

Yoga Retreat In India

With LYNNE MINTON



(not in photo ☺☺) **SwaSvara**

On Om Beach in Karnataka India



March 1-11, 2018

Your 11 day, 10 night package includes:

**** Double occupancy room in Konkan Villa, (private rooms on limited basis fee is \$3200)***

• Two yoga classes per day (with 1 and 1/2 days off for touring)

- *Three healthy and delicious seafood and vegetarian meals per day*
- *Use of the hiking trails, eco walks, bird watching*
- *3 massage and wellness treatments*
- *Evening programs and other extras (see packet)*
- ***COST: \$2450*** *Price does not include airfare, Visa and passport fees, transfer from Goa to SwaSwara or extra nights lodging prior to the retreat. See all information below.*

YOGA RETREAT in Karnataka, India

INFORMATION PACKET **Thursday, March 1**
through Sunday, March 11, 2018

SwaSwara which means “My inner sound” is a wellness place for the Mind Body and Soul and the atmosphere here is just perfect to Relax, Release and Refocus.

Situated on Om beach named after its shape, the location makes for an ideal getaway- a pilgrimage to the Self. Be it watching the sunset from the centre of the OM or lying on the beach under the golden moon or living the divineness of Gokarna – the temple town, each one of the experiences further our journey to the Self.

The offerings of Swa Swara are in keeping with the ethos of the cgh earth. Cgh stands for clean green healthy so the full name is clean green healthy earth experience hotels. We hold dear to us three non negotiable core values which are:

- Environment sensitivity
- Including the local community &
- Adoption of the local ethos There is little at SwaSwara, apart from the rhythm of rolling waves and the meditative hum of birdsong, to disturb your inner explorations. Here at SwaSwara you will find that nature and our team have conspired to bring alive an experience you will not forget in a hurry.
www.swaswara.com

**• YOUR TRIP PACKAGE COST OF \$2450
INCLUDES**

1. 11 days and 10 nights in double occupancy lodging Guests stay here in a Konkan villa called so since it is constructed in the style of the local houses along the Konkan coast- rooms spread around a central open courtyard. The villa comprises an air conditioned bedroom, open split lawns, a semi open to the sky bathroom, a sitting area that overlooks an open lake and an upstairs Yoga deck that looks out to the ocean.

Each villa accommodates 2 easily. Please note, All rooms with the exception of two rooms with a pull out trundle, have one King Size bed only. Swaswara can provide separate comforters for two people sharing a king. You could also bring a light weight “bed bag”, (like a sheet made into a sleeping bag) to define your sleeping space.

2. Two yoga classes per day (with one and 1/2 day off for touring). The first day of class will be Friday, March 2 and the last full day will be Saturday, March 10, 2018 . Class times will be announced at orientation.

3. Three healthy and delicious local fish and vegetarian meals per day. All that is served is healthy - fruit of the land and sea- organic vegetables, fresh sea catch, washed down with refreshing Kokum juice or tender coconut water and local wines.

- Let us know if there are any specific individual diets like vegan, gluten free, diabetic or Ayurvedic. Meal times will be announced at orientation.**

- Signature herbal teas and fresh fruits at Cocum restaurant from 6.00 to 7.00 am**

4. Daily use of the large swimming pool 8.00 am to 8.00 pm

5. Spa Treatments

- * 1 Rejuvenation therapeutic massage**
- * 1 (45 mins) Ayurveda De stress massage**
- * 1 Salt glow Naturopathy massage**

6. Several Evening programs. Yoga related discussions and special events.

7. There are additional scheduled activities that you may choose to join with Swaswara staff : See schedule classes and other activities on the swarswara website.

Terms & Condition:

Cancellation policy:

Prior to September 15, 2017

- Forfeit \$500 deposit.

September 15, 2017 to December 1, 2017

- 50% refund if space is not filled
- If space is filled, refund less \$500 deposit

After December 1, 2017

- No refund unless space is filled, then refund less \$500 deposit **Please note: due to the logistics of this trip, it may be very unlikely that someone will be able to step in at this late date.**

Check-In time at SwaSwara is 1:00 pm

Early check-in : To guarantee a room prior to 11:00 am, 100% of the previous night charge will be levied.

