



Delhi / Agra / Jaipur / Bodhgaya / Varanasi / Rishikesh

TEMAS DOS WORKSHOPS:

ॐ Expanding the vision ॐ Dealing with emotions ॐ Confronting fears

Day 01: 13/01/17 – ARRIVAL DELHI

On arrival in Delhi, you will be greeted and assisted by our representative and transferred to the hotel. DELHI is a city that bridges two different worlds. Old Delhi, once the capital of Islamic India, is a labyrinth of narrow lanes lined with crumbling havelis and formidable mosques. In contrast, the imperial city of New Delhi created by the British Raj is composed of spacious, tree-lined avenues and imposing government buildings. Delhi has been the seat of power for several rulers and many empires for about a millennium. Many a times the city was built, destroyed and then rebuilt here. Interestingly, a number of Delhi's rulers played a dual role, first as destroyers and then as creators. In the afternoon, we visit Lotus Temple where we will make our first meditation session.

Lotus Temple - The Bahai House of Worship or Bahai Temple is also known as the Lotus Temple due to its shape like half opened Lotus flower. This temple is the last of seven Major Bahai's temples built around the world. Completed in 1986 it is set among the lush green landscaped gardens. The structure is made up of pure white marble. The architect Furiburz Sabha chose the lotus as the symbol common to Hinduism, Buddhism, Jainism and Islam. Adherents of any faith are free to visit the temple and pray or meditate. (It remains closed on Mondays).

Overnight at the hotel.

Day 02: 14/01/17 – DELHI

After breakfast enjoy visit of Delhi including following:

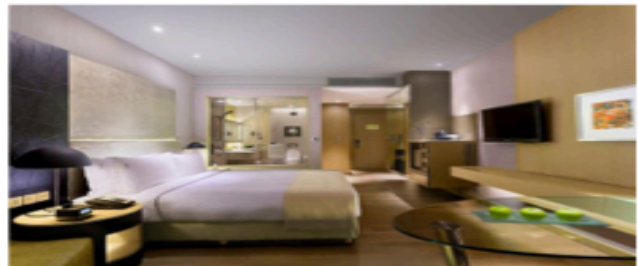
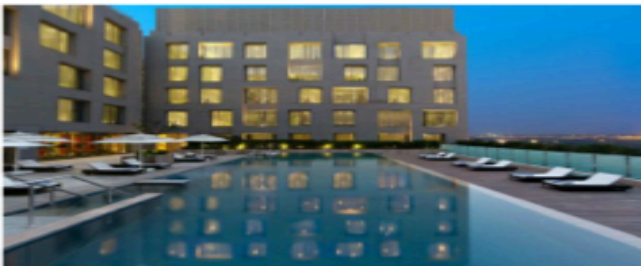
Jama Masjid - This great mosque of Old Delhi is the largest in India, with a courtyard capable of holding 25,000 devotees. It was begun in 1644 and ended up being the final architectural extravagance of Shah Jahan, the Mughal emperor who built the Taj Mahal and the Red Fort. The highly decorative mosque has three great gates, four towers and two 40 m-high minarets constructed of strips of red sandstone and white marble. The interior of the prayer hall is divided into aisles by arches. The walls and floors are of marble inlay panels.

Gandhi Museum - Dedicated to the Father of the Nation, the museum contains some of his personal belongings. There are five pavilions one can go through that comprise of sculpture, photographs and paintings of Gandhi and the history of the Satyagraha movement as well as the philosophy of 'ahinsa' (non-violence).

Gurudwara Bangla Sahib is the most prominent Sikh Gurudwara or Sikh house of worship, in Delhi, known for its association with the eighth Sikh Guru, Guru Har Krishan, and the pond inside its complex, known as the "Sarovar", whose water is considered holy by Sikhs and is known as "Amrit". It was first built as a small temple by Sikh General, Sardar Bhagel Singh in 1783, who supervised the construction of nine Sikh shrines in Delhi in the same year, during the reign of Mughal Emperor, Shah Alam II.

