



THE ULTIMATE YOGA HEALING JOURNEY NORTH INDIA

Immerse yourself into the spiritual landscape of Rishikesh and allow yourself to experience a healing of a lifetime.

Each day begins with Jacinta - bring yourself into the present to experience the gift of yoga. Learn the ancient art of face reading with Narelle - know your true gifts while tuning in to the elements of nature, nourishing body, mind & spirit. Experience the profound healing of Andrea - release what does not serve you, allowing love to flow freely into your life.

Friday 22nd Sept - Tuesday 3rd Oct. 2017

India - a country of contrasts, vibrant colour & deep spirituality. It is a place where you will have a sense of something grander than yourself.

Rishikesh sits alongside the Ganges river - powerful & peaceful. It is known as one of the world centres for ancient Yogic teachings & was first put on the map when the Beatles travelled there in the 1960s. Many have followed over the years on a pilgrimage to this beautiful place - to learn the ancient teachings, to seek healing & peace from the busyness of daily life.

Everything is sacred. You will leave in awe, changed forever.

NORTH INDIA TOUR PACKAGE PRICE

\$3,485 AUD per person (Twin Share)

Additional \$795 AUD per person (Single Room)

\$995 AUD Deposit required (16th June)

\$2,490 AUD due by July 31st 2017

Booking form will be sent on interest.

Simply contact Narelle White via email info@narellewhite.com.au or call her on +61 490 778 497

or visit www.narellewhite.com.au for more tour details.



RETREAT INCLUDES

- All transport in local vehicles /mini buses. Group pickup & transfer at Delhi International airport to hotel. Group transfer from Rishikesh to Delhi International airport for departure.
- 2 nights in New Delhi at 4* hotel in market area of Karol Bagh, includes tour of temples.
- 9 nights in Rishikesh luxury 4* star Dewa Retreat property located amidst the foothills of the great Himalayas. Accommodation based on twin share or single room basis.
- Meals – Vegetarian breakfast and dinner included. All bottled mineral water provided at meals times and whilst travelling.
- Local Indian Tour Director - Sunit - for full 12 day retreat to work with yoga retreat manager. Foreign currency exchange done by Tour Director on arrival in Delhi.
- All sightseeing with Tour Director and / or local guides: evening Ganga Arti ceremony, tour of local ashrams & temples, village tour walks, local classical musical & spiritual dance recitals at local village.
- Post Retreat Travel - Tiwari Travel have arranged a 7 day sightseeing trip of Rajasthan - "The Golden Triangle." Enquire with Meredith at Tiwari Travel.
- 2 x Energetics of Food Classes and 1 x face reading class with Narelle. Also included - a personal face reading with Narelle. Acupuncture Treatments available.
- 1 Dewar Hotel Rishikesh Massage
- Continuous Healing with Andrea 1 week prior to retreat & throughout the retreat.
- Daily Yoga classes morning and evening with Jacinta. Jacinta will also be available for one on one with Yoga Teachers.



ANDREA JONES

After many years of study & a desire to stop others suffering as well as her own, Andrea has devised a transformative energy clearing system that is achieved usually by distant healing.

Her aim is to clear your past traumas & hidden emotions. Andrea will find core issues & beliefs that keep you trapped and out of the neutral state that allows for the free flowing of love to yourself and others. For this retreat she will offer you a week of clearing prior to the retreat so that time spent in India will be smooth flowing & joyful for you.

When fully paid please contact her at andreaJoneshealer@bigpond.com. Once on the retreat she will be accessible to you in any free time you choose to have.



JACINTA MCBURNEY

A certified Master level Knoff Yoga teacher & educator, Jacinta has traveled the world extensively & has taught all over the world including: Europe, Asia, Australia, New York & NZ.

From her in-depth knowledge of both Iyengar & Ashtanga yoga & from personal experience of using yoga to recover from serious injury, she is adept at working with students from all backgrounds & abilities.

All that is required of the practice is the right attitude & discipline. Jacinta merges her training & experience in the Higher Education Sector & knowledge of sound adult learning principles to create an environment in which students are supported & learning is encouraged.



NARELLE WHITE

With 40 years of experience as a healer & acupuncturist, Narelle is a rare find.

