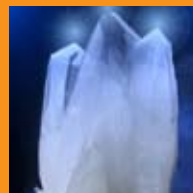


# INDIA



MIND BODY & SOUL



COURSE GUIDE

Take your Mind Body  
& Soul to a whole new level

ekno  
experience  
discover the difference

Phone: 0437 967 819

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# Introduction

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Take your Mind, Body & Soul to a whole new level.  
Travel to India on a voyage of self-discovery.  
Give yourself the time and space to learn a new skill  
View the world through new eyes.  
Learn from the experts in the land of age-old sacred arts and crafts.

Let Ekno Experience take you there with one of our courses for the Mind Body & Soul. Our courses can be taken individually or can be custom-made with a combination of courses to suit you. Our courses are held in the Dharamsala, northern India with the Himalayas as your front door. As our courses aren't all work you will have time to spend at your leisure. You can spend this time by exploring the nearby mountains, shopping or just relaxing and drinking chai (Indian tea) with the locals. Your in-house accommodation is clean and simple with attached bath and toilet. Food is extra and there are plenty of western style restaurants to choose from in the town.

Indulge yourself with one of our Mind, Body and Soul packages, either our **Deluxe** or **Standard** package.

Our **Deluxe** package is the complete range of services start from the time you arrive in India with an airport pickup service in Delhi and organized until the time you finished your course in Dharamsala. From there you can organize your own onward journey or combine it with one of our other trips such as trekking into the nearby mountains or a trip to another part of northern India. Maybe you would also like to do some volunteering in the local area! We can also organize this for you.

Our **Standard** package includes your accommodation and course fees. You will be responsible for getting yourself to Dharamsala however we can make suggestions if you would like to attend more than one you can add on to your courses package. Ask us for details. Please pack light, loose clothes when attending your course.

As it can get very cold in that part of the world, these packages are only available between the months of March and October each year.

## Our Deluxe Package includes

- Pickup service from Delhi Airport
- Delhi Hotel for 2 nights
- Half day city tour
- 2nd class A/c train ticket to Pathankot
- Taxi pickup from Pathankot Station to Dharamsala
- Accomodation for night before and duration of course
- Course Fees

## Our Standard Package includes

- Accommodation night before course and duration of course
- Course Fees

# Introduction

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## The Place

Buddha Hall, a place of divine peace and highly spiritual value, is situated in Bhagsu, Dharamsala and is a kilometre away from McLeod Ganj. McLeod Ganj, is the seat of exiled Tibetan spiritual leader, the 14th Dalai Lama and attracts the large number of seekers and students in various fields of spiritual activities.

Buddha Hall offers opportunity for the community of divine belief to participate in practice, develop and celebrates creative activities. It plays a positive role in helping to strengthen, develop and expand the quality and range of stress releasing and achieving mental and physical relief.

The centre was established in the year 1996. The basic vision behind the establishment of this centre was to provide the glimpse of art, music, ethnicity and originality of Indian culture through various programs and efforts including courses and programs in Yoga, Meditation, Reiki and Crystal Healing.

## Holistic Teacher – Usha Sharma

Between 1994 and 1997, two Masters initiated Usher into Reiki, Tibetan guru Tangent Chugiak and Dr. N. K. Sharma, Reiki grandmaster. She also learnt healing from her father-in-law, a well-known spiritual writer. Since then, she has been practicing healing and teaching Reiki, Meditation, Tarot reading and Holistic Healing to students from all over the world.



Usha was born in Rishikesh and grew up as the daughter of an army officer, traveling all over India. She was educated mainly in Agra and graduated (B.A) in English, Psychology and Sociology from Nainital University in Uttranchal. In 1992, at the age of 21, she married into a highly spiritual family who has inspired her on her Path.

She has a very strong and unique connection with the Universal Energy. As a Reiki Master, Teacher and Healer, she is a very perceptive person, which is combined with love and compassion (Karuna). For the last 15 years, she has lived in Dharamsala with her husband and daughter, sharing their lives with the local people. Under the caring and professional guidance of Usha, many students now enjoy the holistic benefits of Reiki, meditation and yoga received from her.

# Traditional Ayurveda Healing

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Ayurveda translates into English as the Science of Life (Ayur - life, veda - science). Ayurveda is the oldest and most developed life science of natural healing in the world. Life is the outcome of the union of body (Sharir), sense organs (Indriya), Psyche (Mana) and Soul (Atma). Ayurveda is not merely a system of Healing, but an entire way of life that aims to bring about the perfect balance of the entire personality - body, mind and spirit. Ayurveda is based on theory of tridosha of the three Biological forces - Vata, Pitta and Kapha. Disease arises when there is an imbalance among the three Doshas and aim of the therapy is to bring about the required equilibrium.