Laxmi Narayan Temple, Laxmi Narayan Temple, also known as Birla Mandir, is one of Delhi's major temples and a major tourist attraction. Built by the industrialist G.D. Birla in 1938, this beautiful temple is located in the west of Connaught Place. The temple is dedicated to Laxmi (the goddess of prosperity) and Narayana (The preserver). The temple was inaugurated by Mahatma Gandhi and people of all religion and faiths can worship in the temple. The design is in the Orissan style with tall curved towers (sikhara) capped by large amalakas.

Overnight at the hotel.



Day 03: 15/01/17 – DELHI - AGRA

After breakfast, drive to Agra (205km/04h). AGRA, the city of the inimitable "TAJ MAHAL". The architectural splendour of the mausoleums, the fort and the palaces is vivid reminder of the opulence of the legendary Mughal Empire. While its significance as a political center ended with the transfer of the capital to Delhi in 1634 by Shah Jahan, its architectural wealth has secured its place on the international map. A pleasant town with a comparatively slow pace, Agra is known for its superb inlay work on marble and soapstone by artisans who are descendants of those who worked under the Mughals. On arrival in Agra, check in at the hotel. Afternoon at leisure for independent activities.

Overnight at the hotel.

Day 04: 16/01/17 – AGRA

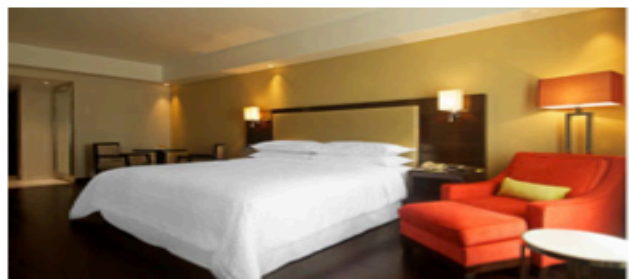
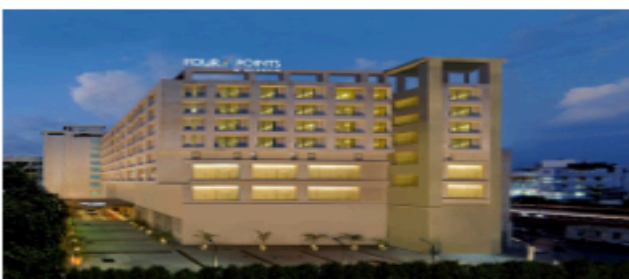
Early morning, enjoy the Sunrise visit to the Taj Mahal:

Taj Mahal or Crown of Palaces is a white marble mausoleum, built by Mughal Emperor Shahjahan as a memorial to his beloved wife Mumtaz Mahal. A world-renowned wonder, Taj Mahal looks the same from all the four sides, and is widely recognized as "the jewel of Muslim art in India and one of the universally admired masterpieces of the world's heritage". The Taj Mahal is phenomenal not in the beauty alone but in the deep planning and design that went into its making. This enchanting mausoleum started in 1631 and it took 22 years to complete with the help of an estimated 20000 workers. (It remains closed on Fridays)

Return to the hotel for breakfast and later enjoy the visit to Agra Fort:

Agra Fort - The great Mughal Emperor Akbar commissioned the construction of the Agra Fort in 1666, A.D. although additions were made till the time of his grandson Shahjahan. The forbidding exteriors of this fort hide an inner paradise. There are a number of exquisite buildings like Moti Masjid - a white marble mosque akin to a perfect pearl; Diwan-I-Am, Diwan-I-Khaas, Musamman Burj - where Shahjahan died in 1666 A.D. Jahangir's Palace; Khaas Mahal and Shish Mahal. The massive Agra fort is 2.5 km long and is considered as the predecessor of the Delhi Red fort.

Overnight at the hotel.



Day 05: 17/01/17 – AGRA / FATEHPUR SIKRI / JAIPUR

After breakfast, drive to Jaipur (232km/05h) and on the way visit Fatehpur Sikri:

Fatehpur Sikri - The beautiful and deserted medieval city built by Akbar the Great in the 16th century to serve as the capital of his vast empire. The complex consists of religious, residential and administrative buildings. The Mosque is considered a copy for the Mosque at Mecca and is extremely elegant, containing elements of Hindu and Persian design. Housed here is the Shrine of Sheikh Salim Chisti one of the greatest of Sufi saints of the Muslim world.

