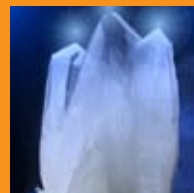


INDIA



MIND BODY & SOUL



COURSE GUIDE

Take your Mind Body
& Soul to a whole new level

ekno
experience
discover the difference

Phone: 0437 967 819

www.eknoexperience.com info@eknoexperience.com

Introduction



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



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.

Reiki/Karuna Reiki



The Karuna system of Reiki was developed by William L. Rand using symbols channeled by several Reiki masters including Marcy Miller, Kellie-Ray Marine, Pat Courtney, Catherine Mills Bellamont and Maria Abraham. He used the symbols and found them to have beneficial value, but felt that they had far greater potential than had been previously believed. He meditated on them and was guided to develop the attunement process and to call the new system 'Karuna Reiki'. Some of the symbols used in Karuna Reiki are also used in other systems but do not have the same effectiveness or healing energies as in the Karuna system. Karuna Reiki energy is different than Usui Reiki and, in fact, most students find it more powerful. The energy has a more definite feel to it and works on all the energy bodies at the same time. Students report the awareness that Karuna energy surrounds them and the client instead of simply flowing through them. It also has a grounding effect. Those who receive the attunements often report experiences with their higher self, guides and angels and feel the healing presence of other enlightened beings.

You can use Reiki on yourself, others, animals and plants. Once you learn Reiki, it is with you the rest of your life. Every time you give a treatment, you also receive the benefit of healing Reiki energy. Reiki is simple to learn and use. You are initiated into the universal life-force energy through several powerful attunements. You are taught to use Reiki for healing and personal growth with discussions and hands-on practice. Classes are small, personal, and fun.

Course overview

Becoming a Reiki practitioner involves training at three levels.

1st Level

Introduction to Reiki, how Reiki works, self-healing attunement and meditation.

2nd Level

The 2nd degree level is a powerful, intensive and interesting course. You learn three powerful divine symbols through which you can create instant energy and make your life powerful, comfortable and joyous. You will also learn healing illness and disease, emotional and mental problems from a distance and how to release and protect yourself from all negative thoughts, emotions and blockages. It creates love, harmony and strong relationships.

3rd Level : Master Healer Course

The 3rd level is a very powerful and effective course because it consists of supreme powerful healing procedures and the development of mental and spiritual powers, through the help of which, you can establish yourself as a powerful Master Reiki Healer. These techniques include: Telepathic Psychic Surgery, Master Symbol and Crystal Laser Surgery.

Reiki/Karuna Reiki



Psychic surgery is a complete and powerful science that can heal any type of disease. Just like real surgery we can take out and remove all types of toxic deposits, such as stones, tumors, cholesterol, calcium or any other kind of harmful poisons. You will learn the most powerful symbol of Reiki course, which it is taught to Masters only.

Masters A&B

Full practice of Reiki 1st, 2nd and 3rd degree initiations, complete attunements of all the world renowned masters and Karuna Reiki mastership. Establish yourself as a powerful master Reiki Healer and teacher.

Course Length

Reiki I and or II	3 days
Reiki I & II combined	6 days
Reiki III (Masters Intensive)	4 days
Masters A or B	4 days

Course Dates

Every Monday to Wednesday between months of March and October.

Course Cost

	AUD	USD	Euros
Deluxe Package			
Reiki I or II	500	450	320
Reiki I or II combined	675	600	430
Reiki III (Master Intensive)	1600	1450	1025
Masters A or B	1300	1200	830
Standard Package			
Reiki I or II	250	225	160
Reiki I or II combined	400	360	250
Reiki III (Master Intensive)	1300	1200	830
Masters A or B	1010	900	650

Yoga/Meditation



Yoga means “Union” in Sanskrit, the language of ancient India where yoga originated many thousands of years ago and used in the sense of union of mind, body and spirit. What is commonly referred to as “Yoga” can be more accurately described by the Sanskrit word ‘Asana’, which refers to the practice of physical postures or poses, though the system of Asanas is only one of the eight “limbs” or types of Yoga, the others are more concerned with mental and spiritual growth and well-being.

Yoga is about creating balance in the body through developing both strength and flexibility. This is done through the application of poses, each of which has specific a physical benefit. The poses can be done quickly in succession, creating heat in the body through movement or more slowly to increase stamina and perfect the pose’s alignment. There is an ideal way that each pose should be performed though not all yogis will agree about what this is.

Course Overview

The course which teaches you simple ways to live a healthy life. It prepares you to understand meditation and spirituality and will teach you the philosophy of yoga and its application in daily life. You will learn both the therapeutic breathing techniques of Pranayama and yoga asanas. The anatomy of hatha yoga will be taught as well as yoga nidra for deep mental, emotional and physical relaxation, chanting, karma yoga (selfless work) and a nature-cure diet. The courses are for six days.

