

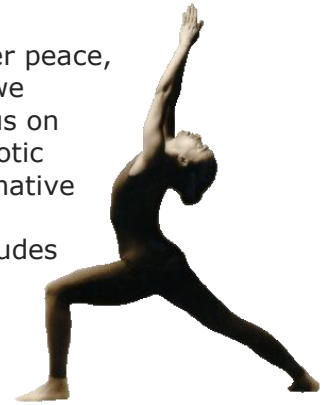
INDIA: A Spiritual Insight

Tree of Life Yoga and Wellness



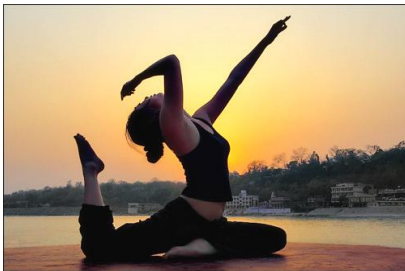
Program Dates: October 22 to November 7, 2010

We invite you and friends to join us on this extraordinary yoga retreat and spiritual journey through India. This retreat-travel program is open to all lovers of yoga, inner peace, and spiritual enlightenment. The program offers an uplifting experience in India as we journey through Delhi, Rishikesh, Haridwar, Varanasi, Agra and Jaipur. Travel with us on this fully escorted and well managed trip. Stay in good accommodations, explore exotic destinations and experience religious customs and practices. Our trip includes informative talks and guided visits, 6 days yoga retreat at an ashram in Rishikesh, all meals, gratuities, and travel arrangements. The program is very reasonably priced and includes a \$300 early bird discount for bookings made before March 1.



The Program price with early bird discount, all inclusive, is:

Doubles: \$2,685; Single room supplement: \$525



Experience religious customs, culture, and the spirit of India on this extraordinary journey led by Dr Rene David Alkalay and specifically designed for Tree of Life Yoga and Wellness/Genesis

Society. Your spiritual journey includes a Yoga Retreat in the Himalayan Yoga Tradition at Swami Rama Sadhaka Grama in Rishikesh. We start our experience at Delhi where we explore cultural and religious diversities in this modern yet historic capital city of India. Explore New Delhi with its British colonial flair, temples, and modern bustle. Visit the National Crafts Museum to see village, tribal and folk art from every region in India, where craftsmen demonstrate traditional craft techniques. In Old Delhi, capital of Mughal India between the 12th and 19th Centuries, see the Red Fort, visit the largest Friday mosque, and take a delightful rickshaw ride through the walled city, past crowded bazaars and colorful wares.

We'll then spend six full days at Rishikesh, where we attend a refreshing Yoga Retreat programmed by a dedicated team of experts in the beautiful surroundings of the Swami Rama Sadhaka Grama – a Village of Spiritual Seekers. Our daily schedule of guided Hatha Yoga will include diaphragmatic and digestive breathing, teachings, meditation, prayer, rituals and religious readings, and talks by Dr Alkalay and Swami Veda Bharati. We'll also visit an ancient cave in the Himalayas where Vasishtha, teacher of Swami Rama, meditated. Witness the evening aarti ceremony at a famous temple on the banks of the River Ganges. There's also time to relax and enjoy this magnificent spiritual destination in

India where the Ganges River flows from the Himalayas to meet and bless the people of India.

We'll explore the temple city of Haridwar on a day's trip, and then take an overnight train journey to Varanasi - the oldest living city in India. It is also the most important Hindu pilgrim site in India and is a center for learning and civilization for over 2,000 years. Take a gentle river boat cruise on the River Ganges at sunset, as oil-lit lamps float alongside in silent prayer. See and experience, first-hand, Hindu religious ceremonies and evening worship performed on the banks of this sacred river. Visit the Banaras Hindu University, some famous city temples, the oldest Sanskrit university, and attend two Hatha Yoga classes - including one on the banks of the River Ganges! Also visit Sarnath, the seat of Buddhism, where Buddha preached his message of the middle way to nirvana. Visit his holy shrine; magnificent *stupas*, a monastery, and the archaeological museum.

