

Presented By



JOIN US FOR A

# Yoga and Meditation Retreat in India

A TRIP TO REMEMBER  
12 DAYS, 11 NIGHTS

TOUCH  
DEEP  
WISDOM-  
YOGA &  
CULTURE

28 JANUARY -  
8 FEBRUARY 2025

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*Imagine immersing yourself in the sights and sounds of incredible India on this journey of self-discovery when you join us for a Yoga and Meditation Retreat and Cultural Tour to North and East India.*

*India is the birthplace of Yoga and has been a place of deep spiritual practice for millennia - a retreat in India is a journey to the deepest reaches of the self.*

*Touch Deep Wisdom over 12 days in India. Your inspirational and highly experienced, retreat leader is Sal Flynn, Yoga therapy educator, psychotherapist and mindfulness trainer.*

*India can be a challenging place to visit. Language, culture and, crowds can make travelling to India intimidating. We make it easy for you to enjoy the best of North and East India in a safe and fun way. Come see the real India with us.*



## WHY IS THIS TRIP DIFFERENT?

We take all the hard work out of booking a trip to India, saving you time and money.

- By sourcing the best sites to see and the best places to stay and eat
- Your retreat is combined with travel to North and East India's top cultural and spiritual destinations
- Experience a retreat with one of Australia's leading Yoga retreat leaders, Sal Flynn
- We work with specialist travel agents, Bhutan & Beyond who have decades of experience
- They provide excellent customer service starting from the time of your booking
- Detailed, up to the minute travel advice, including visas, currency, flight booking – critical when travelling to India
- They work directly with a travel partner on the ground in India
- It will be a trip to remember

# RETREAT & TOUR HIGHLIGHTS

- 14 Yoga, meditation, relaxation and mindfulness sessions
- Internationally acclaimed retreat leader and group facilitator, Sal Flynn
- 4 and 5 Star hotel accommodation.
- Destinations include Kolkata, Varanasi, New Delhi and Agra
- Travel with like minded people

## KOLKATA

- Explore Kolkata, the "Cultural Capital" of India
- View the vibrant Flower Market
- Enjoy a walking tour of the historic Dalhousie area
- Witness artisans at work at the Kumartuli (Potters Quarter)
- Visit the Mother House where Mother Teresa lived and worked

## VARANASI

- Walk the ancient streets of the oldest continuous living city
- Wind your way through the hidden alleys of the Northern Bazaar
- Enjoy the flower market & Manikarnika Ghat (Cremation Ground)
- Visit Sarnath where Lord Buddha gave his first sermon
- Join pilgrims performing rituals on the banks of the Ganges River
- Immerse yourself in the sacred evening Aarti Ceremony
- Watch the sunset from a private boat on the Ganges

## DELHI

- Take a cycle rickshaw through the narrow, bustling alleyways of the fabled Chandni Chowk
- View Humayun's Tomb, UNESCO World Heritage Site.
- Visit Jama Masjid, one of the largest mosques in India
- Explore Gandhi's House & Museum
- Attend evening Aarti and Kirtan, dedicated to Lord Krishna at the ISKCON Temple
- Dine at Govindas Restaurant at ISKCON Temple
- Marvel at the Bahai Lotus temple

## AGRA

- Visit the architectural masterpiece that is the Taj Mahal
- Explore Agra's city's hidden laneways, bustling spice market, and religious mosques and temples.





# Yoga and Mindfulness Retreat

The India experience is both exhilarating and challenging, offering the visitor the opportunity to be deeply moved by being immersed into this extraordinary country and ancient culture.

Over 14 Yoga, mindfulness and meditation sessions, we will draw from the vast wisdom of yoga practice using Asana (postures), Pranayama (breathing practices) and Meditation to make contact with our innate wisdom that is a vast resource of strength and compassion.

In each morning practice session we will draw on the element of Earth, building the strength and resilience we need to explore change and enliven our energy, preparing us to be inspired by the beautiful landscapes and culture. We will connect with the transformative element of Fire that clears the obstacles standing our way, so we can allow creativity and wisdom to be revealed.

The afternoon practice will be restorative, quietening and calming, leading us to a period of stillness and reflection to move into the deeper realms of this ancient and sacred science of yoga. You will refresh your energies, reveal new clarity, and experience more lightness and inspiration.

