

Meditation/Nature to the Source of the Ganga

October 5–October 20, 2018

With Ajayan Borys & Dr. Keesha Ewers

Essential Information & Retreat Conditions



With your act of participation in this program, you are assuring us that you have read, understood, and accepted the below information and retreat conditions.

Himalayan Retreats International and Dr. Keesha, LLC, and its advertisers, hosts, sponsors, associates, and affiliates, are acting solely in the capacity of teachers and organizers for you in presenting and/or obtaining the travel arrangements as outlined in the Retreat Itinerary.

Registration and Deposit: A completed Retreat Registration Form along with a \$1500.00 (all funds mentioned herein are in US dollars) deposit must be submitted for each participant (see page 5), at least 60 days prior to the beginning of the retreat. The deposit is fully refundable up until 60 days prior to the beginning of the retreat/tour (retreat begins October 5, 2018). Deposit will not be refunded if cancellation occurs within 60 days of the beginning of the retreat/tour.

Full Payment: Full payment, including the above-mentioned \$1500 deposit, of \$3975.00 for double room, or \$4475.00 for single room per person is due no later than the 5th of August 2018 (see page 6). If retreat registration occurs after August 5, full payment including the deposit will be due upon confirmation of space.

Early Registration Discount: If you submit your retreat registration form with a \$1500.00 (USD) deposit by May 1, 2018, you will receive a \$300 discount off the cost of the retreat. This will come off of the balance of your payment.

Cancellation: A full refund of all monies paid will be given if notice of cancellation is received prior to August 5. No refund is available for cancellations made by you or any other person, for

Retreat Information and Conditions

Himalayan Retreats International • 25546 SE 159th Street, Issaquah, WA 98027 • USA

Phone: (425) 677-5451 • e-mail: ajayan@ajayan.com

any reason, on/after the August 5, 2018. Please consider taking out travel insurance to protect yourself from losing your money due to unforeseen circumstances leading to a cancellation. Read your insurance brochure carefully to ensure you understand the cancellation coverage.

Retreat Cancellation Due to Lack of Retreat Participants: Six retreat participants is the usual minimum for the retreat to be held. Should the number of participants fall below 6, Himalayan Retreats International may, at its sole option, cancel the retreat. If the retreat is cancelled for this reason, you will receive a full refund.

Air Tickets: Himalayan Retreats International is not a travel agent, and we do not sell airline tickets. You will need to make your flight arrangements on your own. Please confirm with Himalayan Retreats International that a sufficient number of participants have registered before purchasing your air ticket.

Insurance: Travel Insurance is optional but recommended. You can find a number of travel insurance companies on the Internet, or ask your travel agent.

Passport & Visa: Passport and visa is required for India. Please ensure that your passport is current and valid for a minimum of 6 months after your intended return date to your home country. A tourist visa for India can be obtained from the Indian Consulate. (US applicants see enclosed visa application. **We suggest listing the objective of travel as “tourism” in the visa application form.**) Passports may take 6 or more weeks to obtain, and visas two to three weeks. Expedited service is available at extra cost.

Immunizations: Immunizations are a personal decision. Please see your doctor or a travel medicine clinic for current recommendations.

Budget: It is difficult to advise you how much money to bring, since people's requirements differ greatly. You should, however, allow for the following expenses: **snacks (other than regular included meals), bottled water (or bring a filter), tipping** (a way of life in India; even locals will usually tip someone who has provided them with a service). **Clothing & Souvenirs** - will of course vary greatly according to individual need. India is a superb place to purchase clothing, jewelry, arts and crafts, carpets, etc., at excellent prices compared to Western countries, so know yourself and come prepared.

Not Included in Retreat Cost: Airfare, insurance, bottled water, souvenirs or any items of a personal nature, laundry costs, snacks, telephone calls, visa and passport costs, Indian airport exit tax (currently not charged, but this charge could be reinstated), medical expenses, tips other than for provided transportation.

Facilities: Travel: Depending upon the size of the group, we will be traveling either in chauffeur-driven SUVs or tourist coaches. Care is given to employ safe, experienced drivers, but by taking part in this tour, you agree that Himalayan Retreats International is not to be held liable for any accident or injury that might occur during the course of the tour from any cause.