**Vata** - The Vata dosha is the most important of the three doshas. In the classic Ayurveda books it is quoted that other doshas are lame without the help of vata. The elements combine with Ether and Air in dominance to form what is known in Ayurveda as Vata Dosha Vata dominates the lower part of the body, which is below umbilicus. The movements of body fluid, metabolism, elimination of waste products, relaying stimulus to brain and response to organs and tissues, heartbeat, respiration, body movements etc are assisted by VATA. Vata dominated regions are intestines, lumbar region, ears, bones and skin.

**Pitta** - The elements with Fire and Water in dominance combine to form the Pitta Dosha. The Pitta Dosha is responsible for the process of transformation or metabolism. The transformation of foods into nutrients that our bodies can assimilate is an example of a Pitta function. Pitta is also responsible for metabolism in the organ and tissue systems as well as cellular metabolism.

**Kapha** - Finally, it is predominantly the water and earth elements, which combine to form the Kapha Dosha. Kapha is responsible for growth, adding structure unit by unit. It also offers protection, for example, in form of the cerebral-spinal fluid, which protects the brain and spinal column. The mucosal lining of the stomach is another example of the function of Kapha Dosha protecting the tissues.

When the three Doshas are well harmonised and function in a balanced manner, it results in good nourishment and well-being of the individual. But when there is imbalance or disharmony within or between them, it will result in elemental imbalance, leading to various kinds of ailments. The Ayurvedic concept of physical health revolves round these three Doshas and its primary purpose is to help maintain them in a balanced state and thus to prevent disease.

# Traditional Ayurveda Healing

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## Course Overview

**Kerala Massage** – In 10 days learn the basic principles of ayurvedic philosophy and science, massage techniques, use of oils and herbs. By the end of the course you will be able to give a full body massage.

**Kerala Massage** – In 1 month learn to the practice and philosophy, constitution, diet. Anatomy, Physiology and Ayurvedic diagnosis. Learn Ayurvedic Massage, pressure point massage, Nasya, Kati Basi and Shiro Dhar therapies.

Therapies also available: panchakarma treatments, full body massage, yogic massage, chakra massage, marma massage and kizhya massages.

## Course Length

1. 10 days course of full body massage
2. 1 month course of Ayurvedic Therapies and Massage
3. 3 month course of full Ayurveda Treatments

## Course Dates

Times and days arranged at time of booking. Bookings can only be

## Course Cost

1. 10 day course	AUD	USD	Euros
Deluxe Package	2200	1980	1410
Standard Package	1950	1750	1250

## 2. 1 month course

Deluxe Package      Prices on application

Standard Package    Prices on application

## 3. 3 month course

Deluxe Package      Prices on application

Standard Package    Prices on application

# Booking Form

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Please complete one form per person. If you do not have a passport, complete this form as if you were applying for one. WE REQUIRE ALL DETAILS AS PER YOUR PASSPORT

Course Package Details  Deluxe  Standard

Type of Course \_\_\_\_\_

Arrival Date \_\_\_\_\_

## **PERSONAL INFORMATION (full names as per passport)**

Family Name: \_\_\_\_\_ Title: \_\_\_\_\_

Given Names: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_

Telephone (Business): \_\_\_\_\_

Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address (Home): \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Nationality: \_\_\_\_\_

Passport No: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Special dietary requirements: \_\_\_\_\_

Single supplement required: \_\_\_\_\_

Room Type: \_\_\_\_\_

Share with: \_\_\_\_\_

Accommodation requests: (eg. Smoking or non-smoking)

\_\_\_\_\_

## **Emergency contact details**

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Relationship to passenger: \_\_\_\_\_

**DECLARATION** I have read, understood and agree to abide by the booking conditions as listed on the reverse of this form.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Terms and Conditions

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The acceptance of all reservations are subject to these booking conditions which form a contractual relationship between Ekno Experience Tours & Travels Pty Ltd (Ekno Experience) ABN 51 121 148 427 and its clients. It is important that clients understand these booking conditions before making a booking.

## RESERVATIONS & PAYMENTS

To make a booking Ekno Experience requires names in full (as per passports) of all passengers, and a pre-departure contact phone number and a non-refundable deposit of AUD250 per person is due to Ekno Experience within 7 days. The balance is due 60 days prior to departure. Failure to pay by the due date may result in cancellation of the booking. For bookings made within 60 days of departure, payment in full is due immediately upon confirmation.

