

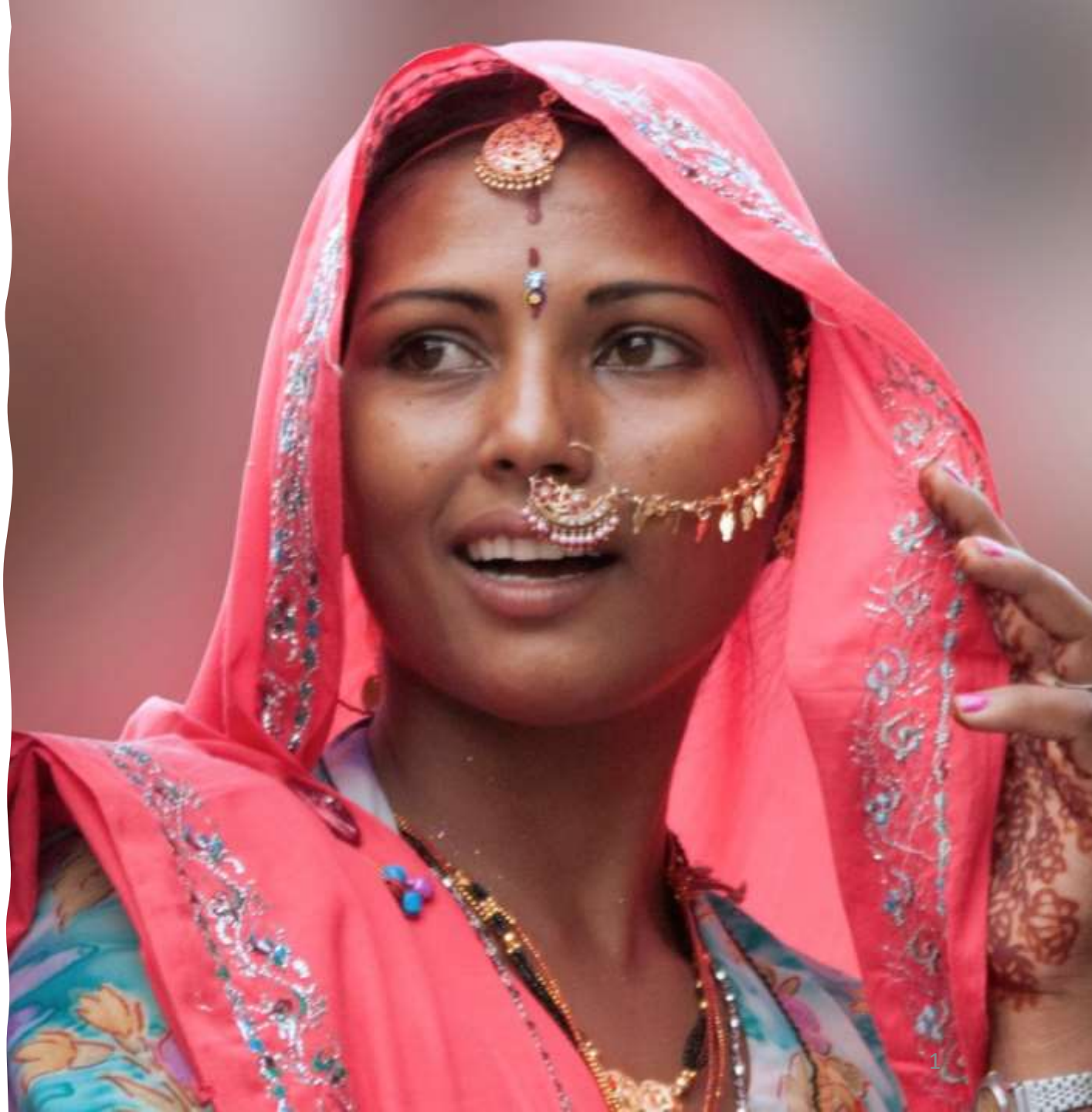
INDIA ENCOUNTER

AWAKEN THE
FEMININE SPIRIT OF
SHAKTI

February 4-17, 2024



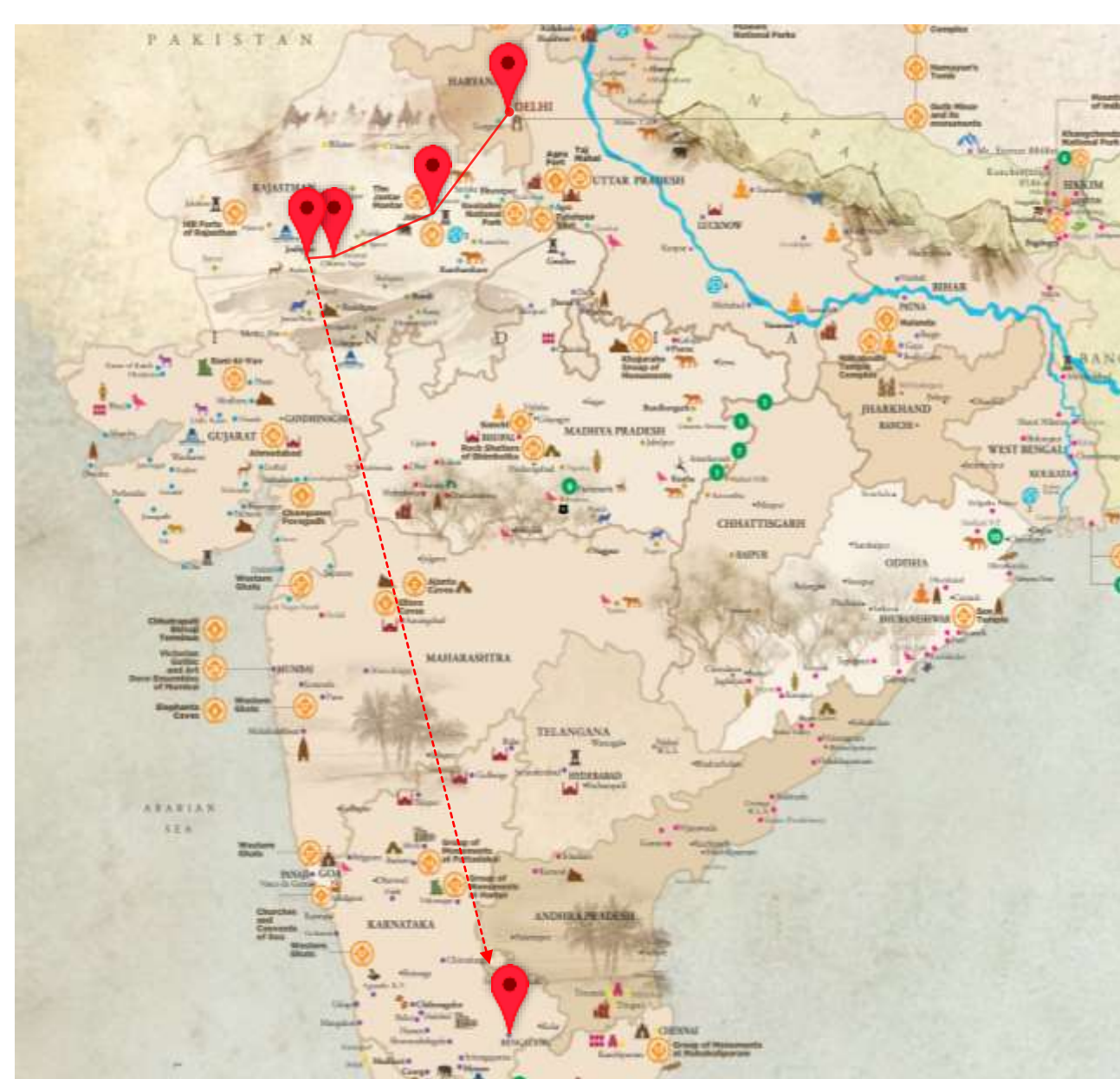
mindfuljourneys
a travel vision





Itinerary at a Glance

DATES (2024)	CITY	HOTEL	DURATION
FEB 04 - 06	DELHI	THE CLARIDGES	2 NIGHTS
FEB 06 - 07	AGRA	TAJ VIEW	1 NIGHT
FEB 07 - 10	JAIPUR	SAMODE HAVELI	3 NIGHTS
FEB 10 - 12	CHHATRASAGAR	RAAS CHHATRASAGAR	2 NIGHTS
FEB 12 - 14	JODHPUR	RAAS HOTEL	2 NIGHTS
FEB 14 - 17	SHREYAS WELLNESS RETREAT		3 NIGHTS



Journey Map

DELHI

2 Nights

LEGACY OF SEVEN CITIES

If trees and streets could talk, the stories that would pour out of Delhi would keep listeners mesmerized for years. With a history as a capital, Delhi has seen the tides of several rulers from those that people the pages of the epic poem, Mahabharata to the Tughlaq and Mughal empires from Persia, from the imperial colonial armies to the present-day government.

Delhi emerges from the ashes of her past to take her place in the world as a global capital – politically, culturally and commercially.





Accommodation in Delhi:
The Claridges
Website



Itinerary Overview

Sun, Feb 04th | ARRIVE IN DELHI

Meals Included - Dinner

Welcome to India!