Course Length

6 days

Course Dates

Times and days arranged at time of booking. Bookings can only be taken between months of March and October.

Course Cost

	AUD	USD	Euros
Deluxe Package	1300	1200	830
Standard Package	1010	900	650

Crystal Healing



The function of Crystals are to transform and amplify various types of energy into biological energy that rebalances and re-energizes our biological system on the cellular level, as well as on our emotional, mental, and spiritual levels. The biological transfer of energy theory is based on the belief that the body is a series of synchronous, oscillating, solid and liquid crystal systems to which our crystal healing techniques are able to transfer energy directly, as from one crystal to another.

On the emotional and mental level, crystals linked with our own thought forms, have the ability to amplify energy so that our emotional and mental states are harmonized and stored negative thought forms are released. Crystal Healers uses the analogy of a computer mind which can be cleared of non-functional programs and reprogrammed by creating a strong new thought form. The strength of crystals in this process is that when they are appropriately linked with the mind, they amplify emotional and thought form energy in a way that has the power to easily create new and healthy mental and emotional programs. The crystals amplify our ability to visualize and is a major way or type of language that can communicate with and redesign our mind like a computer.

Course Overview

The course will identify the therapeutic value of each Crystal, their care and cleansing techniques, how to identify and attune master crystals and power stones. Use of laser wands in psychic surgery and how to make a Crystal Energy Grid.

Crystals are natural healing tools that can be used by health practitioners to accelerate and supplement their own methods. Since the human body is a series of energy systems crystals can be used for adjusting and balancing them. Crystal healing tools are available at the centre and include crystal healing, grid crystal stick crystal ball, crystal pendulum and crystal pyramid crystal mala.

Course Length

2 days

Course Dates

Every Monday and Tuesday between months of March and October.

Course Cost

	AUD	USD	Euros
Deluxe Package	500	400	320
Standard Package	200	180	130

Tarot Reading & Learning



Tarot is a deck of 78 picture cards that have been used for centuries to gain insight and reveal hidden truths. These cards appeared at roughly the same time as the now-universal 52-card deck though it is a matter of dispute which came first. In recent times interest in the Tarot has grown enormously as people have discovered, in the Tarot, a powerful tool for personal growth and insight. More and more people are seeking ways to blend inner and outer realities so they can live their lives more creatively. Uses for Tarot cards are varied. They can of course be used in a traditional fortune telling layout. But they can also be used as inspiration cards, affirmation tools, or for self-discovery and intuition building.

Tarot is often used in 'fortune telling', or divination and is called cartomancy. The deck consists of four numbered suits like a regular deck of playing cards but with twenty two picture cards numbered one to twenty-two or, in some decks, zero to twenty-one. The Tarot deck has fourteen cards in each suit, versus thirteen for playing cards; the Tarot 'court cards' include a page along with the knight (knave), queen and king. The twenty-two picture cards, called the Major Arcana (the suited cards are the Minor Arcana), were originally permanent trump cards. The suits are analogous to standard playing cards: swords are spades, cups are hearts, pentacles (coins, discs) are diamonds and wands (staves) are clubs.

The philosophy behind Tarot is that all future events are subject to change and if you are forewarned of unpleasant events, you can prevent them. Tarot cards benevolently warn you that danger lies ahead if you stay on your current course and change nothing. You may choose to ignore this warning, but when you pass the danger zone, you will pay quite severely or you can take preventive measures and change the course of events

Course Overview

The main purpose of this course is to teach you how to use the cards for yourself with demonstrations of layouts and different types of spreads. The Tarot can help you understand yourself better and teach you how to tap your inner resources more confidently. You do not need to have "psychic powers" to use the Tarot successfully, all you need is the willingness to honor and develop your natural intuition.

Course Length

6 days

Course Dates

Times and days arranged at time of booking. Bookings can only be taken between months of March and October.

Course Cost

	AUD	USD	Euros
Deluxe Package	1000	900	650
Standard Package	700	630	450

Traditional Ayurveda Healing



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



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

Tibetan Thangka Painting



Tibetan Thangka Painting techniques and principles of the sacred art of Tibetan scroll painting. Thangka (a Tibetan word meaning “silk, satin or cloth painting scroll”). A thangka is a complicated, composite three-dimensional object consisting of a picture panel which is painted. The content of most thangkas are mainly the images of Buddha, or represents the life stories of eminent monks and folk customs. The painting methods use mainly bright colors and line drawing.

Course Overview

Learn the basic techniques of thangka painting. In the beginners course you will learn basic lines, proportions, background scenes, wet and dry shadings, making a canvas, colours of White & Green Tara, Buddha and Chenregiz.

Materials are included.

Course Length

7 days

Course Dates

Times and days arranged at time of booking. Bookings can only be taken between months of March and October.

Course Cost

	AUD	USD	Euros
Deluxe Package	1550	1400	1000
Standard Package	1250	1125	800

Booking Form



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: _____ Twin

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

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.