This retreat is suitable for you whether you are a beginner or experienced Yoga practitioner.



# INTERNATIONALLY ACCLAIMED RETREAT LEADER AND GROUP FACILITATOR

## SAL FLYNN

Sal Flynn is a very experienced retreat leader and group facilitator. She is also a highly engaging Yoga therapy educator and mentor. Sal has a private counselling and psychotherapy practice in Australia.

Sal is also trained to deliver the Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) programs.

Her formal and informal training blends the disciplines of Yoga, psychotherapy, education, contemplative practice, the arts and mind/body awareness practices.

Underpinning her work is nearly 40 years of practice and study in the eastern traditions, along with education and internships in Western psychotherapy and Yoga therapies both in Australia and India. Sal Flynn began practicing yoga more than 40 years ago and her practice is rooted in the tradition of Sri Krishnamacharya.



## 28 JANUARY 2025

- Arrive in Kolkata late in the evening and transfer to your hotel
- Overnight Hotel Kenilworth

## 29 JANUARY 2025

- Morning Yoga
- Breakfast in the hotel
- Enjoy a city tour of Kolkata
- Visit the vibrant Mulik Ghat Flower Market
- Appreciate the intricate artwork of the Jain Temple
- Lunch at a local restaurant
- Admire the architecture of the Dakshineswar Kali Temple
- Time permitting, visit Belur Math, dedicated to Sri Ramakrishna Paramahansa
- Afternoon Yoga
- Dinner at hotel
- Overnight Hotel Kenilworth



# KOLKATA

Kolkata is known as the "City of Joy" because of its embodiment of culture, traditions, literature, history, food and more.

Kolkata, the capital of West Bengal, India, is a city steeped in history and culture. Once the capital of British India, it's renowned as the "Cultural Capital of India." Home to iconic landmarks like the Victoria Memorial and Howrah Bridge, the city boasts a rich literary and artistic heritage, with luminaries like Rabindranath Tagore.

Kolkata's festivals, diverse cuisine, and religious harmony contribute to its unique charm. The city is a hub for education, with prestigious institutions, and plays a vital role in trade and commerce.

Its blend of tradition and modernity, evident in its architecture and lifestyle, makes Kolkata a captivating destination.

*"The trip to India more than lived up to my expectations. Thank you so much for organising such a wonderful combination of yoga, beautiful locations, stunning resorts and the opportunity to see some of this unique country."*

*"Our group adventure was hassle free, stress free and we saw the best of India with its "colour and chaos" as part of our experience. The air conditioned coach gave us the opportunity to travel in comfort. I look forward to my next adventure with you." - Ruth Campbell.*

## 30 JANUARY 2025

- Morning Yoga
- Breakfast at your hotel
- Continue with your city tour of Kolkata
- Historic Dalhousie Walk
- Lunch at a local restaurant
- Visit Kumartuli, Potter's Quarter known for its clay idol-making tradition
- Visit Mother House and reflect on the life and work of Mother Teresa
- Afternoon Yoga
- Dinner at your hotel
- Overnight at Hotel Kenilworth



## 31 JANUARY 2025

- Breakfast at your hotel
- Board a morning flight to Varanasi
- Lunch
- The afternoon is at leisure
- Board a sunset boat ride on the River Ganges, which offers a serene and spiritual experience. Witness the captivating rituals and ceremonies along the ghats
- Walk through the narrow lanes of Varanasi and soak in the atmosphere
- Dinner at your hotel
- Overnight at The Amaya hotel.

*"Thank you for organising an excellent trip. A good balance of yoga, relaxation, fun, and excellent food and accommodation. The beautiful resorts were an excellent backdrop for the yoga and a pleasant foil for the bus trips, jeep trip, markets and sightseeing."*  
- Jo Daniels.

# VARANASI

Situated along the banks of the sacred Ganges River in Uttar Pradesh, Varanasi is one of the world's oldest and holiest cities. Revered as a spiritual hub for Hindus, it is adorned with numerous ghats hosting rituals and ceremonies.

The city is renowned for the Kashi Vishwanath Temple and its vibrant cultural heritage.