On arrival at Indira Gandhi International airport terminal, **VIP Meet and Greet service** is arranged for you. A representative will receive you across the jetway with a paging sign indicating your name and take you through immigration, baggage collection and customs.

A representative will then transfer you to your hotel in a private vehicle.

Note: Check-in time 2PM onwards.

Rest of the day is at leisure.

Enjoy a welcome dinner tonight.

Mon, Feb 05th | EXPLORE DELHI

Meals Included - Breakfast, Dinner

This morning, visit **Humayun's Tomb**, a UNESCO World Heritage Site, a red sandstone edifice constructed in the 16th century to become the first Garden Tomb in India built by the Mughal rulers. It was built by the orders of Mughal Empress in memory of her husband.

Walk through the **Nizamuddin Basti** with your woman tour leader from the community who will enthrall you with stories about the vibrant neighborhood steeped in rich history and culture. Visit the famous **Dargah Hazrat Nizamuddin Auliya**, mausoleum of the Sufi saint Khwaja Nizamuddin, and participate in a **traditional art workshop, witness (and taste!) a meal being cooked as you interact with the women who run these thriving businesses.**

Return to the hotel for some time at leisure.

Later in the afternoon, enjoy a drive past **Colonial Delhi** learning about India Gate and older British buildings, the new Parliament and Secretariat.

Navigate through the lanes of **Old Delhi** partly on foot and partly on cycle rickshaw, learn about the sacred and secular way of life, explore a variety of markets, from age-old food streets to narrow lanes named after the wares that are sold here. Stop for dinner at **Haveli Dharampura**, in company of a woman who has been actively involved in the heritage conservation and running of this haveli hotel.

AGRA

1 Night

TAJMAHAL, "CROWN" OF MUGHAL ARCHITECTURE IN INDIA

The origins of the city of Agra can be traced back to the days of the Mahabharata, the epic poem of Great India when it was called Agrevana, meaning "the edge of the forest."

Agra served as capital for the Mughal Empire during the 16th and 17th centuries and flourished as a center of art, drawing inspiration from Persian, Islamic, Turkish, Byzantine and Indian styles. The city has been immortalized ever since by the Taj Mahal – a magnificent marble mausoleum that epitomizes love, yet Agra has so many more monuments that tell a rich narrative of the tides and times of this era.





