



2020 YATRA India

with Marc Steinberg

Varanasi – Agra – Rishikesh – Pune – (Goa)
Sunday 5th January - Saturday 18th January

“Yatra” is the Hindi word for “Journey” and as a Creative Consciousness® Retreats Journey it means a vibrant mix of pilgrimage, adventure and exploration combined with spiritual teachings, practices, leisure & fun.





There is something very odd and magical about India; you cannot see it on the surface or in the material. *itive Consciousness* we call that “context” and in India the name would be “shakti” (energy); India’s shakti enchants those who go into resonance with it. It is an undeniable, irresistible current that has multiple remarkable effects on the four human bodies (physical, mental, spiritual and emotional). People change just by absorbing it.

I have been in India many times and many life times and it is a true privilege for me every time I go there to show and share sacred places, practices and teachings with my fellow journeyers.

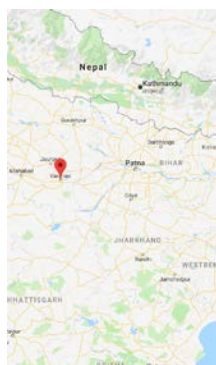
I’m a man of many worlds and a Yatra of my style is a blend of the most beautiful and energetically important places as well as a flavor of luxury and beauty. If that is your thing too you will love this experience. Come!

- Marc Steinberg

Expect...

Opening up to higher levels of awareness ♥ Finding equanimity and inner peace in the ever-changing world and reality ♥ Deepened communion with your essence and true path ♥ Expanded capacity to trust, accept, and surrender ♥ A state of greater connection with yourself, other people and life ♥ Ability to flow in the moment and dance with the unknown ♥ No matter what goals or dreams you choose to dedicate this pilgrimage to, the very fact of being on a journey in this unique land will definitely work its magic on you...

We start the Yatra in **Varansi** also known as Benares, or Kashi – one of the most ancient cities you can still visit today. She is a city on the banks of the river Ganga in Uttar Pradesh. A major religious hub in India, it is the holiest of the seven sacred cities in Hinduism.



We will visit special places, temples, and do initiate meditations and other spiritual activities.



Everyone can feel free to do what they want except when we are travelling; so when others meditate and you want to sip a Chai instead, you’re most welcome.



YATRA includes

- ✓ 13-days (12 nights)
- ✓ Accommodation in selected hotels
- ✓ Guidance & practices
- ✓ In-Indian road travels
- ✓ Personal Q&A, advice and guidance time with Marc Steinberg

PROGRAM

(details see next pages)

- Visits of places of importance
- In-temple meditations
- Ganges ritual purifying baths
- Taj Mahal visit
- Spontaneous adventures
- Teaching sessions
- Meditation and Yoga sessions
- Sharing and Guidance sessions
- Adventure
- Osho International Meditation Resort
- Celebration Evenings



SYNOPSIS OF THE YATRA ITINERARY

Day 1 January 5th Start day

Today everyone arrives in Varanasi and we have our group bonding and alignment session on the roof terrace of the hotel at 5pm.

Day 2-4 Varanasi

Besides the magic of the old city and its numerous attractions we will have many wonder-full surprises waiting for you to engage in.

Day 5 Agra – Taj Mahal

After breakfast and check out, we travel by bus 2-3 hrs to Agra where we have the privilege to spend the afternoon at and in the world famous Taj Mahal. Although visited by many tourists this place has never lost its magic, over hundreds of years.

Day 6 Travel from Agra to Rishikesh

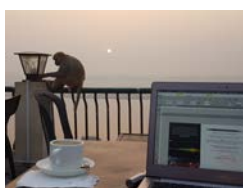
Day 7-8 Rishikesh

Located in the foothills of the Himalayas in northern India, it is known as the 'Gateway to the Himalayas' and 'Yoga Capital of the World'.

Countless ashrams, holy places nestle along the Ganges river shores.

From Hippie culture (starring the famous Beatles café) to breathtaking nearby nature trips, Rishikesh offers plenty of reasons to be experienced and enjoyed.

Rishikesh is famous for ayurvedic treatments.



Day 9 Travel day from Rishikesh to Pune

Day 10 – 12 Pune

We will stay in a hotel, a short walking distance from the Osho International Meditation Resort, the reason we are in Pune.

The Resort is open daily from 6am to midnight and offers everything from dance sessions to all kinds of meditations to individual healing, therapeutic and energy work sessions to hot tubs, Karaoke, etc.

The resort is tremendously spacious, luxurious and breathtakingly gorgeous.

There is always a dance floor in the evenings with ecstatic dance, house etc.

An Italian cappuccino bar, two restaurants, endless gardens, Spa facilities and even 2 tennis courts.

With the day pass you can go in and out as you please and attend all programs starting from 6am with Dynamic Meditation to special meditations at 9:30pm.

During the day you can enjoy many different meditations, e.g. Nataraj Meditation, Mandala Meditation, Nadabrahma Meditation Whirling Meditation, Kundalini Meditation Chakra Breathing Meditation, Laughing Drums and more.