Check-Out time is 11:00 am *Late check-out*: Subject to availability.

Child Policy : In order to preserve the tranquility of this unique Indian Spa, we welcome Children above the age of 15 years only. Use of the Indian spa facilities and therapies are open only to guests who are of the age of 18 years and above. However, those under 18 years can take part in all the other scheduled activities like yoga, meditation, treks, art & pottery and use of the swimming pool.

NOT INCLUDED IN THE PACKAGE:

- 1. Air fare to and from Dabolim Airport, Goa, India. See Travel logistics below.**
- 2. Extra nights lodging. We highly recommend that you plan your trip to arrive 1 or 2 nights before the retreat begins in order to have overcome the jet lag of overseas travel and be**

fresh for yoga. There is a line on the registration form to indicate if you would like to be in a block of rooms at a hotel close to the airport with others in the group for the night of February 28. More information to come.

3. *Airport transfer*-To & from SwaSwara from Goa airport or Goa hotel in an air conditioned car will be arranged for up to three people per car. Cost at current rate is \$96 each way (divided by the number in the car) Note that the rate may vary due to gas price variability. These fees will be collected by the driver, but I will arrange for the cars to pick up at the hotels or airport as we determine the logistics.

***Note* – The time taken to travel between SwaSwara and Goa airport is approximately 3 1/2 hours on the highway with a high number of truck movement in the late hours. Safety concerns for you & our drivers dictate that we do not arrange for or undertake any late night transfers.**

3. Excursions on our day off should you choose to leave the site.

4. Wines, laundry and telephone calls

5. Tips for staff. Please consider making allowance for tips for the staff. \$50-\$100 per retreat participant would be a suggested amount.

6. Additional SwaSwara Retreat Ayurveda services. Retreat Center's on-site therapists

TRAVEL LOGISTICS

Fly into Goa's Dabolim airport

GETTING THERE: You are responsible for making your own flight arrangements to and from Goa. There is a 2-3 hour bus journey to SwaSwara from Goa. Whichever route you choose, know that it is a long journey and you will probably want to break up the flight with a layover night in Bangkok (see below), Taipei, Seoul or Mumbai depending on your route.

I will send my flight itinerary to everyone as soon as we book it. Jim and I will be flying from Hawaii to Bangkok for some travel prior to the retreat and fly to Mumbai/Goa on February 28.

A quick search for West Coast to India showed these possible airline carriers: United, British, KLM, Lufthansa

Other possibilities are: Delta, Cathay Pacific, Emirates, China Air, Korean Air

Recommend Use of miles, companion fares and perusing for online deals.

[illegible]

If you want to go VIA BANGKOK, THAILAND

You may choose to meet up with Jim and me in Bangkok on either February 26 or 27 We will be

staying at the K T Guesthouse. Cost is approximately \$25 US per night (at current rates). There is a swimming pool and restaurant on

the grounds.

www.ktguesthouse.com to make a reservation.

We will still have a 4.5-5 hour flight from Bangkok to Mumbai and then another 1 hour flight to Goa on February 28. We will spend one night there. **(Hotel location in Goa is yet to be determined)**

PASSPORT REQUIREMENTS:

A valid passport is required. The EXPIRATION DATE of your PASSPORT must be at least 6 MONTHS after your ARRIVAL DATE in INDIA. Two blank pages are also required in your passport for Visa stamps

A new requirement is to have a photo copy of your drivers license or a major utility bill with your home address on it. This CANNOT be a PO Box.

It is also a good idea to have two spare passport photos when traveling in case you decide to take any side trips to other countries where visas are provided upon arrival.

Make several copies of the ID page of your passport and vaccination record to put in your luggage and to carry for ID in your day to day

travels rather than carrying your actual passport.

ENTRY VISA: Search online under “India Visa Requirements” and find a Visa expediting service to use. You can download a visa application and fill it out. You will be required to send your passport into the service to receive your entry Visa so be sure you have plenty of time to send it out and get it back before departure, although they may have a designated maximum amount of time prior to departure that they will allow you send in your application.

We always include a self addressed return envelope with ours.

You will need to send in 2 passport photos with your VISA application as well.

We often use Travel Document Systems:

<https://www.traveldocs.com/expedited-visa-services/india-visa-processing-country102> Their fees are a little higher but good service.