## TRAVEL INSURANCE

We strongly recommend that a comprehensive travel insurance policy be purchased at the time of booking your tour. Contact Ekno Experience for details.

## CANCELLATIONS & AMENDMENTS

Amendments to confirmed bookings will be subject to a fee of AUD50 per change. Within 60 days of departure and once documentation has been issued, amendments may also be subject to cancellation fees. Should you need to cancel a booking, notification in writing must be made to Ekno Experience. The following cancellation fees will apply:

- More than 60 days before departure: Deposit
- 60 to 30 days before departure: deposit plus 20% of the cost
- Less than 30 days before departure: 100% of all monies paid

No refund will be given for unused or cancelled services once travel has commenced.

## PRICES

All prices are in Australian dollars, and are based on tariffs and exchange rates current as at 01 January 2007. Whilst considerable care has been taken in pricing the travel arrangements, circumstances may change to necessitate changes in itineraries and cost. Any increase must be borne by the client, notwithstanding that deposits or full monies may have already been paid.

## PASSPORT AND VISA

A valid passport is required for all international travel. Separate visas are required to enter India, Nepal, Tibet and Bhutan. Ekno Experience will not accept responsibility for passengers who fail to obtain correct travel documents.

## GENERAL HEALTH REQUIREMENTS

International touring can involve a considerable amount of walking on uneven surfaces and stair climbing. To take full advantage of the itinerary it is important that all tour participants have a level of physical fitness that allows them to take part in all activities, without the need of assistance from others. In addition, we recommend that travelers seek advice from a medical practitioner regarding current health requirements, if any, for the countries to be visited.

## CONSULAR ADVICE

Please consult the official travel advice issued by the Foreign Affairs Department of your country. We recommend that you review this information both prior to making a booking and again prior to departure.

## NOT INCLUDED IN COURSE PRICE

The tour price does not include travel insurance, passport and visa fees, excess baggage charges, gratuities, laundry, phone calls and other communication costs, drinks, meals not listed in the itinerary, and all items of a personal nature.

## NON CERTIFICATION

Courses undertaken are not recognized by any Training Authority outside India therefore do not come with any International certification which can be used. Courses are designed for personal growth only.

## TRAVEL AND ACCOMMODATION

All forms of transportation and accommodation are provided by independent third parties, and standards and conditions may vary from what has been quoted. Ekno Experience has no control over such changes and makes no guarantee regarding this. Should any independent third party, service provider, hotelier or carrier cancel services or provide different services to those expressly mentioned by Ekno Experience, the client agrees to have no claim or cause of action whatsoever against Ekno Experience. All vouchers and tickets are issued subject to the terms and conditions specified by the suppliers and all services are subject to the laws of the country where the services are provided.

## SERVICE GUARANTEE

Ekno Experience guarantees that the client obtains the travel, accommodation and other associated services contracted by the client. When presented with clear evidence that services paid for were not provided to the client that resulted in subsequent changes, delays, loss of services later in the planned itinerary, and it is proven that such altered services were due to negligence or willful mismanagement by Ekno Experience employees, then Ekno Experience, at its sole discretion, will determine the appropriate recovery action and/or compensation to be paid to the client. This will vary upon the circumstances but will be no less than the minimum cost required to recover from an element of failed service (paid to the client direct or to the ground operator responsible for correcting the situation) through to, but not exceeding, a full repayment to the client of the full cost paid by the client in the event of major disruption to contracted services whereupon it was impossible for the clients to continue with the contracted arrangements at all.

## DISCLAIMER

Notwithstanding the Service Guarantee above, Ekno Experience and the client(s) understand the Booking Conditions described herein have been read and accepted by the client(s). Ekno Experience accepts no responsibility for any accident, damage, loss, injury, sickness, death, cancellation, delay, detention, deviation, substitutions or other unforeseen event unless caused expressly by the negligent or willful act of itself or its employees. Every endeavour has been made by Ekno Experience to ensure that all services are accurate at the time of final payment and Ekno Experience shall not be under any obligation or be liable to any person for any loss or damage suffered as a result of an inaccuracy or misdescription contained herein; or which may arise as a result of any changes in or withdrawal of any price, detail or service appearing herein due to circumstances beyond it's direct control due to the actions or failures of third party carriers, sub-contractors, governments bodies, military or terrorist actions.