Nearby Sarnath adds a touch of Buddhist history. Varanasi's weaving tradition produces the famed Banarasi sarees, and its lively festivals and evening boat rides along the Ganges make it a captivating destination, blending spirituality, culture, and tradition

## 1 FEBRUARY 2025

- Morning Yoga
- Breakfast at your hotel
- Enjoy the Northern Bazaar Walk and get a glimpse of the culture, ancient architecture and bustling markets
- Visit Kachuri Gali (Food Street), Thateri Bazaar, Perfume market, Flower market and Manikarnika Ghat (Cremation Ground)
- Lunch at a local restaurant
- Afternoon is at leisure
- Enjoy an open rickshaw ride to Dashwasamedh Ghat to enjoy sunset evening Aarthi from a private balcony
- Flames dance in the hands of devout priests, hymns fill the air, and incense weaves mysticism. A mesmerizing spectacle unfolds, where ancient rituals bridge the earthly and the divine
- Dinner at hotel
- Overnight at the Amaya Hotel.



## 2 FEBRUARY 2025

- Morning Yoga
- Breakfast at your hotel
- Book a spa treatment (additional cost) or return to the Northern Bazaar for a shopping trip
- Lunch at a local restaurant
- Visit Tulsi Manas Temple, which is dedicated to Lord Rama and known for its walls adorned with verses and scenes from the Ramcharitmanas, an epic poem narrating the life of Lord Rama. The temple provides a serene atmosphere for devotees and visitors.
- Afternoon Yoga
- Dinner at hotel
- Overnight at the Amaya hotel



## 3 FEBRUARY 2025

- Morning Yoga
- Breakfast at your hotel
- Enjoy an excursion to Sarnath - a sacred pilgrimage site where Lord Buddha delivered his first sermon. Echoes of enlightenment permeate the ancient stupas, serene gardens, and the Dhamek Stupa
- Visit the Ruins of Sarnath, Buddha Temple, large Buddha statue, Archaeological Museum and deer park
- Lunch at a local restaurant
- Afternoon is at leisure
- Afternoon Yoga
- Dinner at your hotel
- Overnight at the Amaya Hotel.



## 4 FEBRUARY 2025

- Morning Yoga
- Breakfast in your hotel
- Lunch at a local restaurant
- After lunch fly to New Delhi
- Dinner at your hotel
- Overnight stay at Hotel JP Vasant Continental.

*"This was a genuine, comprehensive and well organised Yoga and meditation retreat and tour to India. Our accommodation was wonderful and yoga venues were clean, spacious and well equipped. The tour guides on the ground in India were friendly, courteous and knowledgeable and more than willing to interact with our group, sharing information and providing an insight into this fascinating and diverse country. I feel like I have had a small taste of the 'real' India rather than the usual hackneyed tourist sites that are so often fed to visitors. Special mention needs to be made of the generous and capable tour leader, Sal Flynn who drew it all together with enthusiasm, professionalism and good humour."*  
- Susanne Allcock

# DELHI

The capital of India, Delhi is home to 16 million people, making it the third largest city in India. The strategic location of the city made it an attractive location for invading armies, and it served as the capital for many great empires that ruled India. Many of these Empires built significant monuments, and whilst the Mughal and the British are the most visible, while driving through the city you will see ruins from previous capitals, the earliest dating back to the 12th century.



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## 5 FEBRUARY 2025

- Morning Yoga
- Breakfast to your hotel
- Enjoy a sight seeing tour of Old and New Delhi
- Drive by the Red Fort
- Visit Jama Masjid - the Great Mughal Mosque, one of the largest in India
- Hop on a coloured rickshaw and travel through the fabled Chandni Chowk.
- Lunch at a local restaurant
- Visit Gandhi's House and Museum
- Drive by Lutyens Delhi and India Gate
- Optional Qutab Minar - time permitting
- Afternoon Yoga
- Dinner at your hotel
- Overnight stay at JP Vasant Continental Hotel



## 6 FEBRUARY 2025

- Morning Yoga
- Breakfast at your hotel
- Visit Humayun's Tomb, UNESCO World Heritage Site, a blend of Persian and Mughal design
- Lunch at a local restaurant
- Visit Kalka Mandir, a famous Hindu temple
- Lotus Temple, an architectural marvel and Bahai House of Worship
- Explore the Iskcon Temple and attend evening Aarti & Kirtan, dedicated to Lord Krishna followed by dinner at Govinda's Restaurant in the Iskcon Temple
- Overnight at the Hotel JP Vasant Continental