Meals: Meals are included in the course fee. We will be eating local (North Indian) cuisine prepared at local hotels and restaurants (except when we picnic on the Ganga). We'll be using restaurants that have been found by us to be safe in the past, but by taking part in this retreat, you agree to take full responsibility for your own health and safety. You further agree that

Himalayan Retreats International is not to be held liable for any illness you may experience from food or water contamination or from any other cause. **Rooms:** In Delhi, Rishikesh, and Uttarkashi we'll be staying at the equivalent of 3-star hotels, all with private baths and very comfortable, even by Western standards. For the three nights in Gangotri we will be staying at the most modern and comfortable tourist facilities available. Most Westerners find these more than adequate, but please keep in mind that this is the Indian Himalayas, and in Gangotri, the best facilities are fairly basic. Most but not all rooms have an attached bath, for instance, but as of our last trip, no hotel or ashram in Gangotri had heat or running hot water (the course cost includes an optional daily bucket of hot water for each participant for bathing; there is running cold water).

A Note on Food & Water: Please don't drink the tap water in India. You will have the opportunity to purchase bottled water. Please make sure the bottles have been properly sealed before purchasing them. Avoid eating fruit and vegetables from the streets and local restaurants (except fruit that needs to be peeled), and avoid drinks with ice cubes in them. Very oily food is also best avoided for sensitive stomachs.

Climate: The weather in North India during October varies considerably from the low elevations of New Delhi/Rishikesh to the high elevations of Gangotri. Be prepared for temperatures in the 90's (Fahrenheit) or even higher at the low elevations, with warm evenings. At the higher elevations, temperatures may range between 50 and 75 degrees during the days, and even down to freezing at night. Typically, the October is clear and sunny throughout Uttaranchal, but come prepared for an occasional shower.

Altitude: This retreat involves travel to high altitudes (Uttarkashi is 3,500 feet and Gangotri is over 9,000 feet). Though we will be ascending as slowly as our schedule permits (see itinerary), and will be taking care to minimize exertion to allow for altitude acclimatization, if you may have any health condition that could become problematic at high altitudes, please consult your physician, and let us know of your physician's recommendations. Note that hiking to Gaumukh (the glacier from which the Ganga flows at 12,000 feet) is not a part of this tour and is discouraged for safety reasons.

Roommates: Participants can reserve single-room accommodation (for a single room supplement charge of \$500 USD). Those requesting that we assist them in selecting a roommate may be subject to a single room supplement charge if a suitable roommate cannot be found. We will make every effort to find an appropriate roommate, but we cannot be held responsible for this suitability. Should you decide to change roommates, or select a single room while the retreat is in progress, you will be responsible for the cost of your single supplement—and the cost of the single supplement of your originally assigned roommate if a new suitable roommate cannot be found for that person.

Money: Check current exchange rate between your currency and the Indian Rupee at your local bank. Traveler's checks in various currencies can be exchanged at commercial banks in New Delhi and Rishikesh, but not beyond. Likewise, most major credit cards are good for purchases in New Delhi, Rishikesh, and in some cases Uttarkashi, but not in Gangotri.

Electricity: Electric current is 220 volts AC. Two different wall plugs are commonly used in India: the round, two thin pins, European and Middle Eastern style, and the round, two thick

pins used in parts of Great Britain. The latter is perhaps somewhat more commonly found in North India.

Time: In October, India is twelve and a half hours ahead of US Pacific Time. For instance, when it is noon in Seattle, it is 12:30 a.m. the next day in Gangotri.

Telephone/e-mail availability: High-tech has hit even the Himalayas. Internet cafés abound in Rishikesh. Phone lines have been run even into Gangotri in the past few years, and there is a post office, so communication with home is readily available.

Prohibited Substances: As this course/tour is designed to offer instruction in yoga and meditation (beginning through advanced, in accordance with each participant's previous experience), for the sake of the effectiveness of the course, we ask that all participants refrain from drinking alcoholic beverages as well as from using non-prescription drugs (other than aspirin, etc.) during the entire course of the program. We also do not allow smoking in any vehicle on the tour, or in any of the rooms (smoking in your hotel room in Delhi is okay). Thank you for your consideration.

Meditation/Yoga Instruction: This is not only a sight-seeing tour and a pilgrimage to one of India's most revered holy spots, but also a meditation instruction retreat. Ajayan has been teaching various forms of meditation since 1973 and is widely considered a consummate instructor of meditation. (For more information, please see [Ajayan's bio.](#)) He will also teach various yogic breathing exercises (pranayama) designed to deepen the meditation experience. Most of these practices were developed and preserved over the centuries by yogis in this very area of India. For instruction in yogasanas, we will engage local yoga teachers, depending upon availability (for those who wish to take yoga classes in addition to Ajayan's meditation classes).

