



# indian tour and yoga

with jenny beeken and pauline sawyer

**2 - 18 january 2013**

**kerala • jaipur • agra • varanasi • delhi •**

escorted travel, staying in quality accommodation and a five day retreat with yoga from jenny and pauline



The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ  
telephone 01730 261001 or visit [www.inneryoga.org.uk](http://www.inneryoga.org.uk)  
Registered Charity no 1068211

The Inner Yoga  
Trust

This Indian Tour is inspired by a desire to both rest and relax with yoga in a stunning location as well as experience some of the well known sights and sounds of India.



The amber fort at Agra

The 17 day tour has been arranged with Indus travel, a company whose arrangements have already been tried and recommended to us by reliable sources. All the hotels are of excellent quality and we will be escorted during the tour.

We will start with a retreat in Kerala where we will have five days in Munnar, a hill station where the climate will be very pleasant. Whilst at the Kaivalyam retreat there will be two yoga classes a day and the opportunity to relax and stay still for a while. This will be followed by travel and sightseeing outlined below. We will have english speaking guides at most of the temple and museum sites we visit.

During the tour and depending on the venue there will be some shorter Yoga and Meditation classes.

Date	Programme	Accomodation
2 Jan	Travel to Cochin, Kerala via Dubai	Casino Hotel
3 -8 Jan	Travel to Kaivalayam Retreat, Munnar and remain there.	Kaivalayam Retreat
9 -11 Jan	Internal flight to Jaipur. Sightseeing including the Amber Fort.	Shahpura House
12 -13 Jan	To Agra, visiting Fatehpur Sikri en route. Taj Mahal	Howard Park Plaza
14 - 15 Jan	Internal flight to and overnight in Varanasi - the holiest Hindu city	Hindustan International Hotel
16 - 17 Jan	Internal flight to Delhi for a day of sightseeing before departure for UK on 18 Jan	Royal Plaza Hotel

A full itinerary of the trip is available as a .pdf from the Inner Yoga Trust office and the website. [www.inneryoga.org.uk](http://www.inneryoga.org.uk)

### Costs

The complete cost for the tour is £2795. This includes flights and yoga tuition (£350). If you wish to have a single room for the whole tour the supplement is £660. You will need approximately £15 a day to cover your lunch and dinner. How much for shopping? How long is a piece of string?

### Tour Cost Includes

- \* 16 Nights accommodation at hotels on Twin sharing basis
- \* Breakfast at all the hotels
- \* Local English Speaking Guides during sightseeing
- \* Entrance fees at the monuments
- \* Mineral water whilst in road vehicles
- \* Air Conditioned mini coach (18 seater) for all transfers and sightseeing
- \* All Yoga Tuition

### Tour Cost does not include

- \* Lunch and dinner at the hotels
- \* Personal expenses like telephone, laundry and Tips
- \* Visa
- \* Travel insurance
- \* Camera fees at monuments

### How to Pay

We are publicising this trip as early as possible to give you time to think about coming and also to assemble the funds. We will be taking deposits for the trip. The initial deposit is £250 per person and we need to receive this by 15 June 2012 to secure your trip at this price. After that date you can still book but the price of flights will probably increase. If you pay by deposit the balance of £2545 will be due on 10 October 2012

We can offer the option for you to pay the balance of £2545 in advance by standing order, so for example if you book 10 months in advance you can pay £254.50 per month over 10 months. Payment details will need to be worked out with the Inner Yoga Trust Administrator as it depends on when you book.

### Cancellations

If the Inner Yoga Trust cancels the trip due to insufficient bookings this will happen on or before 30 June and you will get a full refund of your deposit and any installments you have paid.

If you cancel on or before 15 June 2012 your deposit will be refunded minus a £25 administration fee.

If you cancel after 15 June 2012 there can be no refund of your deposit unless you or ourselves are able to find someone to take your place. Any refund under this scheme will be minus a £50 administration fee.

Once you have paid in full there can be no refunds. Please make sure you have adequate travel insurance.

## Booking Form - Indian Tour with Yoga 2-18 January 2013

Name

Address

Telephone

Email

I would like to book staying in a twin room at a cost of £2795

I would like a single room at a cost of £3455

Non Yoga partner staying in a twin room at a cost of £2620

I enclose a cheque payable to the 'Inner Yoga Trust' for £250 as the deposit for this holiday. I understand that once the deposit is paid it will only be refundable as per the cancellations policy outlined in this leaflet. I will obtain travel insurance at the time of booking this holiday to cover me should I need to cancel my holiday for any reason. I understand that in the event of cancellation I will have to pay whatever fees are due at the time of cancellation. I will obtain the appropriate visa to travel.

Signature ..... Date .....

I plan to set up a standing order to pay the balance by 10 October 2012.  
Please contact me to arrange the sums payable.

I will pay the balance in full by 10 October 2012.

I would like a receipt for the deposit please

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