Post visit, continue drive to Jaipur. JAIPUR, the fascinating capital of the marvellous state of Rajasthan. Jaipur is popularly known as the Pink City, thanks to the colour of its buildings. It was built in 1727 A.D by Maharaja Sawai Jai Singh II, followed a grid system, which made it the only planned city of its time. A young Bengali architect Vidhyadhar Bhattacharya designed the city in accordance with Shilp Shastra - an ancient Hindu treatise on architecture. There are innumerable sagas and stories of culture, traditions, practices and valour. This diverse land of rich cultural heritage is a royal treat for tourists all over the world. On arrival in Jaipur, check in at the hotel.

Overnight at the hotel.

Day 06: 18/01/17 – JAIPUR

After breakfast, enjoy visit of Jaipur including following:

Amber Fort set in picturesque and rugged hills is a fascinating blend of Hindu and Mughal architecture. Constructed by Raja Man Singh I in 1592 and completed by Mirza Raja Jai Singh, the fort was made in red sand stone and white marble. Amber is the classic and romantic fort-palace with a magnificent aura. The interior wall of the palace depicts expressive painting scenes with carvings, precious stones and mirror settings. Built mainly for the warring enemies as a safe place, the heavily structured walls could defend the residents within the ramparts of the fort.

Elephant ride at Amber Fort - Enjoy Elephant ride up to the Amber Fort like the royalty of Rajasthan once did. Mount the animal from a raised platform and sit comfortably in a specially designed, secure seat as the majestic animal winds its way up the ramparts of the fort. The Elephants look beautiful as the mahouts (the person who drives the elephants) decorate them, especially the trunk, with floral and geometric patterns using coloured chalk and powders.

Photo stop at Hawa Mahal Palace - The poet king Sawai Pratap Singh built this palace of winds. This is easily the most well-known landmarks of Jaipur and is also its icon. This five-storey building overlooking the busy bazaar street is a fascinating example of Rajput architecture and artistry with its delicately honeycombed 953 pink sandstone windows known as 'jharokhas'. It was originally built for the ladies of the royal household to watch everyday life and processions in the city from their veiled comfort.

City Palace, located in the heart of the walled city, the City Palace Complex gives you an idea about the farsightedness of the founder of Jaipur Maharaja Sawai Jai Singh. He left behind a legacy of some of the most imposing and magnificent architecture in the city. Maharaja Sawai Jai Singh built many buildings but some of the structures were also built by later rulers. The palace is a blend of Mughal and Rajput architecture and the ex-royal family still lives in a part of the palace.

Overnight at the hotel.



Day 07: 19/01/17 – JAIPUR/ DELHI / BODHGAYA

After breakfast, transfer to the airport to board your flight to Gaya via Delhi (09:55/10:55h and 13:40/15:15h). On arrival in Gaya, transfer to your hotel in Bodhgaya. BODHGAYA is the place where Gautama Buddha attained unsurpassed, supreme Enlightenment. It is a place which should be visited by a person of devotion and which would cause awareness and apprehension of the nature of impermanence.

Overnight at the hotel.

Day 08: 20/01/17 – BODHGAYA

After breakfast, visit the Mahabodhi Temple:

Mahabodhi Temple Complex is one of the four holy sites related to the life of the Lord Buddha, and particularly to the attainment of Enlightenment. The first temple was built by Emperor Asoka in the 3rd century B.C., and the present temple dates from the 5th or 6th centuries. It is one of the earliest Buddhist temples built entirely in brick, still standing in India, from the late Gupta period.

Thereafter visit the several Buddhist monasteries & temples of different countries such as Tibet, Bhutan, Thailand, Japan etc.

Overnight at the hotel.



Day 09: 21/01/17 – BODHGAYA - VARANASI

After breakfast, drive to Varanasi (approx. 06h). Shortly before arriving in Varanasi, we visit Sarnath:

Sarnath - A major Buddhist centre, Sarnath lies 10 kilometres north east of Varanasi. It was here that Buddha preached his message of the 'middle way' to nirvana after achieving enlightenment at Bodhgaya. In around 234 BC, Emperor Ashoka, a great follower of Buddhism, erected a stupa here. Between the 3rd century BC and the 11th century AD, several Buddhist structures were built here in Sarnath. Most of the Sarnath's monuments are set in large gardens making it quite pleasant for a visitor to spend some time here.