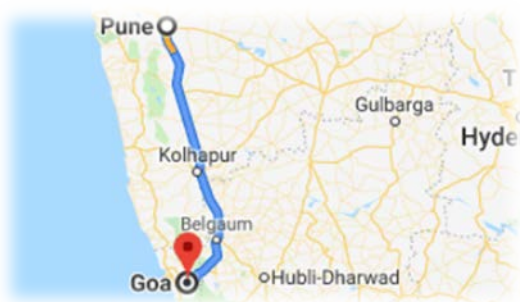
10:45 am Ecstatic Dance outdoors in the Buddha Grove (marble floor embraced by bamboo)

6:40 pm Evening Meditation Meeting
High-energy dance followed by sitting with intermittent music, and continuing with an Osho video.

Thereafter dinner inside the resort or outside at various restaurants nearby.

Every day you can choose to book what you enjoy from 20-30 individual therapeutic sessions.

You can also choose to do additional special groups offered by the resort from 1-7 days of length.



There are 2 delicious vegetarian restaurants in the resort

The sheer size of the Osho resort prevents it from ever feeling crowded. Everyone spreads out to do their own program. There are just enough people to not feel alone and never too many so you would feel claustrophobic. Only in the evening meetings where everyone comes to the pyramid are you aware of how many people there are in total.

Visiting and participating in the resort requires everyone to wear a burgundy robe which you can buy inexpensively inside or outside the resort. For the evening meetings in the pyramid you need to wear a white robe. Imagine hundreds of like-minded people from around the world in white in a massive pyramid dancing, meditating, laughing.... It is a very special experience.

Creative artistic classes e.g. painting, Zen archery, etc. are also on offer by the resort.

Day 13 Completion day

Today the official Yatra program completes at around 10:30am and you may choose to stay a few days longer enjoying the resort or take a bus, flight or taxi to Goa (450 kms)

Goa's South is tranquil, silent and the perfect spot for exhaling.

Goa's North is vibrant, stimulating and well known for the trance dance locations and party zones



'Inside Yatra' program & flow

"One can travel to the most magical places without experiencing any magic. The outside is the one side of the coin; the inside needs to open for the magic to be recognized. And that's what I contribute to the Yatra." - Marc Steinberg



SHARING, TEACHING & GUIDANCE

A Yatra is a sacred journey where you will experience an inner and an outer journey – the physical experience will be astounding, but the inner journey may change your life.

The processes we will share will guide you to new dimensions of being, when you are ready, doors will be opened for you

We will start each day with a morning meeting to share, learn, care, support and attend to our inner insights.

I am available for individual coaching during the day, and we will share dinner and complete each day together.



MEDITATIONS

As the Yatra unfolds we have meditations on roof tops, on river banks, and in temples.

And we will do Conscious walks, Yoga, and spontaneous dancing .

We will flow with whatever surprises India bestows upon us.



SACRED JOY

I'm excited to invite you experience sacred rituals such as a bath in the holy river Ganges, temple Puja rituals and much more. Maybe we will meet an authentic Sadhu or Swami on our way, who knows?

Maybe we will get invited to be baptized or whatever the Whole has in mind for us.

Whatever we encounter and do, you always have a choice and freedom to do what feels right for you.



International Travel

Travel to India requires a Visa (which you can get online)

Varanasi has its own airport: Lal Bahadur Shastri

Count on a 1hour drive to the old city of Varanasi from where you have a 10 minutes' walk to the hotel which is directly at the river Ganges.

Climate

Overall sunny everywhere we go. Temperatures in the north (Varanasi, Agra and Rishikesh vary from mild, sometimes chilly in the mornings and evenings, to warm at around 25 degrees.

In Pune and Goa you can enjoy temperatures easily up to 30 degrees, however it is not humid and the nights are pleasant at 16-20 degrees.

Arrival time

Please arrive at the hotel in Varanasi on January 5th during the day. We start our Yatra welcome meeting at 5pm.

Accommodation

To keep the Yatra feasible for everyone accommodation is calculated on 2 single bed bedroom sharing. You always can upgrade yourself at your own expense to a single room or suite if the hotel has availability.

Catering

Catering is not included in the Yatra cost. .

Many hotels offer breakfast which is included when offered.

What to bring...

You will receive an extensive participation information with all the information and preparation instructions you need. In the meanwhile, please check validity of your passport and visa requirements, if applicable.

Booking

Limited number of participants – first come first served. We need to get your committed booking (20% deposit) as soon as possible to book the best rooms in the various hotels.



Late bookings are possible but the risk is that either the best rooms are already gone or we even need to book you in a nearby neighboring hotel.

Tuition: EUR 1.390 / ZAR 19.850 / RUB 97.500

- In-India road travels (private bus) are included.
- Hotels are included
- Tourist taxes are included
- Entrance fees, e.g. to Taj Mahal are included
- Visa and international travel costs are not included.
- Osho International Meditation Resort day passes (Rupees1500-1950) per day depending on how many days you purchase) are not included.

You book simply by sending us an email – see below. Your space is confirmed with registration of your deposit.

Cancellation

Cancellations up to 60 days prior with reimbursement of the Yatra tuition are only possible if the participant provides a confirmed replacement.

Information & contact

Questions please address via email to booking@creativeconsciousnessretreats.com

