

YOGA AND THE SPIRITUAL TRADITIONS OF INDIA



Let India work its magic on you!

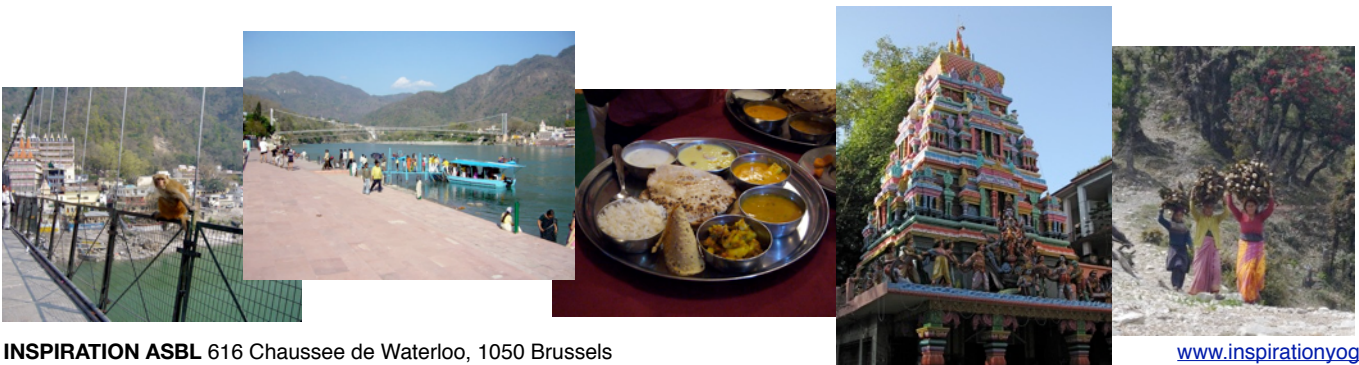
North India - 6-21 March 2010

Offer yourself a relaxing and invigorating holiday

combining yoga, nature, cultural visits and farniente in the dose that's right for you.

Step away from your everyday life and give yourself space to reflect on what matters most.

Slow down to the rhythm of a daily yoga practice, walks in nature and superb vegetarian meals.



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From Delhi we head north to Amritsar, meeting yoga teacher Surinder Singh for a tour of the magnificent Golden Temple revered by followers of the Sikh faith. Surinder will explain the origins and traditions of Sikkism - one of India's youngest religions. An enthusiastic, compassionate and inspiring yoga teacher based in Rishikesh, Surinder stays with us as we continue on by jeep to Basunti, an idyllic retreat in a bird sanctuary on the Western edge of the beautiful Kangra Valley in Himachal Pradesh (www.basunti.com). We will spend five days at Basunti, practicing yoga each morning and evening, relaxing by the fresh-water pool or swimming and boating in the nearby lake. We will visit the Bathu Temples, a spectacular 8th century Hindu temple which slowly emerges as the lake waters recede in the spring.

From Basunti we will travel by jeep to Dharamsala/McLeod Ganj, a charming and laid-back mountain town which has been home to the Dalai Lama and thousands of Tibetan refugees since 1960. Over three days we will explore Buddhist and Tibetan culture and traditions, meet Buddhist monks in a monastery for ceremonial worship, visit the Dalai Lama's temple, and learn how Tibetan artisans make bronze statues, wood carvings and Thangka paintings. You can take a cooking course, hike in the nearby mountains, have a massage or relax and enjoy shopping in the colourful town centre. An overnight train takes us to Rishikesh, a charming town of temples and ashrams, surrounded by forests and situated in the Himalayan foothills along the holy Ganges River. During our three days there we will be practicing yoga, visiting temples, ashrams and nearby places of natural beauty, and meeting with people who devote their lives to yoga and spiritual pursuits. From Rishikesh we return to Delhi for last-minute shopping and an evening meal together before flying back home.

This 16-day journey costs 1400 euros and includes all transfers within India, all meals and accommodation, yoga instruction and guide fees, admission fees to monuments.

International travel to and from Delhi is not included.

Contact Susan at inspirationyoga@skynet.be to book your place.



SUSAN HOPKINSON has taught traditional Hatha Yoga in Brussels since 1998. For over 20 years she has studied yoga with leading teachers in India, the United Kingdom, France, Canada and Belgium. Her classes are often developed around her students' immediate needs, and principles of Ayurveda, the ancient Indian science of well-being, as well as yogic and Buddhist philosophy are woven into her teaching. Susan is a mother of two, which has been her greatest yoga practice.

SURINDER SINGH is a popular Hatha Yoga teacher from Rishikesh, Uttaranchal (India), where he lives with his wife and two sons. Surinder has a gift for helping students deepen their asana practice without forcing or straining the body. His cheerful and enthusiastic attitude is infectious, and his passion for yoga and its power to transform is communicated in every class.