Accommodation in Agra:
Taj View
Website



Itinerary Overview

Tue, Feb 06th | TO AGRA

Meals Included - Breakfast, Dinner

After breakfast, drive to Agra.

Upon arrival in Agra, check-in to your hotel with views of the Taj Mahal.

In the afternoon, visit **Agra Fort**. On the right bank of the Yamuna River, is one of the most important and robustly built strongholds of the Mughals, embellished with several richly decorated buildings.

Dinner at the hotel.

Wed, Feb 07th | TAJ MAHAL VISIT & DRIVE TO JAIPUR

Meals Included - Breakfast

Visit **Taj Mahal** this morning. Agra has been immortalized by Taj Mahal - the magnificent mausoleum, which the emperor Shahjahan had built for his queen, Mumtaz and India's own jewel in the list of 7 Wonders of the Modern World. Let our storyteller guide weave tales of the mausoleum, and also the romance between Shahjahan and Mumtaz.

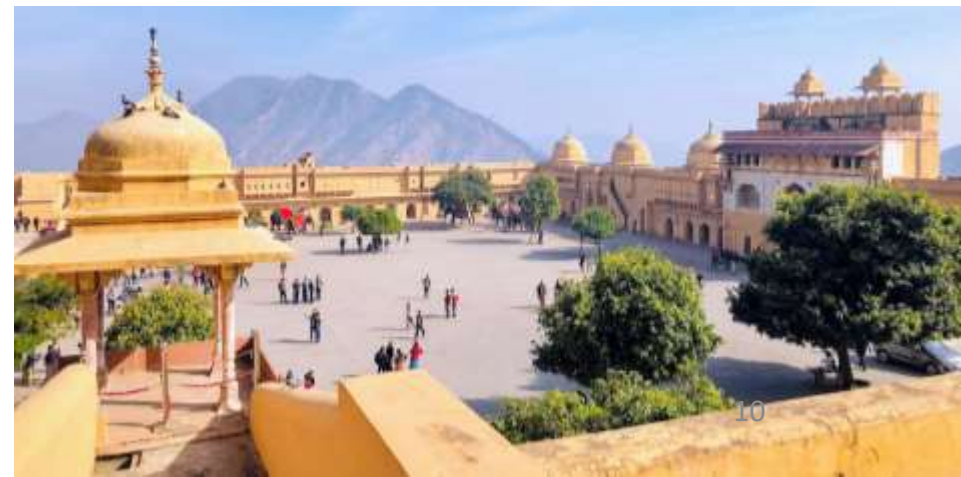
JAIPUR

3 Nights

TALE OF FEUDAL KINGDOMS, REGAL ARCHITECTURE & ROYAL LIFESTYLE

Erected during the 18th century by the ruler of Amer as a 'city of victory', Jaipur was north India's first planned city. Often known as the "pink city"; with distinctive rosy sandstone used in its construction.

Either way, the city is a beautiful symphony of the history with the present; well expressed in the planned, gridded network of streets juxtaposed with a bustling maze of by-lanes and bazaars, the traditional artisanal crafts offset against contemporary arts.





Accommodation in Jaipur:
Samode Haveli
Website



Itinerary Overview

Wed, Feb 07th | TAJ MAHAL VISIT & DRIVE TO JAIPUR

Meals Included – Breakfast, High-tea

Proceed on a drive to Jaipur. En route stop at **Abhaneri**. Visit Chand Baori one of **India's largest stepwells**, that has 3,500 narrow steps forming 13 stories and descending 30 meters (100 ft.) into the ground.

En route enjoy high-tea at hotel Umaid Palace.

On arrival in Jaipur, check-into your hotel.

Thurs, Feb 08th | DISCOVER JAIPUR

Meals Included – Breakfast, Lunch

Spend the day exploring the sights and sounds of Jaipur.

Hawa Mahal – Jaipur's most ornate and most distinctive landmark perfect for a photo stop.

