



*Laura Plumb*  
Awakening Radiance

### Application & Registration Forms

**India Yatra: A Spiritual Adventure with Laura Plumb**

February 25 - March 10 2019

*Welcome to the India trip registration!*

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 help you prepare for this trip and to help me get to know 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 [laura@lauraplumb.com](mailto:laura@lauraplumb.com). Many people choose to register first, then take their time considering these questions. There is no deadline and of course, there is no right or wrong. I am just curious to know more about you, and to help you have the best trip imaginable.*

## Travel Itinerary

The trip begins in Delhi where we stay at a charming boutique hotel. The hotel has a sweet open-air restaurant on the top floor, where cooking lessons can be booked. They have a Yoga room, for early morning Asana, and offer warm oil Ayurvedic massages as a great way to ground in after the long flight. We will tour Delhi, particularly the Gandhi museum, the Gandhi Memorial Flame, Old Delhi by Rickshaw, and depending on interest, historic Hindu and Muslim temples.

From Delhi we will travel to Agra to visit the Taj Mahal. There will be time for shopping or rest in the afternoon. We will take an overnight train (first class accommodation) from Agra to Rishikesh.

Arriving in Rishikesh on the 28th, we will have an afternoon to explore Swarg Ashram, the spiritual banks of the Ganges, where many enlightened masters spent their days meditating and teaching. We will stay at Parmarth Niketan Ashram and attend the 7-day International Yoga Festival. During the Festival, as time allows, we will take a short excursion or two to visit a holy cave, and a Shakti temple.

Finally we complete our trip with a 2 day "Ganga Retreat" upriver, integrating and deepening our experience of this deep and soul-stirring land in the beauty of the "baby Himalayas."

This trip is led by Laura, who has been traveling to India yearly for a decade. As a presenter at Parmarth Niketan's International Yoga Festival, she is well versed in the spiritual language of the land, and has many friends there. Each day will include Yoga, Vedic teachings, mantra and chanting, meditation, quiet time.

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

Before our trip you will be sent an *India Yatra Booklet* with suggestions for preparing and packing for the trip + tips to build immunity and keep you strong during our trip.

If you would like to fly with us, there will be a group traveling together departing February 23 or 24, from either LAX or NYC. Please email if you would like information to travel together with the group: [laura@lauraplumb.com](mailto:laura@lauraplumb.com).

### Your Trip Includes:

- Pick up from Delhi Airport
- Shared Accommodation in Delhi
- Tour of Delhi
- All Meals In Delhi
- Travel to Agra
- Visit of the Taj Mahal with Guide
- All Meals in Agra
- Overnight Accommodations in Agra
- Travel from Agra to Rishikesh
- Walking tour of Swarg Ashram, Rishikesh
- The International Yoga Festival (IYF) with world renowned Yogacharyas
- Shared accommodations at the IYF
- All meals at the ashram (meals outside the ashram not included)
- Ayurvedic support to make your trip healthy and comfortable
- Seva morning and lunch at Ramana's Gardens, a children's home and school
- Shiva Meditation | Ganga Puja
- Darshan with Swamiji | Satsang with Sages
- 2 days upriver: shared accommodation and all meals
- 1 Ayurvedic Abhyanga
- Visits to sacred Caves, Temples and Holy Sites

*\*Please note price includes room sharing throughout. Meals on the itinerary are included. However, people often enjoy exploring the cafes of Rishikesh which is at your own expense.*

*How much money to bring?*

- 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 are strict about luggage and carry-on weight. While we understand you may want to bring home gifts, 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 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, plus *it's free*.

## Logistics

A non-refundable deposit of \$500.00 is payable immediately. The remaining amount is payable by November 30th to secure the early bird price. The link to pay is provided on the website. Through that link, you can pay with a credit card, or your paypal balance. Paypal will also give you 6 months to pay interest free.

We will create a Facebook group and add you to it once you're deposit is received. This allows us to share travel information and cultivate joyful community prior to departure.

**VISA: Please remember a visa is required and must be obtained from the India Consulate nearest you. 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:** \$500 deposit is refundable in full until September 30, after which it is fully non-refundable. Your full payment is refundable if we are able to fill your place, and only up 90 days prior to the trip. Within 90 days before departure we cannot give refunds. Please email if you have questions.

**First name:** \_\_\_\_\_ **Middle Name:** \_\_\_\_\_ **Last name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Country:** \_\_\_\_\_

**Phone** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Citizenship:** \_\_\_\_\_ **Passport no:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

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

You can copy and paste this into an email, or print and mail it to: Laura Plumb, 757 C Ave, Coronado, CA 92118, USA.