



YOGA RETREAT / HOLIDAY NORTH INDIA

19th March – 4th April 2010

with

Duncan Hulin & Andrea Guest

Includes:

Flights & Transfers in India

Accommodation at Basunti

(Private retreat in North India)

All meals at Basunti

One night accommodation in Mcleod Ganj

Last night accommodation in Amritsar

Daily Yoga Classes

Excludes:

UK transfers, visa fee, insurance

Lunches and dinner in Mcleod Ganj

Optional day trips

Lunch and dinner in Amritsar

Entrance fee to Golden Temple Amritsar

Massage treatments

Cost £1545

Telephone – 01392 420573

Email – info@devonyoga.com Website – www.devonyoga.com

GENERAL INFORMATION

Destination

Basunti is an idyllic private retreat in Himachal Pradesh Northern India with commanding views of the Himalayas. It is situated at the heart of a lakeside wildlife reserve and has been developed sympathetically in accord with the local environment. The area is perfect for peaceful walks, bird watching, canoeing and swimming – either in the lake or Basunti's pool.

Accommodation comprises of twin bedded chalets in two new lodges with shower, toilet and private verandah.

All meals at Basunti are included in the overall cost including a packed lunch for anyone who wishes to go on one of the day trips. The food is predominantly Indian Village vegetarian with a number of western dishes. Much of the fruit and vegetables are grown organically in the garden. Fresh bread and cakes are baked on site each day.

Please visit the Basunti website for more information about the venue including pictures and map

www.basunti.com

Mcleod Ganj

After the first week there will be an overnight trip to Mcleod Ganj, the home of the Dalai Lama and the Tibetan Community in exile. Accommodation is situated in a small mountain village approx one hour walk from the main town, chosen for its scenic location. Overnight accommodation and breakfast is included in the cost however lunches and dinner in Mcleod Ganj are not.

Yoga

Daily yoga classes will take place either in the thatched yoga shala or on the terraced roof of the main house. The yoga shala sits in a lush tropical garden, surrounded by its own moat. The Balinese-dome ceiling design and its lakeside proximity mean that even in the hottest parts of the day the shala remains wonderfully cool. The roof of the house has a 360 degree panoramic view of the lake and is a great place to experience magical sunrises and sunsets.

There will be either two or three yoga classes a day – early morning, mid morning and late afternoon / early evening taught by Duncan Hulin and Andrea Guest.

The yoga practice follows the Devon School of Yoga's holistic / eclectic approach including early morning silence, kriyas, asana, pranayama, meditation, relaxation and mantra.

Massage treatments may be available at the venue through Basunti and limited Shiatsu treatments available with Duncan (not included in the cost).

Amritsar

On the last day of the retreat / holiday we will be travelling to Amritsar and staying overnight before flying home. This will be an opportunity to visit the famous Golden Temple. Accommodation and breakfast is included in the cost - lunch and dinner in Amritsar and the entrance fee for the Golden Temple is excluded.

Optional extras (not included in the cost)

On days with only two yoga classes (early morning and late afternoon / early evening) there will be an opportunity to take a day trip to local places of interest including:

The ancient rock temples at Masoor and the wetlands of Nagrota Suriah

Kangra Fort and the heritage village of Pragpur

The sunken temples of Bathu

Boat trip to Ranseer Island

Each day trip will cost approx £16 per person – this is based on four people sharing a jeep. The boat trip to Ranseer Island is approx £10.

A packed lunch is provided by Basunti included in cost. Lunch is provided for those not going on day trips.

Please visit Basunti website for further information regarding places of interest - **www.basunti.com**

A full schedule and itinerary including flight times will be sent out on receipt of deposit.

PRACTICAL DETAILS

TRAVEL

The cost of the holiday includes return flights from London Heathrow to Amritsar and transfers in India. It excludes UK transfers. Detailed information regarding flights will be provided in the further details letter on receipt of a deposit.

COST

£1545. A **non-refundable** deposit of £550 (payable to Trayvale Ltd) is due immediately. The balance of £995 (payable to Andrea Guest) is due by the 14th December 2009. The cost includes: flights & transfers in India, accommodation at Basunti, all meals at Basunti, accommodation in Mcleod Ganj and Amritsar, daily yoga classes. The cost excludes: passport and visa fees, travel/health insurance (see insurance below), lunches and dinner in Mcleod Ganj, lunch and dinner in Amritsar, Golden Temple fee in Amritsar, transfers in the UK, optional extras/day trips and massage treatments.

Note: In the event of a future 'air fuel surcharge' a supplement may be required in addition to the overall cost of £1545. Should this happen the estimated cost is unlikely to exceed £30.

PASSPORT

You need a full ten year passport valid for at least six months after return date.

VISAS

You will need a six month tourist visa. If you are applying for your visa by post do so at least six weeks before departure to give the Indian embassy plenty of time. (Visa form downloadable from www.hcilondon.org).

INSURANCE

Basunti stipulates that all individuals **must** have travel insurance that includes adequate cover for loss or theft of baggage, injury and medical expenses and the cost of repatriation should an individual become too ill to continue, including helicopter rescue and air ambulance.

ACCOMMODATION

Accommodation is based on two persons sharing a twin room with ensuite facilities. For persons requiring a single room a supplement of £350 is payable.

CANCELLATIONS

Notice of cancellations must be given in writing. Cancellation at any time forfeits the deposit of £550 which is **non refundable**. Any cancellations after the 14th December 2009 will forfeit the full balance of £995. We reserve the right to cancel the holiday due to unforeseen circumstances, in which case all monies will be returned.

EXCLUSIONS

All information is correct at the time of going to press; we do not accept liability for loss or damage to your personal property, or any accidents during the holiday.

Note: Confirmation of the holiday running is not given until sufficient minimum numbers of deposits are received. On receipt of your deposit you will receive further details.

☎ - 01392 420573 ~ **Email:** info@devonyoga.com ~ **Web:** www.devonyoga.com

Booking Form

Name.....

Address.....

.....Post code.....

Telephone/Fax.....Email.....

I / We enclose deposit(s) of £550 per person for Yoga holiday in North India from 19th March to 4th April 2010.
(Please make cheques for deposit payable to **Trayvale Limited**).

The balance of £995 is to be paid by the 14th December 2009. (Please make cheques for the balance payable to **Andrea Guest**).

I/We have read and understand the above practical details.

Signature(s).....Date.....