Amer Fort – one of the most intricate and beautiful Rajput fortresses and the citadel of the Kachhawaha clan, highly influenced by Mughal style of architecture.

Lunch at Dera Amer – On the outskirts of Jaipur, a private retreat providing a natural habitat and a healing touch to rescued animals. Spend time with the lovely resident elephants. Relish a special organic farm fresh meal in an exclusive venue of the wilderness of Dera Amer.

The afternoon is free for some time at leisure.

You may opt to shop in the old city or explore the designer boutiques at the arcade in Narain Niwas Palace for an eclectic collection of unique handicrafts.

Encounter with **Ms. Malashri Lal** for discussion about Indian Women through the Ages.





Itinerary Overview

Fri, Feb 09th | DISCOVER JAIPUR

Meals Included – Breakfast, Dinner

Discover Jaipur's highlights today.

City Palace & Observatory: The seat of the Maharajah of Jaipur, which consists of an impressive array of courtyards, gardens, and buildings. The observatory that bears witness to Central Asia's rich legacy of astronomy.

Pink City Rickshaws: Drive through the city on eco-friendly electric rickshaws driven by well-trained women who are all from low-income households.

Jewelry & More: Visit a private museum that contains the collections of a naturalist, collector, and gemologist. The museum showcases works of decorative arts, paintings, silverware, textiles and an extensive collection of jewelry narrating a fascinating story of Indian craftsmanship.

Dinner at the home of Ms. Mita Kapur: who writes for newspapers magazines and has published books on subjects ranging from women's issues to lifestyle and food. She will share stories of food, the origins of local flavors and the significance of food to a city's life.



CHHATRASAGAR

2 Nights

AN OASIS OF LUXURY CAMPS

Surrounded by lush green fields and vast pastureland, this hundred-year-old ex-hunting estate is now an ideal destination for nature lovers and those wanting to experience traditional Indian village life in its simplistic and unfettered beauty. Jeep safaris are available for the more adventurous or enjoy the peaceful serenity of nature walks and bird watching.

The accommodations with attached baths and private sit outs overlooking the lake and verdant farmlands; an ideal spot to enjoy the breathtaking views of the sunrise and sunset with the Aravali Hills in the distance.





Accommodation in Chhatrasagar:
RAAS Chhatrasagar
Website



Itinerary Overview

Sat, Feb 10th | TO CHHATRASAGAR

Meals Included – Breakfast, Dinner

After a leisurely breakfast at our hotel, we take a ride to Chhatrasagar.

On arrival, soak into the greenery of the private estate as you check-in to the camp.

RAAS Chhatrasagar has a diverse bird life, comprising of over 200 species. Enjoy nature walks in the wilderness around the camp.

Sun, Feb 11th | IN CHHATRASAGAR

Meals Included – Breakfast, Dinner

After breakfast, morning walk through the nearby villages, meet with locals and get an insight into rural village lifestyle.

Enjoy a memorable boat ride on Lake Chhatrasagar and discover the rich mangroves and the inhabiting birdlife.