## 7 FEBRUARY 2025

- Morning Yoga
- Breakfast to your hotel
- Drive to Agra
- Lunch
- Enjoy some time at leisure
- Enjoy a walking cultural tour of Agra, explore hidden laneways, spice market and mosques and temples
- Sample treats at a 200 year old sweet shop
- Enjoy an evening view of the spectacular Taj Mahal
- Dinner at your hotel
- Overnight Grande Mercure Hotel



## 8 FEBRUARY 2025

- Enjoy a sunrise visit to the Taj Mahal. Described as the most extravagant monument ever built for love
- Breakfast at your hotel
- Visit Agra Fort, another World Heritage site
- Lunch at a local restaurant
- Return to Delhi for your evening flight home
- Optional: overnight at airport hotel (additional cost)

# AGRA

This was the seat of the mighty Mughal Empire before it shifted its capital to Delhi, and it is home to some of their most inspired architectural creations including the Taj Mahal. In the 16th and 17th century, the Mughal Courts were at their most powerful. They were great patrons of the arts, and Agra attracted artisans, poets and musicians from across India as well as Persia and Central Asia, transforming Agra into a cultural and architectural paradise



# RETREAT TOUR COST

## EARLY BIRD -

The tour cost is INR 353 413 per person.

Price will vary depending on the exchange rate.

It is currently approximately AUD \$6796 per person twin share early bird for the first 6 people to register.

## FULL PRICE -

Then INR368992 per person once the early bird is full.

(AUD \$7096 per person approximately)

## SINGLE SUPPLEMENT -

Single Supplement is INR 75 325 (approx AUD \$1448) per person

International Airfares are additional.

To Book: -

\$A500 deposit due at the time of booking.

\$A750 due within 7 days to Bhutan & Beyond.

Airfares due once minimum numbers are met

Balance due 12 December 2024

Deposit payments can be made by [CLICKING HERE](#)

or cut and paste this link

<https://yogatherapyinstitute.com.au/events/yoga-meditation-retreat-to-north-east-india/>

*"What a great trip! I had THE most amazing time in India with Sal Flynn and the other yoginis thanks to the great itinerary. So much to see and do – vibrant colours, great sight-seeing, fabulous accommodation, delicious food and such inspiring and yet calming yoga and meditation with Sal. So humbling to be in India, to walk the path of the great yogis and to also have such an amazing time filled with great memories. Thanks for a marvellous and awe inspiring journey"  
- Sharron Williams.*



# TOUR INCLUSIONS

11 Nights' accommodation on Twin/Double sharing basis including all existing taxes.
Accommodation on full board basis daily (Breakfast, Lunch and Dinner)
Meeting and assistance on arrival / departure by our airport representative
Air-Conditioned Mini Coach
Transfers from airports to hotels and vice-versa
All sightseeing, excursions and surface travel as per the tour itinerary
Services of English-speaking local city guides during excursions, as per the itinerary
All monuments' entrance fees are included, as per the itinerary.
Rickshaw Rides in Varanasi, Delhi and Agra plus Sunset boat ride on River Ganges Varanasi
Morning and evening Yoga, as per the itinerary.
Two domestic flights
Current applicable taxes

# TOUR EXCLUSIONS

1. Items of personal nature - such as laundry, drinks, telephone bills, tips etc.
2. International airfares.
3. Visa fee for India to be arranged and paid for directly by the participant.
4. Travel & Health Insurance to be arranged and paid for directly by the participant.
5. Airport taxes and fuel surcharges, which are subject to change without notice.
6. Anything not mentioned in the inclusions listed above.

# TERMS & CONDITONS

Payments are non-refundable unless the tour is cancelled.

In the unlikely event of an increase in Indian local taxes, that will be passed on to you.

The itinerary is subject to minor changes due to the nature of travel in India  
Click here to read the Yoga Therapy Institute [Terms & Conditions](#)

[Please click here to read the terms and conditions](#) on the Bhutan & Beyond website.

## Contact Us

For more information please contact:

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