On arrival in Varanasi, check in at the hotel. VARANASI, situated between the rivers Varuna and Assi as they join the Ganges, Varanasi takes its name from its location. It is often referred to as the oldest living city in the world. It is also known as Kashi, the city of light, but the British, in an endeavor to simplify matters, had coined their own name for the place- Benaras. Varanasi is the city of a thousand temples. Its Prominence in Hindu mythology is virtually unrivalled. According to Hindu belief, Varanasi is the cosmic centre of the Universe. The renowned American novelist Mark Twain once wrote "Benaras is older than history, older than tradition, older even than legend and looks twice as old as all of them put together."

Overnight at the hotel.

Day 10: 22/01/17 – VARANASI

Early morning, enjoy boat ride on River Ganges:

Boat ride - Early morning you experience the life of this ancient city. See the beauty of the rising sun on the Ganges. Enjoy the boat ride, experience the early morning rituals of the Hindus being performed, thousands of people taking a bath in the holy river believing they will be free from the circle of rebirth. It is interesting to see the pilgrims offering sweets, flowers and holy water to the Sun God.

Return to the hotel for breakfast. After breakfast, enjoy the city tour of Varanasi including:

Bharat Mata Temple (Mother India), inaugurated by Mahatma Gandhi, lies about 3 kilometres west of Godaulia, outside the old city. Here, instead of gods and goddesses, one finds a huge relief map in marble of the whole of Indian subcontinent and Tibetan plateau. The map is said to be perfectly to scale both vertically and horizontally with mountains, rivers and the holy tirthas (pilgrimage centres) all clearly visible.

Durga Temple eighteenth century temple is also known as the Monkey Temple due to many aggressive monkeys that reside here. The temple was built in a common north Indian style with an ornate shikhara, consisting of five segments symbolizing the elements and supported by finely carved columns. Here Durga is represented as the embodiment of shakti or female power, clad in red and riding a tiger and fully armed with Shiva's trident, Vishnu's discus and a sword. Non-Hindus are admitted to the courtyard but not the inner sanctum.

Banaras Hindu University - One of the oldest educational centres in India, the Banaras Hindu University was built in 1917. The university was founded by Pandit Madan Mohan Malviya as a centre for the study of Indian art, culture, music and Sanskrit. The university campus is spread over five square kilometres and houses the Bharat Kala Bhavan. The Bhavan has a fine collection of miniature paintings, sculptures from first to fifteenth centuries, old photographs of Varanasi and brocade textiles.

Kashi Vishwanath Temple - The temple is located in the premises of the Banaras Hindu University and is about thirty minutes walk from the gates of the university. The temple, built by the Birlas, was planned by Pandit Madan Mohan Malaviya. Unlike many other temples in Varanasi, this temple is open to all irrespective of caste or creed.

Day 10: 22/01/17 – VARANASI

Evening, witness the Aarti Ceremony on River Ganges:

Aarti Ceremony on River Ganges – "Aarti" is a very auspicious Hindu ritual in which we offer our prayers (traditional Hindi song) to God. The Guru or the Master with his devotees, sing the prayers along with the lighting of the small lamps. The experience, the view and the positive vibrations are so inspirational that it is difficult to put into words.

Overnight at the hotel.



Day 11: 23/01/17 – VARANASI / RISHIKESH

After breakfast, transfer to the airport to board your flight to Rishikesh via Delhi (10:50/12:25h and 16:40/17:35h). On arrival at Dehradun Airport, transfer to your hotel in Rishikesh. RISHIKESH - is a name of Vishnu that means 'lord of the senses'. The root words Rishik and ish join together to make Rishikesh. Rishik means Senses and ish means master or Lord, hence the word means Lord of Senses or Lord Vishnu. It is a holy city for Hindus and a famous centre of pilgrimage. It is also known as the gateway to the Himalayas and is the starting point for traveling to the sites that form the Char Dham pilgrimage — Badrinath, Kedarnath, Gangotri, and Yamunotri. The sacred river Ganga flows through Rishikesh. In fact, it is here that the river leaves the Shivalik Mountains, and flows out into the plains of northern India. Several temples, ancient as well as new, can be found along the banks of the Ganges in Rishikesh. It is sometimes nicknamed "the world-capital of Yoga", as it has numerous yoga centres. It is believed that meditation in Rishikesh brings one closer to attainment of moksha.