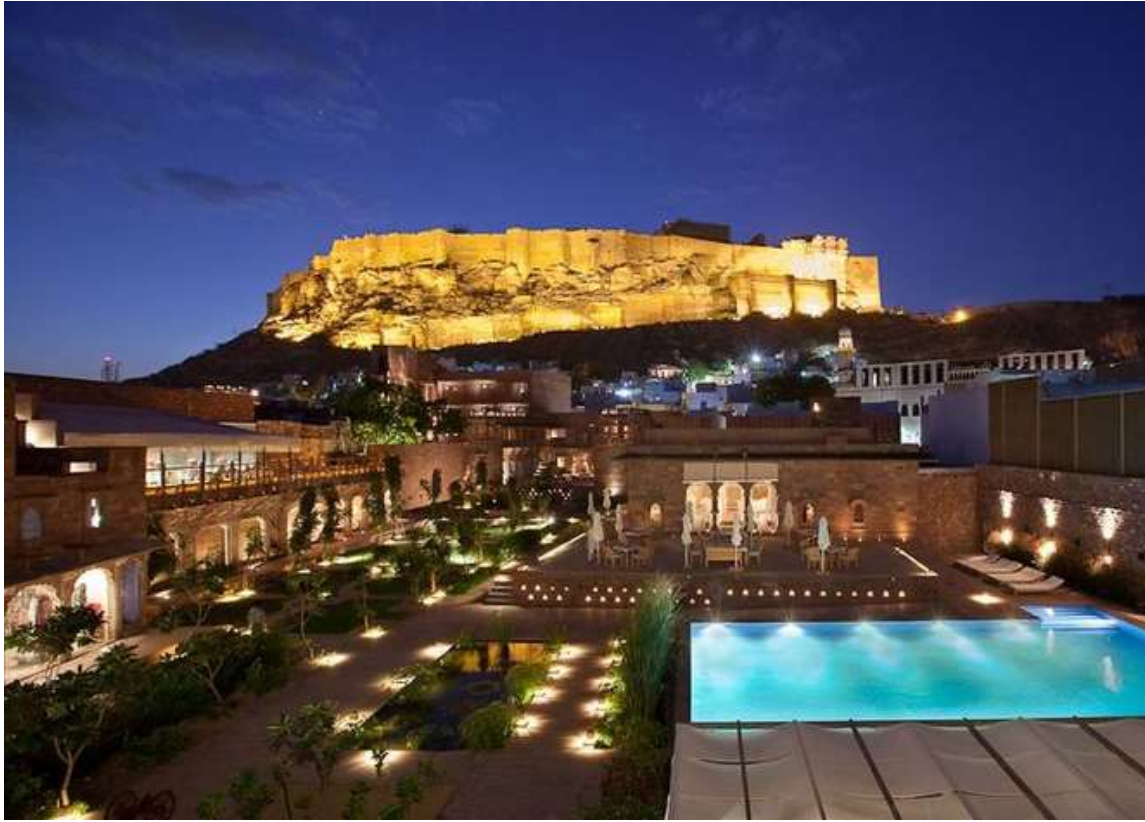
JODHPUR

2 Nights

BLUE CITY OF BAZAARS & BASTIONS

Epitomizing the romance and feudal splendor of Rajasthan with the majestic Mehrangarh Fort towering over it, the city of Jodhpur was once a flourishing trade center for opium, silk and copper. Painted a brilliant shade of blue, Jodhpur is the last bastion of fort ramparts, colorful bazaars, animated people with their storytelling traditions before the desert sands and dunes stretching away towards the horizon.





Accommodation in Jodhpur:
RAAS Hotel
Website



Itinerary Overview

Mon, Feb 12th | TO JODHPUR

Meals Included - Breakfast, Dinner

After a leisurely breakfast, proceed on a two hours' drive to Jodhpur.

On arrival, check-in to your hotel.

In the afternoon, visit the **Mehrangarh Fort**, one of the most majestic of Rajasthan's forts, described by the author Rudyard Kipling as "the creation of angels, fairies and giants." Its forbidding ramparts are in sharp contrast to the flamboyantly decorated palaces within.

Set off on a **Blue City Walk**, where numerous artisans live and work at a variety of indigenous art forms, executed on handspun textiles. Explore streets peopled with Rangrezz fabric dyers, Bandhej tie and dyers and Chippa block printers, each community preserving a distinct art form passed down over the generations.

The Blue City guards the secrets of techniques like gota-patti embroidery - needlework of flower-and-leaf motifs, zari embroidery that uses silver and gold filaments, and the danka ornate needlework of lavish embellishment.

Dinner at the hotel.

Tue, Feb 13th | IN JODHPUR

Meals Included - Breakfast, Lunch

Crafts, Communities & More: Take an interesting excursion to the villages in the outskirts where the desert tribes are residing. Visit Dhani (the smallest conglomeration of huts that can be classified as a settlement) that promises a memorable and authentic rural experience.

