



Retreat to India!

21 Days



An Integrated Yoga Journey

with

Deborah Carruthers

**Imagine yourself in a place where boundaries dissolve, obstacles are removed
and the heart blossoms like a lotus flower in the sun....**

Harmony Yoga is offering a fabulous new component to their next Spring Intensive Yoga Training!

This Intensive may be used as the first module of the Harmony Yoga Teacher Training Program or you may simply want to deepen your practice while experiencing sights, sounds and fragrances of India. This fabulous opportunity lets you experience culture and people while being immersed in theory and daily practice. The Intensive Module is a prerequisite for those aspiring to Harmony Yoga Teacher Training.

When: We visit tropical South India **February 9-March 1, 2017** with our Retreat in the spice hills of Periyar Wildlife Sanctuary, **Kerala**.

Cost: Students pay **only \$2275** CAD. This includes a \$500 deposit, required for registration.

Included:

- Yoga Intensive classes with Harmony Yoga Teacher Deborah Carruthers
- All accommodation (double occupancy) from Day Zero to Day 21
- 3 meals/day at Retreat Centre
- Private ground transportation to and from Retreat Centre
- Airport transfers
- Pre-trip info session and preparation (including packing lists, cultural information, maps)
- Assistance with flight and Indian visa

Not included:

- International flight cost to India return
- Medical Insurance
- Indian visa cost
- Some meals at arrival/departure city
- Free time excursions, tips, souvenirs, personal items

Harmony Yoga (Duncan, B.C. Canada) partners with Kajal India Tours (Crofton, B.C. Canada) to create an amazing journey for Yoga Retreat participants that is safe, transformative and fun.



Yoga and Energy requirements:

- Students are interviewed by Deborah Carruthers to determine yoga level and experience. This Retreat is an **Intensive with 6 hours daily practice**, comprising meditation, pranayama, yogic philosophy and classical asana. Classes are voluntary.
- **Daily Free Time** to rest or explore the amazing Periyar Wildlife Sanctuary environs.
- 2 days built-in at the start of the journey to **acclimatize**.

Hotels:

- We stay in **clean, moderate-standard family-run character hotels** (3-4 star) in the center of activity, with western toilets, showers, ceiling fans or air-con and two single or two double beds.
- Retreat members **share a double room** with another member.
- **Hotel rooms are included starting the night of Day Zero (Feb. 8) to night of Day 21 (March 1)**. Arrival in the early hours of Feb. 9. Departure taxi midnight March 1 to leave in the early hours of March 2, 2017.

Eating:

- **No fixed menus** gives you flexibility for meals. In arrival/departure city, breakfast is included. Lunch, dinner (not included) are taken at restaurants. The Retreat Centre includes 3 meals/day with a buffet style Western and Indian fusion, veg and non-veg. There are many restaurants available in Kumily/Thekkady town as well.
- Those with **special diet** needs, allergies or those with diet restrictions can manage well with a little planning and communication with hotel hosts.

Transport:

- We have a **private bus** all to ourselves for the journey to and from the Retreat Centre.
- Airport transfers are included.

Health :

- Health insurance for the duration of the trip is **mandatory**.
- A trip to your local Travel Clinic determines your need, if any, for pre-trip inoculations.

Getting there and home:

- **Cost of flight not included**. Preference is for the group to travel together on a flight chosen for its expediency. Retreat members arrange flights in conjunction with Julie Price.
- You receive a "Preparing Package" within 1 week of booking.
- For those continuing to explore India on their own, *Kajal India Tours* can design an exciting onward journey.



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Bios



Deborah Carruthers-Founder of Harmony Yoga and Wellness Center, Deborah is dedicated to providing skillful and transformative yoga and wellness. She began her yoga journey later in life and has practiced the Ashtanga method ever since. Completing her teacher training at an Ashtanga Studio in Victoria approximately eight years ago, she continued with Yin Yoga teacher training with Bernie Clarke in Vancouver. An avid student, she travelled three times to India to study with senior Ashtanga teachers and explore Indian culture. Her teaching style is influenced by many wonderful teachers

including Chuck

Miller, Kino MacGregor, David Swenson and Rolf & Marci Noyoko. Daily practice has radically transformed her life and her wish is to share this journey with her students.