Then, take an overnight train to explore the Mughal city of Agra, which came into prominence under the lavish patronage of Mughal rulers. Visit the massive Agra Fort and awesome Taj Mahal, spectacular in the evening's golden sunlight. You'll also attend a spectacular live concert depicting the history and making of the Taj Mahal. In Jaipur, visit the city palace museum, which houses a magnificent collection of artifacts, tapestries, costumes of royalty studded with precious gems, miniature paintings, and arms of the maharajas of Jaipur. Also, visit a handicrafts museum to view craft making techniques. Ascend to Amber Fort on elephant back and explore a maze of pavilions and palace rooms.

Return to Delhi for your flight back home, with a new insight and understanding of India's ancient practices in yoga and spiritualism.

Program information and Registration Forms are available at Tree of Life Yoga and Wellness/Genesis Society.
102-19 Metropolitan Avenue, Forest Hills, NY 11375. Telephone: 718-544-5997

Or call Romesh Banerjee, IndUS Vacations and Cruises, at 1-917-374-8841 (Email: indusvacations@ymail.com) for additional information and assistance in booking. Space is limited. International airfare is additional. A group non-stop, direct return flight from New York to Delhi on Air India is available at about \$1,200. Call for details.



Tree of Life Yoga and Wellness



PROGRAM REGISTRATION FORM INDIA: A SPIRITUAL INSIGHT

Friday, October 22, 2010 to Sunday, November 7, 2010

Mr./Mrs./Ms.

Passenger Name (1)

Mr./Mrs./Ms.

Passenger Name (2)

Address

City

State

Zip

Phone: Day

Evening

E-mail

PROGRAM PRICE - Doubles: \$2,985; Single: \$3,510

SAVE! Get \$300 early bird discount when booked by March 1 - Doubles: \$2,685; Single: \$3,210

The Program Price includes all services and activities given in the itinerary from arrival in India till departure. The price includes all accommodations, meals, transfers, sightseeing, visits, entrance and camera fees, air conditioned rail travel, road transportation in air conditioned buses, porter charges, special events, private meals with cocktails, enrichment activities, talks, first class guides, all gratuities, an accompanying travel director, all taxes, pre program information book and 24/7 assistance.

- Please reserve space for TWO persons sharing one double room.
- Please reserve space for ONE person in single room accommodations.
- Please send international group return flight information. (The approximate return fare on Air India direct flights in economy class is \$1,200: JFK-DEL on AI 102 and DEL-JFK on AI 101.)
- I/WE will make MY/OUR own flight arrangements and will advise you of these flight details.
- I/WE understand to secure a booking I/WE must now pay a deposit of \$1,000 a person and the balance must be paid in full by August 21, 2010.
- I/WE understand the cancellation fee per person is \$200 after July 22, 2010; \$500 after August 22, 2010; and \$500 plus any losses incurred if cancelled after September 22, 2010.

Enclosed is a check(s) for \$_____ (\$1,000 per person) to reserve _____ space(s) on this program. I/WE understand that to secure this reservation, the balance is payable by August 21, 2010.

Signature

Date

Signature

Date

To reserve your space, please send your check(s) payable to "Genesis Society" with this form to the address below. In response, you will receive: (1) A receipt of payment and invoice for balance due. (2) Personal Information Form(s). (3) Information/advice on best international flights from your city. (4) Pre-Program Information Book, which includes a detailed itinerary, program information, visa requirements, what to pack, a suggested reading list, and useful information on India - its history, culture and peoples.

Thank you very much; we look forward to welcoming you on this travel program with us.

Genesis Society

102-19 Metropolitan Avenue, Forest Hills, NY 11375

Telephone: 718-544-5997; Fax: 718-544-5488

E-mail: rachellegenessociety@gmail.com; treeoflife@genesissociety.org