Discover the local village markets and drive further into the expanse of semi-arid land to the Potter's village. On the way, meet villagers and learn about their exquisite crafts and savor lunch at a village house.

SHREYAS WELLNESS RETREAT

3 Nights

AN INTRODUCTION TO INDIA'S WELLNESS & VEDANTA TRADITIONS

Located on the outskirts of bustling Bengaluru (35km) city, Shreyas Wellness Retreat is the complete antidote to the fast-paced city life. The slow stride meets you even before you enter the premises. Of course, once inside the retreat, the lush surrounds and soothing vibe embrace you immediately.

It urges you to slow down and look inwards to align the rhythms of heart, mind, body and soul. It promises a lavish wellness break with Ayurveda, Yoga and meditation practices at the core. The backdrop of a village and the comforts of an international retreat make it a unique place to align these different worlds.





Accommodation near Bengaluru:
Shreyas Wellness Retreat
Website



Itinerary Overview

Wed, Feb 14th | TO BENGALURU

Meals Included – Breakfast, Lunch, Dinner

After an early breakfast, proceed on your drive to Jodhpur airport to connect your flight to Bangalore.

Upon arrival, you will be met and driven to your wellness retreat in the outskirts of the city.

Rest of the day is at leisure for you to soak in the serene environments.

Fri, Feb 16th | IN SHREYAS WELLNESS RETREAT

Meals Included – Breakfast, Lunch, Dinner

Enjoy an early morning yoga session followed by breakfast or indulge in some Ayurvedic treatments.

Sat, Feb 17th | DRIVE FROM SHREYAS WELLNESS RETREAT TO BENGALURU AIRPORT

Meals Included – Breakfast

After breakfast, you will be driven to the Bangalore airport for your onward international flight.

Thu, Feb 15th | IN SHREYAS WELLNESS RETREAT

Meals Included – Breakfast, Lunch, Dinner

After a morning yoga session or walk through the lush property, enjoy a leisurely breakfast.

Late morning, you may want to visit the nearby villages.

The afternoon is at leisure. You may opt to experience the Ayurvedic treatments at the retreat or relax at the pool.



Interact with **Beth Harkins**, author of an award-winning debut novel, *The Possibility of Everywhere*, who will lead group discussions. Through travel across 66 countries on six continents, Beth understands how travel can transform both individuals and the world. To schedule a discovery call and learn more contact: bethharkinswrites@gmail.com

Regine Oesch-Aiyer, founder of Mindful Journeys and the Meenakshi Foundation, will lead the adventure. An Indophile with deep-rooted connections to India, she brings rich experience to her leadership on magical journeys. To schedule a discovery call and learn more contact: regine@mindfuljourneys.com



INDIA ENCOUNTER - AWAKEN THE FEMININE SPIRIT OF SHAKTI

February 4 - 17, 2024

Tour Cost

Land journey per person double occupancy \$ 9,275
Single room supplement \$ 2,225

Cost Includes:

- Double/Twin or Single accommodations in hotels mentioned in itinerary incl. taxes
- Breakfast and either lunch or dinner daily as listed in the itinerary (three meals included at Shreyas Retreat)
- All ground transportation within India
- All sightseeing, entertainment and cultural activities listed or equivalent
- All group transfers within India
- Airfare from Jodhpur to Bangalore
- English speaking tour escort
- Most gratuities

Not Included:

- Visa processing and travel insurance
- International air tickets
- Items of personal nature
- Alcoholic beverages and meals not listed in the itinerary
- Early arrival and late departure transfers

Cancellation Fees:

November 4, 2023, 30% of tour cost, December 4, 2024, 50% of tour cost and January 4, 2024 100% of tour cost. \$250 cancellation fees once deposit is received.

