

With One Verse Yoga and Relief Riders International

The yoga program takes place amongst the dunes of the Thar Desert; our practice space, a breath-taking landscape right next to the desert campsite. Each day of yoga - morning and evening - will bring us deeper into the wisdom of our own hearts, and what it means to live a life of service and compassion.

The *lovingkindness metta* practice (a 'compassion meditation', meaning friendliness, good will, connection) will infuse our days, and transform our evenings. We'll also work with *sankalpas* (intention-setting) to focus our physical practice, all designed to draw you deeper into your own experience.

All levels are welcome, and classes will be tailored individually to each student.

Combined with our humanitarian work, the beauty of the surroundings, and the graciousness of the people, this is sure to be a transformative and memorable yoga journey, both on and off the mat.

## The 10-Day Itinerary

### **Day 1: Thursday, November 24**

Arrive in Delhi and spend the night at a boutique hotel or similar.

### **Day 2: Friday, November 25**

We'll have a late check out after lunch, followed by an afternoon tour of Delhi and a group dinner. From there, we take the overnight sleeper train to Ladnu (7-8) hours.

### **Day 3: Saturday, November 26**

The train arrives early morning into Ladnu and we'll transfer via coach to our tented encampment in Baghsara for breakfast and an introduction to OVY Yoga/humanitarian retreat.

**Opening Circle + Morning Practice** – Slow Flow Yoga

**Lunch**

**Late Afternoon Practice** – Restorative + Yoga Nidra: A deeply relaxing practice that will introduce us to the themes of *lovingkindness* and the concept of working with a *sankalpa*, themes we'll revisit throughout the week.

Evening welcome celebrations with the village at the fort will be followed by a traditional Rajasthani dinner. This will be our first night at the One Verse camp outside of Baghsara, sleeping amongst the dunes.



### **Day 4: Sunday, November 27**

#### **Breakfast**

**Morning Practice** – Vinyasa Yoga class; *with a focus on stability and grounding.*

#### **Lunch**

**Free Time.**

**Afternoon Practice** – Pranayama + Meditation I

We will visit the Dhadi Mata Goddess Temple for an evening filled with devotional bajans. The combination of drumming, bell-beating and chanting takes this electric experience to a wondrous level.

### **Day 5: Monday, November 28**

#### **Breakfast**

**Morning Practice** – Vinyasa Yoga class; *a focus on self-awareness + engagement*

Mid-morning trip into Baghsara to visit a school for an interactive Q & A session with students, followed by hand-washing lessons and the distribution of education materials.

#### **Dinner**

**Late Evening Practice** – Pranayama + Meditation 2

### **Day 6: Tuesday, November 29**

#### **Breakfast**

**Morning Practice** – Slow Flow Yoga class, *w/meditation; a focus on compassion.*

We'll start our day engaged in purposeful and meaningful work, conducting both our Gift of Sight and Dental Care programs in the village of Baghsara. We will be screening eye patients in order to qualify them for free eye surgeries. The camp will open from 10:00 a.m. and will close by 4:00 p.m., or until the last patients have been screened and/or treated. We expect to see between 300-400 patients at this medical camp.

#### **Dinner**

**Evening Practice** – Restorative Yoga + Yoga Nidra



### **Day 7: Wednesday, November 30**

#### **Breakfast**

**Morning Practice** – Vinyasa Yoga class; *a focus on compassion + expression*

Afternoon visit to the Tal Chappard Wildlife Sanctuary. Expect to see a wide array of wildlife such as chinkaras, black buck, Blue Bulls, wild boars and desert foxes roaming through the sanctuary.

The region is populated by the Bishnoi tribe, whose name means the 20 principals; these principals serve to protect both the environment and its wildlife. There are strict no hunting and tree cutting laws in this region, which have left the wildlife fearless.

#### **Dinner**

**Evening Practice** – Pranayama + Meditation 3

### **Day 8: Thursday, December 1**

#### **Breakfast**

**Morning Practice** – Vinyasa Yoga class; *a focus on connection.*

In the late morning, we'll depart for the historic city of Nagaur. We'll have lunch at the Ranvaas, a historic heritage hotel located within the 12th century award Unesco Award-winning Ahhichatragarh Fort. We'll enjoy a late afternoon walk through the Nagaur's ancient and historic market where you can find traditional spices, textiles and carpets among other Rajasthani offerings.

**Closing Circle + Evening Practice** – Restorative Yoga + Yoga Nidra

### **Day 9: Friday, December 2**

Early morning departure for Jaipur, followed by lunch at the historic Narian Niwas Haveli. We'll then enjoy the afternoon at our leisure, either lounging poolside at the hotel or shopping.

#### **Dinner**

### **Day 10: Saturday, December 3**

Farewell lunch. Guests will travel by coach from Jaipur to Delhi for their international departures.

END OF PROGRAM



## **TRAVEL REQUIREMENTS**

India offers both extraordinary opportunities and challenges. It is large, pulsing with energy and ever-changing drama, a feast for the senses. If you can appreciate the unexpected, you will quickly come to love it.

## **TRAVEL DOCUMENTS**

To travel to India for tourism, business or studies you are required to have a valid passport and an entry visa. Visas are issued in Indian Embassies or Missions. E-Visas can now be granted upon arrival at certain airports in India.

A person applying for a visa must have a passport that will be valid for a minimum of six months beyond the date of the date of their intended departure from India. So make sure to renew your passport if it is due to expire within that period of time.

## **TOURIST VISAS**

Entry visas for tourists are generally issued for six months from the date of issue. If you intend to visit neighboring countries and re-enter India, ask for a six months visa with a request for multiple entries.

To find the Indian Embassy or Mission nearest you and for the most reliable information about visas, please visit the Consular Passport & Visa Division of the Indian government.

## **HEALTH**

For the latest information on international health alerts, please check the website of the Center for Disease Control

