE TIBETANS IN  
DHARAMSHALA



**Experience Mumbai and Dharavi, home of Slumdog Millionaire and Shantaram; see the magical Taj Mahal, boat on the Ganges and see the Ghats of Varanasi; walk the Golden Temple where they feed more than 100,000 people for free every day. Do yoga and learn about mindfulness from the masters. Sip tea with Tibetan monks as you walk the alleys of Dharamsala, home of the Dalai Lama.**

We all have stories to tell and are all scriptwriters of our own lives. With this adventure, you will script a fresh chapter of your life story. You will encounter a completely different worldview and get new ideas on celebrating life's richness.

During the past 12 years, Klasie has guided 38 groups to India and Nepal to achieve this - a personal reflection journey in a most inspiring environment. We work directly with the Office of the Dalai lama to offer you an experience not accessible to ordinary travellers. It is a mindfulness retreat where you learn from the masters of India.

#### **Costs:**

**R63,000 pp sharing includes**

- All international flights (ex JHB or CT),
- Four domestic flights in India,
- All train tickets, taxis, and transfers
- All accommodation
- Three meals per day

*\* Excluded are travel insurance, snacks outside mealtimes, alcoholic drinks and items of a personal nature.*

*\* There will be plenty free time to be on your own or shop in the quaint village markets. We eat well, stay in clean comfortable hotels and laugh a lot.*

**Trip dates: 16 to 30 March 2024**  
**For bookings email [klasie@streetschool.co.za](mailto:klasie@streetschool.co.za) or call +27 825544614**



# Detailed

## PROGRAM

### INDIA MINDFULNESS RETREAT



#### MUMBAI

##### Saturday 16 March

Departure for Mumbai

##### Sunday 17 March

- Arrive in Mumbai and check into our hotel
- City tour of famous sites: Gateway of India, Marine drive, Colaba and more
- Lunch and dinner at local restaurants
- Overnight in Mumbai

##### Monday 18 March

- Visit Dharavi, home of Shantaram and Slumdog Millionaire
- Breakfast, lunch and dinner at local restaurants
- Overnight in Mumbai

#### DELHI

##### Tuesday 19 March

- Fly to Delhi and transfer to our hotel to freshen up
- Visit Akshardham Mandir of Hindu and Indian spirituality for evening water & lights show
- Dinner at Akshardham and overnight in Delhi

#### AGRA

##### Wednesday 20 March

- Early morning breakfast and train transfer to Agra, home of the Taj Mahal
- Check into our hotel to freshen up
- Visit the Taj Mahal monument of love and forgiveness and Red Fort
- Yoga class Bollywood style!
- Dinner and overnight in Agra

#### VARANASI

##### Thursday 21 March

- Day train from Agra to Varanasi on the Ganges
- Arrive in Varanasi and check into hotel to freshen up
- Evening orientation of Varanasi and dinner in town

##### Friday 22 March

- Morning Aarti and Yoga at Assi Ghat
- Breakfast at the hotel or Kachori Sabzi street-food for the more adventurous City tour
- Lunch in town
- Evening cruise on the Ganges to see Aarti performances and dinner in town

#### AMRITSAR

##### Saturday 23 March

- Early morning breakfast and fly to Amritsar via Delhi
- Check into our hotel to freshen up
- Visit to Golden Temple, the spiritual home of the Sikhs
- Dinner at the famous Brothers Dhaba



# Detailed

## PROGRAM CONT.

### INDIA MINDFULNESS RETREAT



#### DHARAMSHALA

##### Sunday 24 March

- Breakfast at our hotel
- Drive to Dharamshala by private taxi
- Lunch at Jyoti restaurant as we enter the Himachal Pradesh province
- Check into our hotel and orientation of town
- Dinner in town

##### Monday 25 March

- Breakfast in town
- Meditation session at Tushita retreat centre
- Lingor Kora meditation walk
- Visit the main temple of HH Dalai Lama and the Tibetan museum
- Lunch in town
- Geshe Damchoe's lecture on Buddhist philosophy and the workings of the mind
- Reflection time and dinner in town

##### Tuesday 26 March

- Breakfast in town
- Session with Geshe Lhakdor Director of the Tibetan Library of Works and Archives
- Lunch at the Tibetan Library of Works and Archives
- Mentseekang Astro oral consultations
- Briefing on wholistic health at Mentseekang museum
- Reflection time and dinner in town

##### Wednesday 27 March

- Breakfast in town
- Visit Norbulinga, the Institute of Tibetan Art, craft and Spirituality
- Visit Dolmaling and meet with nuns
- Lunch in Norbulinga Gardens
- Visit Gyuto monastery, home of Karmapa Lama
- Reflection time and dinner in town

##### Thursday 28 March

- Breakfast in town
- Meditation session at Tushita retreat centre
- Walk with hermit monks in forests above town
- Closing puja in forest
- Lunch at Dharamkot village
- Reflection time and dinner in town

##### Friday 29 March

- Breakfast at hotel
- Depart on Air India to Delhi (15kg baggage allowance on this flight)
- Transfer to international departures for flight home

##### Saturday 30 March

- Arrive home inspired by incredible India!

