

SPIRIT JOURNEY

Oshri Center team Offering

India Oct -06 - 24th, 2016

“Follow the Buddha...”

A Journey from Rishikesh to Varanasi.

Lodging and Dining | Hiking | Indian traditional Teaching | Yoga | Qi Gong | Buddhism | Meditations | Taoism | Dry Fasting |

This Spirit Journey takes you to the ancient lands of India. The Journey will open in Delhi. We will then take a short trip to Taj-Mahal to see this wondrous temple that was built as a burial temple for the king's wife.

We will then ride to Rishikesh and continue several days there with Yom Kippur Fasting. Yoga, Meditations, Ashrams and Nature. We will drive via Native Indian villages and visit mountain region to meet Authentic Gurus of

Yoga. From there we'll flow to the sacred valley of Banaras and the holy town of Varanasi. We will visit sacred places, meet teachers, and take a trip to Bhod Gaya, the place where Buddha found the light. Our Experienced Teachers will support your inner journey and different rituals and will support the process of your internal change and growth.

We will experience raw food cuisine of few days and into a full day of complete fasting, on the traditional day of Yom Kippur (atonement day). We will experience different Yoga practices, visit historical places, and enjoy real Indian food.



Journey includes:

- **Yoga training** – We will meet different teachers and practice several styles of Yoga. The main goal is to stretch the body, increase balance, develop concentration and strengthen the mind over body.
- **Shamanic Journey** - a guided journey to the subconscious realm- with accurate guidance and drum sounds we can enter into the depths of the subconscious notion, meet our Totem animals and spirit guides. This connection to the soul, is very deep and profound, and requires an open mind, and practice.
- **Fire ceremony** – Welcome the fire as one of the four elements, we will light sacred fire and create a safe circle for sharing and singing.
- **Puja Ceremony**- ancient ceremony of blessing energy and “local” gods, according to the Indian tradition.
- **Meditations Vipassana style** – The most authentic style of meditation, taught by Buddha after reaching enlightenment. He decided to serve human beings by teaching Vipassana all over India and neighbour countries. We will practice several times, understanding the basics of the technique.

Other Activities - Hiking, rivers, natural pools, Yoga, Tai - Chi, Qi-Gong, Local Markets, *horseback riding & Rafting (optional).

Accommodation- in shared room, Guest-houses or home visits (for single accommodation additional cost and by prior arrangement, please notify us)

Contact

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Investment

\$ 2,500 Early Bird until 25th August, 2016

\$ 2, 800 Full Payment until 06/09/16

\$ 1,000 Deposit due by 15/08/16

In case of an unforeseen reason -100% refund of deposit before 6th Sep.2016.

After the 06/09/16 there will be no refund upon cancellation. With your forgiveness.

Cost includes:

- Accommodation in shared rooms (twin or common rooms)
- Two meals a day (breakfast and Lunch/Dinner) - vegetarian.
- Transport arrangements
- Entrance to sites according to the plan
- All workshops and activities within the program (not includes optional)

Cost does not include:

- Flights, domestic flights, taxes and surcharges.
- Accommodation in a single room - an extra \$ 500.
- Medical insurance: Each traveller is to make own health insurance and luggage.
- Insurance is a must! - We will need to get a copy.
- Medical protection and injections, by own means and responsibility.
- Visa to India – self responsibility

The Organising team is not responsible for any damage to any traveller or their belongings during the trip due to an accident, theft or damage to property or body.

IMPORTANT

- Visas - Save the confirmation page entry.
- Arrival- independent of Delhi, India.
- Departure - The trip ends in Varanasi and we will arrange ground transportation to Delhi.
If you wish to fly – you need to arrange it yourself
- Registration - Deposit \$ 1000 per participant till the 15/08/16
- Cancellation fees \$ 500 until 01/9, after this date full cancellation fees in the amount of registration fees)
- Payment in full by the 06/09/16.

What to bring?

Warm and light clothes | towel + swimsuit | one night outfit | hat and walking shoes | mosquito lotion | notebook | Souvenirs to locals | gesture gifts to teachers | Raincoat | Camera | light backpack | your favourite snacks

Instructors/guides/trip leaders -

Ofir A, age 44, 18 years healer and instructor of workshops around the country and the world | live about 7 years in New - Mexico USA among Indians and trained four years as a Shaman instructor and therapist by the Internationally known teacher - Ariadni Green ,urban shamanism. Lives now in Mexico for the last 3 years. He is a Reiki master, yoga instructor and meditation, alternative natural medicine therapist and visionary shaman.

Ophir Biran, 44, Chinese medicine practitioner for 20 years.

Reiki Master, Master of Tai - Chi and Qi Gong. A practitioner of over 20 years in the martial arts and a long learning experience in Asia. In recent years, practice shamanism and lives in Costa Rica.





Join us on this once in a lifetime journey





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