
ASHORT OPTIONAL JOURNEY TO A SACRED PLACE...

LAXMAN JHULA

*With Dwight and Dominique
Chamberlain*

NOVEMBER 22 - 27, 2008



A RETREAT OF A LIFETIME...

Join Dwight and Dominique Chamberlain in November in Northern India for a short get away. Our short retreat will be held in Laxman Jhula, a small village nestled on the banks of the Ganges River in the foothills of the Hymalayas, just upstream from the city of Rishikesh, in the State of Uttarakhand. This area, about 150 miles north of New Delhi, is one of the spiritual centers of India. It is set in a deep valley with ancient ashrams, temples and sacred sites on both sides of the Ganges, which sparkles crystal clear in the warm winter sun. A large hanging foot bridge spanning the Ganges gives us access to the villages on both sides of the river.



A PILGRIMAGE...

What is a pilgrimage? A Pilgrimage differs from a tour. It is a journey to a holy, sacred place to usher one into the presence of the Divine in an experiential way. Pilgrimage is an important part of any spiritual journey. The roots of yoga began in India and it is an incredible gift to experience those origins directly.

By taking time to separate yourself from the everyday concerns of the world, and to spend time traveling to places with special meaning where Presence is felt, pilgrimage becomes a symbol of transformation that is

acted out. A successful pilgrimage involves a commitment to leave behind your problems and to focus on going within through meditation and contemplation. The success of your spiritual journey will depend upon your openness, flexibility and willingness to further open your heart. There will no doubt be challenges for us, as there always are in India, and the Ganges will no doubt teach us much about letting go of resistance and literally going with the flow of Grace.



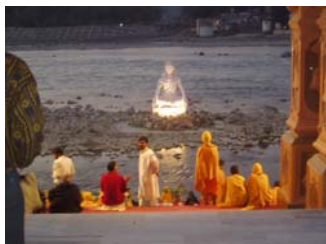
YOGA

Our retreat is open to all who would like to discover yoga or deepen their practice of yoga in India. We will do yoga, including asana, pranayama and meditation each day. There will be a 2 hours class each morning. The afternoons will be off so that you can take advantage of some of the many wonderful day trips. Upon request, we will provide some additional meditation or yoga classes in the late afternoon. Classes and accommodations will be at the Ganga beach resort, a four star resort with style, comfort and service. Breakfast will be included with your stay and you may eat at the Ganga beach resort's excellent restaurant for the rest of your meals or go out to one of the many good restaurants within walking distance. (for more info on the hotel, see www.Gangabeachresort.com)

OPPORTUNITIES...

In addition to the formal yoga program, there is another very special opportunity to bask in the yogic wisdom of India. ShantiMayi, a worldwide respected spiritual teacher is normally in residence at the nearby

Sacha Dham ashram, on the banks of the Ganges. In past years, she has given lively satsangs (spiritual discourses) and led Kirtan (spiritual chanting) several afternoons a week. The special opportunity to take part in this optional activity will be available to all. See Shantimayi.org for more information about this very special teacher.



While in Laxman

Jhula you will have the opportunity to take excursions. The fares for these excursions are included in the prepaid package. Some of the trips and activities you may want to take are:

Vasistcave where Ram is said to have lived.

Neel Cant where Shiva drank the poison (ignorance) of the world.

The Tibetan Village of Clement Town in Dhera dun. Haridwar and its sights, Haridwar is every devout Hindu's dream.

Ananda Mayi Ma's ashram in Dhera Dun and Haridwar.

Hanuman Temple in Rishikesh.

A special bath in Ganga's water. "Ganga" is a more personal name for the sacred river the Ganges. Ganga is said to be the Mother of all, the tears of Shiva and pilgrims from all over the world come to bathe in her waters. At some level it is as stepping into Her currents of Grace.

Aarti in Ram Jhula: Aarti is an evening celebration of the light, along Ganga, with chants, offering of flowers and candles set adrift on the Ganges.

Prabhavati and Ramana's Garden: An orphanage and school which are a model of self sustenance. The founder and director of Ramana's Garden is an American woman, Prabhavati, who has dedicated her life to serving the neediest of children. Prabhavati's website is www.sayyesnow.org, if you would like to learn more about her and the wonderful work she is

doing. We will be visiting her and the children. So many more activities are available through outfitters in Laxman should you like to go on trekking, rafting... These activities would be on your own accord.



SCHEDULE...

We will depart from New Delhi on the morning of November 22 and drive north to Laxman Jhula. Yoga classes will begin on Sunday November 23. The final day of the retreat will be Saturday November 27. We will drive to New Delhi the next day and fly back on the evening of Sunday November 28.

A PERSONAL NOTE

The first time we experienced India, we knew we would be back. Was it like going home, was it like experiencing something divine, surprising, challenging for the senses... it was probably a mixture of all. Since this first time, all our experiences in India have been very rich and opened new doors for us. Just being close to Ganga reminded us about the meaning of Yoga: to step into the Divine current of Grace, to recognize our own innate goodness, to fully align with Grace and let her sweet yet strong currents pull us closer to Her in every aspect of our lives. We hope you will join us and share this truly unique experience with us.

Costs

\$ 1,229.00 per person

Price includes all hotel accommodations, all ground transportation to and from the airport and Laxman Jhula, breakfast, all yoga classes and day excursions. **If you pay in full by June 15, 2008 you receive a \$100.00 discount.** Full payment is due before September 15, 2008. After September 15, a \$35.00 late fee will be applied to any overdue accounts.

PRACTICALITIES...

Once you have sent us your reservation, you will be informed via email of all the practical information and suggestions you may need to make your trip more enjoyable. Please view our web site for additional pictures testimonials and our reservation forms: www.wingsandimages.com/India.

REFUND AND CANCELLATIONS...

A \$500.00 is required to reserve your space.. Refund requests received by September 15 will be honored and are subject to a \$200.00 cancellation fee. Cancellations after September 15, 2008 are non-refundable.



Wings & Images, inc

Dwight and Dominique Chamberlain
20565 road G
Cortez, CO 8321
970-565-9871
ddc@wingsandimages.com

*A note on airfare: We strongly recommend buying your ticket by early summer to secure the best rate.