Her unique skills include pulse & tongue diagnosis, Japanese acupuncture (painless), massage, moxibustion, herbal remedies, face reading & energetics of food.

For the retreat Narelle will teach the ancient art of Face Reading where you will look at your extraordinary gifts that are written in the map of your face and you will learn how to read the facial map of others.

She will also teach you how to realign yourself via the elements with the energetics of food and how it relates to your organs and emotions.



TIWARI TRAVEL

Based in Sydney, Australia & Varanasi, North India. With over 12 years experience running group tours throughout India, they are the ideal business to ensure our retreat is organised, safe & enjoyable.

Tiwari will be arranging all travel services including international flights, travel insurance, visa advice, tour arrangements & extended travel options.

Contact Meredith Wilks:
Phone +61 (AUS) 0411 989 151 or
Email Meredith@tiwaritravel.com

GOLDEN TRIANGLE TOUR- 6 NIGHTS

YOGA HEALING JOURNEY ADD-ON

India conjures up incredible images of deserts lined with historic forts, colourful festivals, wonderful bazaars, delicious street food and the magnificent Taj Mahal. On this highlights journey you will experience all of this and more!

Daily Tour Itinerary:

Delhi - Jaipur - Fatehpur Sikri - Agra - Delhi

Known as the Golden Triangle; Delhi, Agra and Jaipur are the perfect combination for your introduction to the highlights of India. A great adventure for people with limited time who wish to see the most iconic sights of North India.

TOUR PACKAGE PRICE

\$995 AUD per person (Single Room Supplement \$350)

Inclusive: airport pickup & transfers, 6 nights accommodation, based on twin share basis in 4 & 5* & Heritage Hotels with breakfast, 1 main vegetarian meal per day, all road transport, (private a/c car), English speaking tour leader & local guides and sightseeing entrance fees

TOUR DATES

**Tues 3rd Oct to Mon 9th October
- 6 nights**



Tues 3rd October - Rishikesh | Delhi

After yoga & breakfast in Rishikesh, we shall depart back on our bus to Delhi. Enroute will stop for a local lunch. Arrive Delhi mid afternoon, check into hotel relax and prepare for departure to Jaipur. *1 nights Delhi*

Wed 4th October - Jaipur | The Pink City

Depart by road, early after breakfast in Delhi. Jaipur, known as the "Pink City" and the capital city of Rajasthan is a place of rich colour and endless shopping bazaars. The Hawa Mahal, or Palace of the Winds, will fascinate whilst a visit to the City Palace will leave you breathless. You will also see the Mubrak Mahal museums of textiles and armoury and the Jantar Mantar Observatory.

Thurs 5th October- Jaipur

This morning visit the magnificent Amber Fort. Ascending on elephant back, Amber will take your breath away! Lunch will be had at a traditional North Indian diner. Afternoon FREE time to relax around the beautiful heritage hotel. Most evenings our property has cultural shows.

Friday 6th October - Jaipur

After breakfast our local guide will take us for more sightseeing in and around Jaipur. *Stay 3 nights Jaipur*

Sat 7th October - Agra | Taj Mahal | Fatehpur Sikri

Departing early from Jaipur, travel via road to Agra via Fatehpur Sikri, a fortified ghost town built by Emperor Akbar and one of the finest examples of Mughal architectural in all of North India. It was built between 1569 and 1585 and was intended to be the joint capital with Agra, but was soon deserted because the water system could not support any residents. Continue onto Agra. View the Taj Mahal at sunset and visit the famous & majestic Agra Fort that has magnificent views of the Taj from across the Yumuna River. Agra is a shopping paradise for marble, jewellery and carpets. Overnight Agra.

Sun 8th October- Agra | Delhi

After a leisurely breakfast at Agra we check-out of hotel you will be transferred by road back to Delhi. *Overnight Delhi*

Mon 9th Oct October - Departure to NZ/Aus or elsewhere

Check out of hotel transfer to Delhi international airport for transfer back to NZ/Australia or elsewhere.

Please note the Golden Triangle Tour is available as an add-on to the North India Tour Package and is required to be purchased separately.

For more information about the
retreat contact Narelle White:



info@narellewhite.com.au

phone 61 4907 784 97

www.zenarelle.com