



Laura Plumb
Awakening Radiance

Application & Registration Forms

India Yatra: A Spiritual Adventure with Laura Plumb February - March 2018

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

Our trip begins upriver in the serenity of the forested Himalayan foothills. From there, we go to Rishikesh where we stay at Parmarth Niketan Ashram for the 7 day International Yoga Festival. This will include a day of Seva at Ramana's Gardens also in Rishikesh, and short excursions exploring this region of the Himalayas. Finally we travel two hours to the Doon Valley to spend three days and four nights with Dr Vandana Shiva at her farm, Navdanya.

This trip is led by Laura Plumb, who has been traveling to India yearly for a decade. As one of the presenters teaching at Parmarth Niketan's International Yoga Festival, she is well versed in the spiritual language of the land, and has many friends there.

The Trip Includes:

Ganga Retreat

- Transportation from Dehradun or Haridwar
- 4 night shared accommodation at an elegant mountain home-turned-Inn
- All meals included
- One Ayurvedic Massage
- Morning Yoga
- Daily Ganga Teachings
- Evening Satsang
- Ceremonial Ganga Puja
- Visit to Vashista Caves

International Yoga Festival

- All meals at Parmarth Niketan Ashram
- Shared accommodation
- Daily Yoga classes with amazing teachers and Yogis from all over the world
- Evening Ganga Aarti
- Satsang w/ Sages
- Private Darshan with Sadhviji
- Explore Rishikesh and sacred sites
- Sunrise Visit to Kunja Puri Temple
- Transportation to and from Rishikesh

Ramana's Gardens School & Orphanage

- Seva with the children
- Lunch at Ramana's
- Evening Visit and Overnight with Prabha, the founder of Ramana's

Navdanya

- Shared accommodation room
- All meals
- Dr Vandana Shiva's 3-day course on seeds, soil and sovereignty
- Forest Walk with Chipco "eco-historian"

**Please note the trip includes room sharing throughout. We may be able to get you your own room for an additional cost on the Ganga retreat. Please email me: laura@lauraplumb.com if interested.*

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.
- You are also responsible for your transport on March 12 to your next destination, although we are likely to have cars returning to Dehradun airport, Haridwar train station and Parmarth Niketan Ashram in Rishikesh for shared rides (and travel by car is inexpensive, comparatively).

Spending Money

People often ask 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 December 10 to secure the early bird price.** Full and final payment can be made from the website [here](#), where you can pay with a credit card, or a 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.

A Facebook group has been created. Once your 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.

You are advised to make your International flight booking as soon as possible, as cheaper tickets get sold out. VISA: Please remember a visa is required. 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 **Laura Plumb**. 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.