**For more information, or to reserve your space,
please e-mail:**

bethharkinswrites@gmail.com and/or call: 972-974-2433
regine@mindfuljourneys.com and/or call: 212-203-1239

Participant Liability Agreement

I have visited the U.S. Centers for Disease Control website: <https://wwwnc.cdc.gov/travel/> and checked the U.S. Department of State Travel Advisories and Alerts website for the Tour destination(s): <https://travel.state.gov/content/travel.html> I have read further country-specific details on these pages that could affect travel, such as entry/exit requirements, local laws and customs, health conditions, transportation, safety, risks, and other relevant topics.

In consideration of this advice and reference, I/we hereby agree to hold the Tour Sponsors harmless from any and all claims for illness and/or injury, including loss of life, and any and all expenses related thereto, and any and all other losses sustained as a result of the pandemic impacting any aspect of this journey, including its cancellation.

Travel Scope (India) Private LTD, Beth Harkins LLC and Mindful Journeys LLC, (hereinafter "Tour Sponsors") are responsible only for assisting in making arrangements with respect to all transportation, hotels and other matters of reservations and tour operations and they do not represent or act as agents for transportation carriers, hotels or other suppliers of services connected with this tour. The tour sponsor assumes no responsibility for loss, damage, injury, accident, delay or other irregularity, expenses or liability caused by the defect of any vehicle or negligence or default or any independent contractors, their employees, agents, or representatives engaged in providing services in connection with the tour or for losses, expenses or delays arising from sickness, pilferage, labor disputes, machinery breakdown, quarantine, government restraints, war, acts of terrorism, weather conditions or such other causes.

All such losses or expenses shall be borne by the tour participant. Baggage and personal effects are the sole responsibility of the owners at all times. It is understood that air tickets when issued shall constitute the sole contract between the passenger and the carrier concerned. All services are subject to the laws of the country in which they are rendered.

As a condition to acceptance of each participant, each participant represents that he/she has read the schedule of activities for this tour and recognizes and accepts any risks thereof and thereby agrees for and on behalf of himself or herself and his or her heirs, executors and administrators to abide by the conditions set forth above, and to release or hold harmless the tour sponsor from any liability, claims and demands, however caused, for delays, damage, loss, injury or death, occurring in relation to the tour, and for loss of or damage to his or her property, however occurring, during any portion of, or in relation to the tour. Prices are based on a minimum of 10 participants.

I have read the schedule of activities and responsibility for the Travel Scope (India) Private LTD, Beth Harkins LLC and Mindful Journeys LLC "India Encounter - Awaken the Feminine Spirit of Shakti" February 4-17, 2024, and accept all risks thereof. I understand and agree on behalf of myself, my dependents, heirs and agree to abide by the conditions set forth under Responsibility and to release and hold harmless Travel Scope, Beth Harkins LLC and Mindful Journeys LLC from any liability for delays, injuries, or death or for the loss of or damage to, any property however occurring in relation to the Travel Scope (India) Private LTD "India Encounter - Awaken the Feminine Spirit of Shakti" February 4- 17, 2024.

Signature..... Date.....
Print Name.....
Signature..... Date.....
Print Name.....

INDIA ENCOUNTER - AWAKEN THE FEMININE SPIRIT OF SHAKTI
February 4 - 17, 2024
Participation Form

Name 1 Please print your name as it appears on your passport

Name 2 Please print your name as it appears on your passport

Address_____

City_____ State_____

Zip_____

Phone (H) (Cell) _____

Please circle one of the following choices:
Double/Twin room, rooming with

Single room

I would like a roommate, if not available, I agree to pay the additional charge of \$2,225

I have read the "Participant Liability Agreement" clause and agree to the terms therein and am returning the signed form along with my registration.

Enclosed is my deposit check for \$2,000 per person

Final payment is due November 4, 2023

American Express, Visa or MasterCard are accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

8 Copper Beech Lane

Great Barrington MA 01230