



WOMAN SPIRITUAL EXPLORER

A THREE WEEK  
EXPEDITION  
IN RAJASTHAN &  
HIMACHAL PRADESH

A UNIQUE TRIP LED BY VICKY  
GAUGHAN, LYNX CANNON UK AND  
SUNITA JACOB INDIA

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DETAILED ITINERARY

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## JOIN US FOR A

You can look forward to full board, single occupancy, comfortable accommodation, whether a stay in the traditional Haveli as seen on the Real Marigold Hotel season 3, a desert dwelling surrounded by camels or a snowy retreat in the Himalayas. We'll follow in the footsteps of Hindus, Sufis and Buddhists and learn and study authentic spiritual practices. We'll eat delicious food while falling in love with a vibrant and colourful culture. Full board, flight & transfers are included in the cost.

*Join us on a fascinating journey to India and experience the spiritual energy of its most ancient temples and religious cities.*

## THREE WEEKS

Week one & two include:

- **Jaisalmer** desert festival and star gazing
- **Udaipur** aka 'Venice of the East', with lakes galore
- **Jodphur** - 'The Blue City' - forts, palaces, temples, havelis
- **Dharamshala** - home of the Dalai Lama and Tibetan Buddhism

*Connect with yourself and your body through meditation, yoga, chanting, massage, contemplative alone time as well as sharings with your companions. The best way to participate in this holiday is with a group of like minded women to help you process this deeply meaningful and nourishing experience.*

*"If you get the chance to make this eye opening & soul expanding journey...do it without hesitation!" - Eni*

## SOULFUL JOURNEY

Week three - A seven day living in programme at Osho Himalaya, full board.

- A supportive environment with guidance from trained facilitators to deepen your meditation.
- Experience up to five daily scheduled meditations spread throughout the day.
- Join in with daily, heart & soul expanding practices from morning to night.
- Relax from one spacious day to the next
- Enjoy Ayurvedic massage, swim in the pool and even walk along the many himalayan trails.

*"The very word Himalayas makes my heart beat faster. To me it is not something just physical, it carries the whole heritage of the spirituality for centuries. From the days of Upanishads till today Himalaya has produced more enlightened people than any other piece of land in the world" - Osho*