Or you can go directly to Consulate General of India, San Francisco.

<http://www.cgisf.org/page/display/189/231>

The Indian VISA is good for 6 months maximum stay.

TRAVEL INSURANCE

Because life is uncertain and this is a big trip, I would recommend looking into getting travel insurance. Should you have to cancel for any reason, this will give you some peace of mind. The link below is one of several, but a good place to start.

www.insuremytrip.com Other important information

TIME ZONE: From Anchorage to Mumbai, add 14.5 hours (yes, that is 14 and a half...only in India!

ELECTRICAL POWER: 220 volt 50 cycle

CURRENCY EXCHANGE RATE: In February, 2017, 67 rupees to \$1 USD (check current rates)

ATM machines are available in most population centers but not always in smaller villages, plan accordingly.

Contact your credit card companies to inform them of your whereabouts so that unexpected activity does not flag their system and they put a hold on your card.

Check with your cell phone provider to see if you will be within range of use.

DRESS CODE: Any western dress is OK at the retreat Center. Cover shoulders and below the knee in population centers. Outer villages may require women to have ankles covered as well.

VACCINATIONS AND HEALTH

The only required vaccinations are for Hepatitis A and Thyphoid. This may require two doses several weeks apart so be sure to allow plenty of time prior to travel to complete this.

**Go to The Center for Disease Control (CDC)
Website address for current info on the area**

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

You should also check if you are in need of booster doses for Tetanus, Diptheria, and Measles.

Look for your local Travel Clinic Providers by Appointment: First Care or other walk in clinics may provide these services or Contact your local Physician.

Other important health notes:

- 1. If you require any prescription medications, bring along adequate quantities for your trip as well as copies of your prescriptions. If you wear prescription glasses it is also wise to bring a spare pair of glasses or your vision prescription information.**
- 2. A daily dose of charcoal tablets has proven very effective in maintaining digestive health. Available at health food stores. WHAT TO BRING**

3. YOGA GEAR: You MUST bring your own sticky mat, and a yoga belt. If you have room please bring a block and the equivalent of two shoulderstand pads (may be blankets, 4 foam squares, or other combination) Due to luggage restrictions and the long distances I realize we may not have all the props we are used to so we will improvise when needed.

OTHER ITEMS: Sunscreen, sunhat, bug repellent, earplugs (nice for airplanes or if night noises bother you), camera, walking shoes, flashlight, bathing suit.

Dress is casual but modest culturally. Women cover their shoulders (but not always their midriffs) and do not wear shorts or short skirts, except in cosmopolitan areas. Since we will be in a rural area I suggest dressing as the locals do. In my experience, they love it when we dress "like them" in Indian kurtas and pajamas which can be purchased there inexpensively and are quite comfortable for travel as well. A warm layer or cover up may be useful for cool evenings or excursions.

**CONTACT INFORMATION SwaSwara Retreat Center
OM Beach, Gokarna, Karnataka, India**

TEL: 91-484-301-1711 266-8221

FAX: 91-484-266-8001

**Email: Mini Chandran - SwaSwara
<minichandran@cghearth.com> Web:
www.SwaSwara.com**

SwaSwara Yoga Retreat **REGISTRATION FORM**

NAME_____

PHONE(cell)_____(home)_____

Email_____

Mailing Address_____

IP_____ **Z**

Deposit (minimum of \$500) paid on
(date)_____

check #_____ **amount**

_____ Make checks payable to
LYNNE MINTON and mail to **PO Box 11778, PRESCOTT,**
AZ 86304. SEE CANCELLATION POLICY FOR REFUND
SCHEDULE

_____ ** _____ ** _____ **
_____ ** _____

Please return the following information with your balance due not later than September 15, 2017.

OR you may make two installment payments of \$1000.00 not later than September 15, 2017 and full balance due not later than October 31, 2017.

SEND ME A COPY OF YOUR FULL FLIGHT ITINERARY

**Roommate
preference_____**

**Dietary
considerations/allergies_____**

Please include me in hotel reservation in Goa for the night of February 28 Yes_____NO_____ THIS WILL INCUR ADDITIONAL COST, MORE INFO TO COME.