Overnight at the hotel.



Day 12: 24/01/17 – RISHIKESH

After breakfast, we will have the workshop “Extending the Vision”. Afternoon, hiking, shopping and participate in the Aarti ceremony at Parmarth Niketan.

Overnight at the hotel.

Dia 13: 25/01/17 – RISHIKESH

After breakfast, we will have the workshop “Dealing with Emotions”. Afternoon, activities like Yoga, hiking etc.

Overnight at the hotel.

Day 14: 26/01/17 – RISHIKESH

After breakfast, we will have the workshop “Confronting the Fear”. Afternoon, activities like hiking, shopping etc.

Overnight at the hotel.

Day 15: 27/01/17 – RISHIKESH/ DELHI / BRASIL

After breakfast, check out from the hotel at 12:00 noon. In time, transfer to the Dehradun Airport to board your flight to Delhi (18:05/19:00h) to connect to your flight back home/onward destination.

END OF SERVICES

The above schedule may undergo changes due to climatic factors, access or that may interfere with the safety of participants

***IMPORTANT:** Prices are valid for a minimum of 08 paying people. The group must have at least 08 people confirmed until 11/14/16 or the prices will be recalculated. If we have 11 paying people in the group, we will offer a discount of 10% on the price of the land portion (discount does not apply to single room or internal airfare supplements).

<u>LAND ARRANGEMENTS</u>	<u>(Price per person)</u>
PRICE PER PERSON ON DOUBLE ROOM	SUPPLEMENT FOR SINGLE ROOM
USD 2.936*	USD 635

<u>DOMESTIC AIRFARES – PRICE PER PERSON</u> <u>(Jaipur/Delhi/Gaya+Varanasi/Delhi/Dehradun+Dehradun/Delhi)</u>
USD 386 (Prices can change any moment)

INCLUSIONS

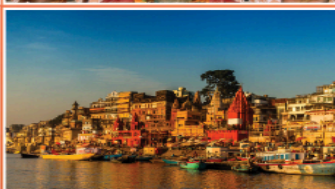
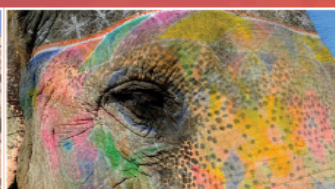
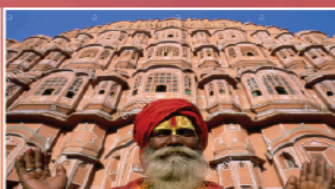
- 14 nights' accommodation in the hotels specified on **double sharing**, including breakfast;
- **Bioenergetics Workshops with Eulina Ribeiro**;
- Services of accompanying Indian guide throughout the tour;
- All transfers and sightseeing by private AC Vehicle;
- Onetime monument entrance fees.
- Government Taxes.

EXCLUSIONS

- **International Airfares to and from Delhi**;
- **Domestic Airfares – Jaipur - Delhi - Bodhgaya / Varanasi - Delhi - Dehradun / Dehradun- Delhi**;
- Travel Insurance
- Visa and Vaccination required for India (the required documentation must be provided directly by the passenger);
- Any tours, activities, treatments and/or massages besides the ones mentioned in the program;
- Personal expenses such as telephone calls, laundry, tours and meals not mentioned in the program, drinks and tips;
- Any other items not mentioned as included.

HOTEL LIST INDIA:

Date:	City:	Hotel:
13/15 Jan	Delhi	Holiday Inn Aerocity or similar
15/17 Jan	Agra	Four Points by Sheraton or similar
17/19 Jan	Jaipur	Holiday Inn or similar
19/21 Jan	Bodhgaya	The Royal Residency or similar
21/23 Jan	Varanasi	Rivatas by Ideal or similar
23/27 Jan	Rishikesh	Dewa Retreat



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