Instruction in Ayurveda: [Dr. Keesha](#) will be discussing Ayurveda and will help you understand your own personal constitution and how to care for yourself in the way your body is asking you to.

Suggested Items to Bring: Please see separate sheet: "What to Bring."

Responsibility: Himalayan Retreats International acts only as an organizer for tour operators, hotels, ashrams, ground transportation, and other contractors. Himalayan Retreats International is not to be held responsible for any loss or damage to baggage or property, injury, illness, accident, cancellations, amendments to itinerary, delays, acts of God, unforeseen circumstances, error, or negligence of any person, strikes, civil disturbances or any other disturbances of any kind that interfere with or add cost to the services requested. Himalayan Retreats International will make every effort to provide the most up-to-date information, and efficient, reliable, and comfortable travel arrangements, as well as expert instruction in yoga and meditation. Nevertheless, Himalayan Retreats International will not be liable for any dissatisfaction with accommodation, instruction, or services experienced by any participant. Further, participants agree to be fully responsible for their own safety throughout the tour. Himalayan Retreats International must reserve the right to cancel the retreat, or amend the itinerary, at any time we deem prudent or necessary to ensure the safety of all

participants. Again, Travel Insurance is recommended to protect you in the unlikely event of such a cancellation.

Illness or Disability: Anyone suffering from any illness or disability or undergoing treatment for any physical or medical condition must declare the true nature of such condition at the time of booking and make arrangements for the provision of any drugs or other cause of treatment which may be required during the retreat.

Retreat Facilitator: In the unlikely event of one or both of the retreat facilitators being unable to take the journey due to illness, accident, illness/accident of a family member, or for any other unforeseen reason, Himalayan Retreats International reserves the right to employ another retreat facilitator in his/her place.

Retreat Registration Form

Source of the Ganga Meditation & Nature Retreat/Tour

October 5–October 20, 2018

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone(s): _____ E-mail: _____

Do you practice yoga? _____. If yes, circle one: Beginner Intermediate Advanced

Do you have previous experience meditating (yes/no): _____. If yes, please specify method and how much experience: _____

(Note: previous experience is not required. Instruction in meditation and yoga will be given in accordance with each person's individual needs and level of practice, if any.)

To reserve your place on the retreat, please pay your deposit online at <https://effortlessmind.samcart.com/products/himalayan-retreat-deposit/> and email this completed form to ajayan@ajayan.com. Alternatively, you mail make a check made out to Himalayan Retreats International for \$1500 (US), and mail with this form, **at least** 60 days prior to the beginning of the retreat, to:

Henry Borys
Himalayan Retreats International
25546 SE 159th St.
Issaquah, WA 98027
USA

For inquiries, phone me at 425-677-5451 or E-mail: ajayan@ajayan.com

I understand that this deposit is fully refundable up until 60 days prior to the beginning of the retreat/tour (retreat begins October 5, 2018), but that this deposit will **not** be refunded if cancellation occurs within 60 days of the beginning of the retreat/tour.

Signature: _____ Date: _____

Final Payment Form

A final payment, including the \$1500 deposit, of \$3975.00 for double room, or \$4475.00 for single room per person is due by the 5th of August 2018. This amount will be reduced by \$300 if you qualified for the early registration discount. (See page 1.) Please make check payable to Himalayan Retreats International, and send with completed payment form to:

*Henry Borys
Himalayan Retreats International
25546 SE 159th St.
Issaquah, WA 98027
USA*

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone(s): _____

PASSPORT DETAILS - Please Print (Please include a copy of your passport).

Name & Title (as per passport): _____

Nationality: _____ Passport No: _____

Date Issued: _____ Date Expired: _____

Where Issued: _____

Do you have any special requirements e.g. meals, medical etc.? _____

Date of Birth: _____ Place of Birth: _____

Will you take out travel insurance? Yes/No _____ Smoker/Non-smoker? _____

Name, address, and phone # of contact person not traveling with you: _____

I have read, understand, and accept the *Essential Information & Retreat Conditions* for “Meditation & Nature Retreat/Tour along the Ganga, from Rishikesh to Gangotri.”

Signature: _____ Date: _____