

Canadian Retreat at GMCKS Arhatic Yoga Ashram

Pune, India

Jan 28, 2011-Feb 6, 2011

Below is the information for the Canadian trip to the Ashram in Pune, India. We hope that you can join us for this fantastic opportunity to really experience the exquisite energy and beauty of GMCKS Arhatic Ashram. This trip is open to all levels of Arhatic Yoga and will follow a daily program to ensure we can maximize the benefit of our time there.

There are two parts to the trip to India, The first is the trip to the Ashram and the second is a tour of some of the sacred sites throughout India.

The first ten days will be at the ashram to do our Arhatic practice with fellow Canadians. Master Nona will be there with us for the first week. The energy at the ashram is very powerful and this will also be a good opportunity to do Kriyashakti and bless your projects and goals. Accommodation is very comfortable at the ashram and the weather is most agreeable at that time of year, not too hot and not rainy.

All meals are included with your stay. The fees for your stay at the ashram are paid directly to the ashram. It is also customary to tip the workers at the time of leaving, this will be done as one collective tip to be distributed to the workers.- please include this in your budget for about \$20-\$25 CAD, (1,000 -1200 INR) per person staying. You can also tithe directly to the ashram at the administration building there.

Some things you will need while at the ashram:

A small flashlight

White clothing to meditate in

Small snacks for your room – such as protein bars and other items that can be tightly sealed.

Sun hat

Comfortable walking shoes – there are some beautiful vistas to take in while there

There are laundry facilities at the Ashram.

Transportation to and from the Ashram

The Ashram can arrange for transportation to and from Mumbai for you. The cost for a one way trip is about \$100-\$125 and can be shared between the passengers, the vehicles usually fit 4-5 people comfortably.

Depending on how many people will be coming we can arrange to meet at a hotel and travel out together in a bus. The cost will be determined by the size of bus needed but would be less than a taxi.

Ashram Rates

1. The charges for stay at the Ashram are Rs.1000 (about \$23 CAD) per person per day (non AC) or Rs.1500 (about \$35 CAD) per person per day (AC). These charges include stay and board at the Ashram but do not include travel costs.
2. All payments have to be made at the Ashram in cash in INR.

With warm regards,

India Tour

Part two of the trip is the tour and this is being coordinated by Julie Bruce. Please see the attachment for more information on this.