Deborah has teamed up with Julie to create this very special tropical Yoga Retreat which promises to be an unforgettable and fantastic experience of India.



Julie Price: Founder of Kajal India Tours, Julie brings to the party a passion for India and has been traveling there since 1987. Her ideals of world peace have inspired her to create experiences that bridge cultures, enriching both sides. Starting in 2000, Julie personally guided tours to Kerala and Rajasthan for a decade. Although retired from active tour guiding, being a dedicated “India-phile” she finds it impossible to stop designing and facilitating custom tours for individuals and groups. Currently she organizes and participates in sending Health Teams to Kalimpong, West Bengal and Retreats of all manner to Kerala. Julie ensures Yoga Retreat members are planted in a supportive environment to have the best possible safe and fun experience of India, stretching not only bodies, but minds and spirits too.



Deborah Carruthers

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Registration:

Space is limited, so book a spot today!

Reservation Deadline: June 29, 2016.

You may register by completing the form below and scanning/emailing/snail-mailing to Kajal India Tours or personally dropping it at Harmony Yoga Center.

- A refundable **\$500 deposit** is required to reserve, made by cheque/email and applied toward your Retreat. **Please make your cheque payable to Julie Price.** A "Preparing" package is mailed within one week of receiving deposit.

Preference is given to Harmony Yoga students and participant must be interviewed by Deborah Carruthers to ascertain suitability of yoga level.

If Retreat is full, you may waitlist or have your deposit returned. If you have any questions, don't hesitate to contact Kajal India Tours.

What if I need to cancel?

- Up to 60 days before departure without penalty-December 8, 2016. (Return of full cost of Retreat)
Cancellation less than 60 days before departure-no refund of \$500 deposit. (Return of Balance)
On or after departure - no refund permitted

Registration Form

Name

Address

Mailing Address (if different from above)

Phone No.(daytime)

(evening)

Email Address

Emergency Contact

Phone Number

Relationship to You

Passport Number

Issue Date

Expiry Date

Date of Birth

Terms and Conditions

This page outlines what *Kajal India Tours* agrees to provide when you sign up for a Retreat, and what you agree to do in return. ***This is very important information so please read it carefully before booking.*** You receive more information after booking in your "Preparing" package. The monies paid to *Kajal India Tours* is guaranteed and will not increase. Costs are quoted in Canadian dollars.

Included in the cost of the Retreat: accompanied yoga instructor, hotel accommodation, 3 meals/day at Retreat Centre, breakfast in arrival/departure city, ground transportation, airport transfers, pre-trip education.

Not included in the cost of the Retreat: international flight to India return, medical insurance, Indian visa, lunch/dinner in arrival/departure city, stopover costs, charity, shoe and camera fees, telephone, email, laundry, restaurant/porter tips, souvenirs, personal effects, free time activities and emergencies.

Physical Requirements: This Retreat is physically demanding. Retreat members must be approved by Deborah Carruthers of Harmony Yoga, Duncan. Retreat itineraries are subject to change. India is a land of many surprises and we want to be flexible.

Retreat Payments: To reserve a spot, send a completed registration form with a cheque/email for \$500 per person as a deposit to *Kajal India Tours* (**cheques payable to Julie Price**) We do not accept credit cards for deposit. Retreats fill quickly. Registration **Deadline is June 29, 2016**. Once deposit is received, a receipt and a "Preparing" package is sent within one week. An appointment is made for a consultation with Deborah Carruthers. The remaining package is sent to you within 30 days of the consultation. The **balance of your Retreat fee must be received by September 1, 2016**. A receipt is issued at that time. There is a \$15 late fee applied after the balance deadline. Any balance not received by deadline may result in the member being dropped from the Retreat.

Cancellations and Refunds: Retreat members canceling greater than 60 days prior to departure receive 100% of Retreat fee as refund (December 8, 2016). Members canceling less than 60 days prior to departure of the trip do not receive refund of deposit (only return of balance). Members canceling on or after departure of the Retreat (Feb. 7, 2017) do not receive a refund of unused services (forfeit entire cost of Retreat). *Kajal India Tours* reserves the right to cancel a Retreat at our discretion and monies received by us will be fully refunded.

