

YOGA TOUR OF INDIA



In 2009, 18 of us set flight to India's 'capital of yoga' – Rishikesh. The foothills of the Himalayas and home to many wonderful ashrams.

The tour had three parts: 7 days at Swami Dayananda's ashram. An ashram focused on teaching the ancient scriptures called the Vedas.

Second, a trip to Uttarkashi where we drove to Gangotri and experienced the Himalayan Mountains up close.

Third, seven days at Phool Chatti Ashram, primarily focusing on Hatha Yoga practices.

The Yoga Tour of India aims to introduce people, regardless of their proficiency to a lifestyle based on Yoga.

The 21 day tour included:

- International fares.
- All accommodation.
- All transportation.
- Three meals per day.

Contact Caitanya Yoga For Further Details

Phone: 03 5429 2134

Mobile: 044 777 8884

Email: info@caitanyayoga.com.au

Web: www.caitanyayoga.com.au



▶ SCROLL THROUGH THE FOLLOWING PAGES AT 'FULL SCREEN MODE' TO VIEW TOUR SNAPSHOTS. PRESS 'ESC' ANYTIME TO EXIT.



2009 YOGA TOUR OF INDIA

SNAP SHOTS



The 2009 Yoga Tour consisted of 18 seekers - in search of deepening their practice and immersing themselves in a new and wonderful culture.

Here we all are standing in front of the sacred Ganga. We were blessed to have Mother Ganga with us for the majority of our stay in Northern India.





2009 YOGA TOUR OF INDIA

SNAP SHOTS

Our tour began at Swami Dayananda's ashram in Rishikesh. We were fortunate to experience the ancient ceremony where dedicated seekers become sannyasis.

In this photo the sannyasis are walking to cast their clothes into the Ganga. Their lives now will be in orange robes.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



The new sannyasis are walking back from shedding their old life to embark on a life dedicated to spiritual awakening.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



At certain times of the year local sannyasis are invited to enjoy a meal at the ashram. Many of these sannyasis are wandering mendicants with no permanent abode.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



This is Swami Dayananda.
We were in awe of his
knowledge and compassion.
Many of the Australians
referred to him lovingly as
'Grandfather'.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



Experiencing the Ganga up close.
We've arrived in Uttarakshi - our second destination.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



A visit to Swami Sivananda's ashram in Uttarkashi. The presiding swami is welcoming us.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



On our way to Gangotri.
Snow capped peaks
surrounded us.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



It's hard not to become
pensive when surrounded
by such beauty.





2009 YOGA TOUR OF INDIA

SNAP SHOTS





2009 YOGA TOUR OF INDIA

SNAP SHOTS



The temple at Gangotri.



Ringing the temple bells as a way of saying thank you to the mountains, and goodbye.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



Our final destination -
Phool Chatti Ashram in
Rishikesh.
Waiting to be served in the
dining hall.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



On one of our silent
nature walks.

Along the way we met a
little friend.





2009 YOGA TOUR OF INDIA

SNAP SHOTS



Interacting with the
locals





2009 YOGA TOUR OF INDIA

SNAP SHOTS



Meeting a mystic





2009 YOGA TOUR OF INDIA

SNAP SHOTS





2009 YOGA TOUR OF INDIA

SNAP SHOTS



To top it all off - sacred
yoga amidst the sacred
Ganga.

Namaste.

End - Press 'Esc' to
exit full screen mode