



DEEP YOGA

Ancient Wisdom for Modern Times

Application & Registration Forms

Deep Yoga India Yatra: A Spiritual Adventure with Laura Plumb

February - March 2016

Welcome to the India trip application/registration process!

This trip is for the spiritually mature person. We will be spending large portions of our trip UNPLUGGED to best connect with the places we're visiting - and with your own deeper self. To determine whether this trip is for you, we'd like to ask you to consider these following questions. This will help ensure the best possible trip for you and those you are traveling with.

1. *How long have you been practicing yoga? What does your practice mean to you?*
2. *Do you have a meditation practice? What has it brought to your life?*
3. *Are you comfortable in silence? Please elaborate.*
4. *Have you traveled to developing countries before? How was that experience?*
5. *Why do you want to take this trip? What gifts do you see this trip bringing you?*
6. *Is there anything else you want us to know?*

You can copy and paste these questions into an email and send with answers to lauraplumb@san.rr.com, or mail it to us with the information and signature on the last page. Address is below.

Travel Itinerary

There are two parts to the trip. The first will be to the South where we will stay for a week in an eco village in the jungle for 7 days of Ayurveda. From there we visit Ramana Maharshi's home and walk his beloved Arunachala. We finish in the former French colony of Pondicherry where Sri Aurobindo lived and created a large and visionary community called Auroville.

The second part is based in Rishikesh where we stay at Parmarth Niketan Ashram and attend the 7 day International Yoga Festival. This is preceded by 1-2 days of Yoga Sadhana on the Ganges and short excursions exploring this region of the Himalayas, and it will be followed by a 3 day "Ganga Retreat" upriver, spending time in silence and in nature.

This trip is led by Laura Plumb, who has been traveling to India yearly for a decade. As a "Yogacharaya" teaching at Parmarth Niketan's International Yoga Festival, she is well versed in the spiritual language of the land, and has many friends there. While Laura is the spiritual director of this trip, Morgan Andersen, her Program Coordinator, is our Tour Handler. She will direct day-to-day activities and logistics.

Price Includes:

South

Meet at Coimbatore airport (we will be flying from LAX - and once we have flight information we can share this with you so that we can all travel together)

Transportation from airport to Eco Village (if you fly separately you will need to meet us at Coimbatore airport - details will be emailed)

7 day Ayurvedic Retreat

- Comfortable, Clean shared room
- Daily Ahbyanga
- Meals included
- Day trip tour of local Temples
- Opportunity to meet with a Nadi astrologer (we are paying to bring him to the eco village - the cost of him reading your scrolls will be yours)
- Guided jungle hike
- Ayurvedic talks from local Vaidyas
- Daily yoga w/ Laura
- Evening Satsang w/ Laura and local friends
- Puja
- Fire ceremony
- Demonstration of local custom and lore

Transportation to Tirumvanamali

3 night stay at Sri Ramana Maharishi's Ashram

- Meals included

- Explore Ramana Maharishi's home and teachings
- Daily meditation
- Daytime meditative hike around Arunchala
- Divine Satsang

Transportation to Pondicherry

3 night stay at 18th Century French Hotel

- Enjoy French continental breakfast
- Visit Sri Aurobindo Ashram
- Learn about this grand visionary, a renaissance leader of Vedic culture
- Explore Auroville (world leader in sustainability and unity community)
- Walk on the beach

Transportation to Chennai airport

**Please note price includes room sharing throughout, and you will be responsible for you lunch/dinner on our last couple of days in Pondicherry.*

North

Either: Pick up Delhi International airport - OR - Arrive Dehradun airport from Chennai*

Transportation from airport to Rishikesh (car/van)

Stay at Parmarth Niketan Ashram (option: nearby hotel for approx \$40/day)

Explore Rishikesh - village and sacred sites

Morning Sadhana on Ganges

7 days International Yoga Festival at Parmarth Niketan Ashram

- Meals included (when eating at the Ashram)
- Evening Ganga Aarti
- Private Darshan w/ Swamiji
- Satsang w/ Sages
- Amazing Yoga classes with world renowned Yogacharyas