The right is reserved to decline to accept any person as a member of the group at any time before or during the Retreat should such person's presence be considered detrimental to the interests, comfort and enjoyment of other group members.

All members are required to complete, sign and return a medical information form. No refund is possible for any person starting but not completing the trip, although if caused by unforeseen medical emergencies, a refund may be prorated for the unused portion of the trip.

Personal Liability: Please understand that to keep costs down, *Kajal India Tours* has no protection coverage included to protect itself, the action of its guides, employees or Retreat participants themselves and that group members intentionally assume the many risks inherent in travel in India. All Retreat members are required to agree to the terms of an agreement. It is important that Retreat members understand that the standard of accommodation, transportation, safety, hygiene, medical facilities and other factors may not be of the standard at home or may find on a conventional luxury package tour. By booking with *Kajal India Tours*, you are accepting these dangers and conditions.

Kajal encourages all Retreat members to purchase separate travel insurance to cover possible additional costs (airline tickets, loss of luggage, trip delays, medical evacuation and treatments).

Disability: Any pre-existing physical, mental or emotional disability that may require attention or treatment must be reported in writing prior to your Retreat. ***This is important.*** Failure to return a complete and accurate Medical Form could result in expulsion from a Retreat at your own expense. We regret that we are unable to provide physical assistance or any special facilities for the physically disabled.

Retreats Canceled by *Kajal India Tours*: Although very unlikely, your Retreat may be canceled due to unforeseen circumstances. If *Kajal India Tours* cancels a Retreat that you have paid for, the entire amount you have paid to *Kajal India Tours* is refunded to you within 14 days after the cancellation. Once this occurs, *Kajal India Tours* has no other obligation to Retreat members or canceled trips.

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Itinerary

Leave Feb. 7 Flight from Vancouver at 12:50 PM.

Day 1
Feb.9 **Arrive to Kochi airport in the early hours, transfer by pre-arranged taxi to your gracious guest house.** A day to de-lag and get into the rhythm of India. Explore this many-cultured town with a visit to the Chinese Fishing nets and a stroll down the beach promenade.

Day 2
Feb 10 **Kochi:** Take in famed murals of Mattancherry Palace, blue-tiled Synagogue or a ginger warehouse, all in the spice district. Tonight why not delve into the unique and fascinating world of *Kathakali* dance theatre.

Day 3
Feb.11 **To Thekkady: (4-5 hrs. drive): a breathtaking road trip** up through cool cardamom forests overlooking tea-covered hills to the peaceful Periyar Wildlife Sanctuary, your Retreat home.

Day 4-20
Feb. 12-28 **Thekkady: Today your Intensive starts in earnest** with morning and afternoon practice. Daily free time scheduled for rest and integration or exploration of the Periyar Wildlife Sanctuary environs.

Continue your Intensive as you grow and accept all the practice into body, mind and spirit.

Journey to the Blue Mango, a women's self-help centre where disadvantaged women are trained in skills such as sewing, jewelry and toy making. Practice Karma Yoga by contributing your own talents to these courageous women.

Push yourself to the next level in these last few days of your Intensive training! Focus and Breeaaaattthhhhe. Appreciate how far you've come!

Free Time Possibilities:

- visit a scenic lookout for grand vistas of the area.
- get a gorgeous Indian outfit made in the local market.
- take a trip to Organic Spice Garden to see how all those spices in little bags grow.
- attend an evening demonstration of the acrobatic Keralan martial art *Kalaripayattu*.
- enjoy a boat ride into the sanctuary to glimpse elephant, buffalo, barking deer or great pied hornbill.
- visit a tea plantation watching your cup of tea materialize from shrub to bag.
- treat your hard-working body to a well-deserved Ayurvedic massage.
- plan a guided hike into the heart of the forest to bamboo raft on Periyar lake where

elephant families bathe.

Day 21

Mar. 1

To Kochi: (3-4 hrs drive) Leave the cool air of the forest for the sultry zephyrs of the coast. Say goodbye to the swaying palms and magic of India as you depart in the wee hours. Don't forget one last Ayurvedic massage for the flight home!