

# Spiritual Tour

## Spiritual Journey to India

Gateways to the Heritage, Ayurveda, Yoga & Sacred Sites of Land of Mahatama Buddha, Mahatama Gandhi, His Holiness Sri Swamiji (Dattapeetham), His Holiness Dalai Lama, Her Holiness Mother Teresa, Her Holiness Ma Amritanandmayi ji (Amma), His Holiness Sri Sri Ravi Shanker, His Holiness Maharishi Mahesh Yogi ji....

It is a journey of mind and soul.

It is a journey of the five senses.

It is a journey of self-discovery.

It is a journey of self-fulfilment.

The idea for this spiritual journey to India is to give you time and space to learn, experience, relax and meditate at your own pace.

Our Spiritual tours are especially designed for individuals and organisations associated with Ayurvedic and Yogic sciences who want to experience India's rich spiritual history and have an experience of a lifetime. Each day on your itinerary Amrita Ayurveda team will endeavor to show you different facets of Ayurveda, Panchakarma, Yoga, Astrology, Buddhism, Hinduism, and Tantra. There will be meditation sessions each day. The places you will be visiting are one of the most serene and spiritually enriched places on the face of earth.

We are not only concerned with the quality of outward experience but also about the inner journey through Ayurveda, Yoga and Bhakti.

This journey is organized, conducted and guided by Naveen Gupta, Ayurveda Doctor from Belgium born and brought up in New Delhi. Naveen Gupta has been teaching at various institutions in Belgium, the Netherlands, Germany and Switzerland. Since 2002, Vaidya Naveen Gupta has established Ayurveda practice, coaching and training center at

various locations in Europe.

The journey will cover India's spiritual destinations and is specially designed and tailor made. These tours are personalized and very flexible. We will show you the different doors, and which one you choose for your inner journey is up to you. It will offer an insight of Indian culture and its disciplines. It will offer visit to Ayurvedic College, Ayurvedic Pharmac & meetings with experts of Ayurveda, Yoga, Astrology and so on...

The journey/tour is scheduled for 21 days (including travel dates) from 10th February to 2nd March 2010 and is priced at € 2910 p.p. The participant has to arrange visa from his state of residence. Normally we prefer to fly from Amsterdam as it suits most of our participants. If the participant chooses to book return air-ticket on the mentioned dates according to his/her choice of airlines and airports at any given destination in Europe like Paris, Brussels, Amsterdam, Frankfurt or Zurich to New Delhi, we shall deduct the standard price of return ticket, this can be discussed before any reservations/bookings.

The journey package includes airport taxes, taxi travel between and within cities, guided travel with Naveen, comfortable stay on twin sharing basis, pure ayurvedic meals, entry tickets and visit to archaeological heritage/s like The Taj by Moonlight, the Himalayas, temples, Akshar-Dham Mandir, Arogya Dham, birth place of Krishna and nearby spiritual destinations and Ayurvedic College in Delhi University, New Age Book Store, Ayurvedic clinic, Medicinal plants garden and Yoga ashrams in villages & cities like New Delhi, Agra, Jaipur, Pushkar, Vrindavan, Haridwar, Rishikesh, Nainital and many more.... We have specially chosen the mentioned dates as 10th February to 2nd March 2010 in view of the fact that it covers very special festivals of India celebrated as MahaShivaRatri and Holi.

If you have some other destination of your special interest like a trip to Pune or Varanasi or a visit to His Holiness Dalai Lama's Ashram in Dharamsala can be organised as special package as we intend to organize trip to India couple of times in a year. Yet if we need to arrange or pre-book internal flights to the chosen destinations the air fare to and fro for this destination is to be paid by the participant which could be between € 250 and € 400 depending upon the chosen destination/s and prices of available local airlines from New Delhi to these destinations.

Please feel free to discuss any tailor-made Ayurveda and spiritual trip to India, if the trip is combined with private coaching and trainings.

If you have some other destination of your special interest like Kerala, Tamil Nadu in South India or other famous golden triangles, Naveen is prepared do research according to your needs. In this case you have to form your own group for number of days you wish to spend. The pricing of such custom tailored journey can be restructured according to plan, dates and destinations.

For reserving a place for this tour an Ayurvedic consultation prior to reservation is a pre-requisite. Ayurvedic consultation includes Pulse diagnose, identification of personal bio-type constitution at physical and mental level and advise on application of dietary, herbal, meditation, and therapeutic measures.

Fore more information on these destinations please visit the official

Incredible India Website!

Shubh yatra - Have a nice trip - Goede reis - Gute Reise- Bon Voyage