Lunch at Ramana's Gardens

3 day Ganga Retreat

- Visit Vashistha Cave
- Satsang w/ Maa Gyaan
- Shiva Meditation
- Ganga Puja
- Enjoy an elegant mountain retreat in the Himalayas
- Breakfast & lunch included
- Opportunity to enjoy Ayurvedic spa (at your own expense)

Transportation & Porters to Dehradun

**Please note price includes room sharing throughout.*

***If you are joining us for both parts of the trip you will travel with us from Chennai to Dehradun. We will send flight details to you for your own booking.**

Please Note:

We're going to take good, loving care of you and look forward to sharing with you heart-opening, life-altering experiences. We will be introducing you to the culture, to deeper spiritual practices, and to some of the kindest people we know.

We simply want to be clear:

- You are responsible for all meals away from the Ashram, and any not included above.
- You are responsible for your flights and luggage fees.
- You are responsible for any tips, or gratuity you would like to offer.
- You are responsible for any additional activities not listed above.
- Internal flights in India, including Chennai to Dehradun and Dehradun to Delhi, are VERY strict about luggage and carry-on weight. While we understand you may want to bring home gifts, we invite you to consider this as a cultural and spiritual journey, not a shopping trip. If you do acquire additional items please know you may have a significant charge at the airport.
- People often ask us how much money to bring or how much they will expect to spend. Apart from a few meals, we have everything covered. Meals are about \$10. The cost of other expenditures may vary. Due to steep inflation over the past few years, India is not as inexpensive as it once was. Souvenirs and gift items can be add up. Take precaution before promising gifts to all - and remember a stone from the Ganges maybe the most meaningful thing you can bring home, *and it's free.*

Logistics

A non-refundable deposit of \$500.00 is payable immediately. The remaining amount is payable by October 15th to secure the early bird price. The link to pay is provided on the website [here](#). Through that link, you can pay with a credit card, or paypal balance. Paypal will also give you 6 months to pay interest free. You can also send us a check with a print out of this form. You are strongly advised to make your International flight booking as soon as possible, as cheaper tickets get sold out. We will send you flight details by September 10th.

A Facebook group has been created. Once you're deposit is received you will be added to the group, and sent an invitation to join. This will allow us to share travel information and cultivate joyful community prior to departure.

We will also be having a group dinner/ceremony in early January where you will meet your fellow India *Yatrikas*, learn more details about our trip and how best to prepare.

VISA: Please remember a visa is required and must be obtained from the India Consulate nearest you. This is often done through postal service - please contact

**your nearest Consulate for instructions. Visa's are usually 6 month duration.
CHECK YOUR DATES CAREFULLY!!!**

This is where you start the application process.

TRAVEL INSURANCE: Cancellation Insurance is strongly recommended as no exceptions to the cancellation provisions can be made. Please check below:

_____ I will purchase travel insurance through an online agency.

_____ I will not purchase travel insurance and understand that any financial loss or emergency medical expense will be assumed by me. I have read the terms and conditions and fully understand the cancellation penalties.

CANCELLATION POLICY: The following cancellation charges, as a percentage of total price apply (EXCLUDING the airfare segment for which your airline cancellation policies apply):

*\$500 deposit is refundable in full until September 15, after which it is non-refundable. Your full payment is refundable **if we are able to fill your place, and if you are seeking a refund 90 days or more before our trip.** Within 90 days before departure, we cannot give refunds. Please write to us with questions.*

First name: _____ **Middle Name:** _____

Last name: _____ (As in passport. Please print)

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Country:** _____

Phone _____ **E-mail:** _____

Date of Birth: _____ **Citizenship:** _____ **Gender: M/F** **Passport no:** _____

Signature: _____

(Signature indicates agreement to all terms of registration form.)

Enclosed is my Check or Money Order for \$ _____, made payable to Deep Yoga. Mail to: 757 C Ave, Coronado, CA 92118, USA. Please contact us for bank information for wire transfers.

If you are paying via Paypal, please print this and mail it to us, or send this information in the email with your answers from page one.

757 C Ave Coronado, CA 92118 619.435.5067 info@deepyoga.com