Dates: Oct 19-31

Cost: \$3100.00 per person double occupancy (If you travel alone, add \$900.00)

Hosts: Zetha Voget, Monu Tripathi, and Chaplain Jose

Tour Guide: Monu Tripathi Accommodations: Links below.

Deposits: \$500.00 Beginning Jan 15, 2023

Group Size: 10 MAX

About the Tour:

The tour will be in the area called The Golden Triangle. These are Delhi, Jaipur and Agra.

During the tour parts you will be taken to see all the major temples and sites. Our tours are about getting close to people so we spend time hanging out with locals. The tour will give you ample time for shopping, pictures, eating, walking, cooking classes and much more.

About the Retreat:

Our time in Varanasi will be primarily so that you can slow down and do you. The primary goal of the retreat is to create a safe place where you can peel back the multiple layers of you. Kinda like an onion.

When we peel back the layers we see all the things that make us who we are. We even see the pain, the anger, the resentments, the shame....

On our last night in Varanasi (Oct 24) we will take a boat ride into the middle of the Ganges River. You will be given some lotus flower candles. As you light the candles and place them into the Ganges River, you will also let go of the parts in your layers that have been holding you back.

Prior to this evening in Varanasi, we will spend time together as a group and individually reflecting on our own spiritual life. For example, I might ask the group these questions:

What does it mean to love your neighbor as yourself? What does it mean to love your neighbor when you're in India? How do you love your neighbor if you don't love yourself?

The Retreat time is not going to be you in a classroom the whole time. The retreat is to open your heart and your mind to the beauty of India.

Pre Work:

I strongly suggest that everyone that attends this Tour/Retreat, start to work with a Life Coach, Counselor, Chaplain or someone you trust. You are spending a lot of time and money on this, so we really want to get the most out of it.

Draft Itinerary

Oct 19

Arrive New Delhi

Check into hotel The Colonel's Retreat

Oct 20

3pm Group Orientation 5pm Dinner off site 8pm Retire for evening

Oct 21

6am High speed train from Delhi to <u>Varanasi</u> 2pm Arrive in Varanasi and Check into <u>Amritara Suryauday Haveli</u> 7pm Group Dinner

Oct 22

7am Yoga Class

8am Breakfast

9am Mediation

10am Chaplain Jose Session

11am Free

1pm -7pm Visit Sarnath - location where the Budduah preached his first sermon.

Tour

Meditation

Shopping

Street Foods

7pm Return to hotel Evening Free Dinner on your own

Oct 23

5am Sunrise Boat Ride on Ganges Breakfast on your own or back at hotel 10am Chaplain Jose Session 11am-4pm Free Time 4pm -8pm City and Temple Tour with Monu (Dinner on your own) 8pm Return to hotel

Oct 24

7am Yoga 8am Breakfast 9am Meditation 10am Chaplain Jose Session 11am-6pm Free Time 6pm-10pm Attend prayer service on Ganges, Release of lotus flowers into Ganges)

Oct 25

10pm Return to Hotel

Free Day
Prepare for Check out
Overnight Train to Jaipur Departs at 6pm

Oct 26

1pm Arrive Jaipur and go directly to <u>Khandela Haveli Hotel.</u> Free Day

Oct 27

8am Breakfast 11am Depart for City Tour of Jaipur 6pm Return to hotel free evening

Oct 28

6am Depart Jaipur by Train 11 am Arrive New Delhi and go Directly to hotel 6pm Join your hosts and Guide for Dinner

Oct 29

6am Depart by Train to <u>Agra</u> to see the <u>Taj Mahal</u> 7pm Return from Agra go directly to hotel

Oct 30 8am Breakfast 10am City Tour of New Delhi Lunch and Dinner on your own 6pm Return to hotel

Oct 31
Free Day Shopping and prepare for departure
7pm Join hosts and guide for Dinner
Room covered for the night or catch your late departure.