

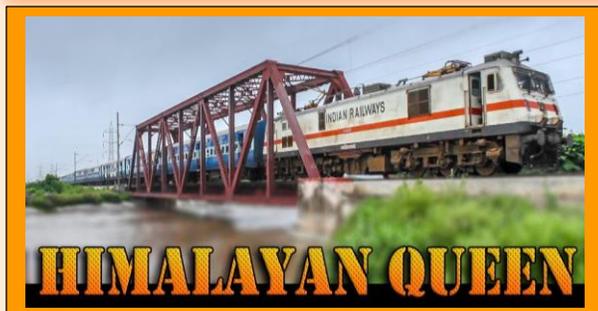


## 12-DAY MULTI-CITY NORTHERN INDIA ADVENTURE AND SPIRITUAL RETREAT MARCH 9-20, 2019

### DYING INTO LIFE: EASTERN PHILOSOPHIES ABOUT DEATH, DYING, & REBIRTH

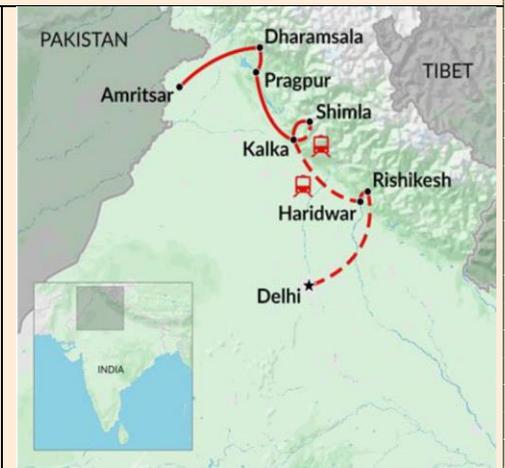
Yoga Lola Studios presents another Journey Beyond the Mat travel opportunity! Travel all over Northern India in this 12-day trip as we explore the traditions of Sikhism, Buddhism, and Hinduism and visit many sacred sites. Your retreat leaders, Lola Scarborough and Kevin Post, will expand your knowledge and enlighten you through exploration of the teachings from these traditions about death, dying and rebirth. Yoga and meditation are also included throughout the tour whenever the opportunity arises.

Join us to explore the foothills of the Indian Himalayas, see off-the-beaten-track villages, ride the Himalayan Queen 'toy train', enjoy a cable car/gondola ride to the Jakhu Temple in Shimla, & visit important Sikh, Buddhist and Hindu religious pilgrimage sites at Amritsar, Dharamsala (McLeodganj), Pragpur, Shimla, Haridwar, Rishikesh and Delhi. \*\*\*Overnight stays are at Heritage and 4-star hotels.\*\*\*



### TOUR DETAILS – ALL ABOARD THAT TRAIN!

- **Begins in Amritsar India On: March 9, 2019**
- **Ends in Delhi India On: March 20, 2019**
- **Total in India Days: 12**
- **Start location: Amritsar, India / End location: Delhi, India**
- **Accompanied by English-Speaking Guide throughout tour**
- **Meals: 11 Breakfast(s), 1 Lunch, 1 Dinner**
- **Max # of Participants: 20**
- **Registration ends December 1, 2018**
- **Highlights: Sikh Golden Temple in Amritsar, Wagah Border ceremony, Buddhist sites at Dharamsala, Pragpur and Garhi heritage villages, Toy train to Shimla, Himalayan Foothills, Hindu pilgrimage sites. Teachings, yoga & meditations by Lola & Kevin**
- **Places Visited: Amritsar, Dharamsala, Pragpur, Shimla, Haridwar, Rishikesh and Delhi/Overnight Heritage & 4-star hotels**



Lola & Kevin of Yoga Lola Studios lead you on the adventure of a lifetime. Both are veteran international travelers and have enjoyed incredible India many times. Lola has journeyed this area of India before and found it so delightful that she & Kevin decided to lead a retreat into these sacred cities of deep beauty. This experience is designed to leave you refreshed and enlivened along with a well-rounded perspective and appreciation for Indian spirituality.

Cost per person:

\* \$2850 USD Double Occupancy

\* \$3550 USD Single Occupancy

\*Travel within India, entrance fees, & some meals included-see full itinerary on website

\*\*\***Airfare is not included**

\*Full details and payment & registration info at: [www.journeybeyondthemat.com](http://www.journeybeyondthemat.com) or

[www.yogalola.com/workshops.htm](http://www.yogalola.com/workshops.htm)

\*Contact Lola at 281-684-3168 or [lola@yogalola.com](mailto:lola@yogalola.com)