

January 2010

Dear Yoga Friend,

I am very excited to be sending you this information regarding the Yoga Retreat at SwaSwaraRetreat Center in Karnataka, India March 1-11, 2011. (NEXT Year) Check out the website: www.swaswara.com to ignite your imagination and begin to see yourself in this truly wonder full place.

There has been a lot of interest in this trip so please decide soon if you would like to join us. We recommend that you plan on starting your travel at least 2-3 days prior to the start up date of the retreat, which would be February 26, 2011 or earlier. This will help to overcome the jet lag that can be experienced from a 14 hour into the next day time change. Depending upon your flight itinerary and route of travel, you may want to spend a night or two in Bangkok (Jim and I would meet you there), Seoul or Mumbai prior to the retreat to become acclimated to the time change.

You will need a valid passport that expires no sooner that 6 months AFTER you arrive in India. Visa requirements and many other details are in the attached packet which is also on my website www.lynneminton.com

*A \$500 deposit is required to **secure your space** and full payment is due not later than October 30th, 2010 (or when that PFD check arrives!) See Registration form in packet.*

If you have questions, please do not hesitate to call Lynne or Jim at(907) 248-1965 or email me at lynneminton@gmail.com

*Namaste,
Lynne Minton*

Yoga Retreat In India



With LYNNE
MINTON (not in photo ☺)

SwaSvara Retreat Center

On Om Beach in Karnataka India



March 1-11, 2011

Your 11 day, 10 night package includes:

- *Transfers to and from Goa's Dabolim Airport*
- *Double occupancy room in Konkan Villa, (private rooms and cabins on limited basis for extra fee)*
- *Two yoga classes per day (with 1-2 days off for touring)*
- *Three healthy and delicious seafood and vegetarian meals per day*
- *Use of the hiking trails, eco walks, bird watching*
- *Evening programs and other extras (see packet)*

TOTAL COST: \$2050

Price does not include airfare ,or extra nights lodging prior to the retreat. See packet for more details.

For a detailed information packet, call Lynne Minton (907) 248-1965, or website:

www.lynneminton.com

YOGA RETREAT in Karnataka, India
INFORMATION PACKET
Tuesday, March 1 through Friday, March 11, 2011

SwaSwara which means "My inner sound" is a wellness place for the Mind Body and Soul and the atmosphere here is just perfect to Relax, Release and Refocus.

Situated on Om beach named after its shape, the location makes for an ideal getaway- a pilgrimage to the Self. Be it watching the sunset from the centre of the OM or lying on the beach under the golden moon or living the divineness of Gokarna – the temple town, each one of the experiences further our journey to the Self.

The offerings of Swa Swara are in keeping with the ethos of the cgh earth. Cgh stands for clean green healthy so the full name is clean green healthy earth experience hotels.

We hold dear to us three non negotiable core values which are:

- Environment sensitivity
- Including the local community &
- Adoption of the local ethos

There is little at SwaSwara, apart from the rhythm of rolling waves and the meditative hum of birdsong, to disturb your inner explorations.

Here at SwaSwara you will find that nature and our team have conspired to bring alive an experience you will not forget in a hurry.

www.swaswara.com

YOUR TRIP PACKAGE COST OF \$2050 INCLUDES

1. 11 days and 10 nights lodging Guests stay here in a Konkan villa called so since it is constructed in the style of the local houses along the Konkan coast- rooms spread around a central open courtyard. The villa comprises an air conditioned bedroom, open split lawns, a semi open to the sky bathroom, a sitting area that overlooks an open lake and an upstairs Yoga deck that looks out to the ocean.

Each villa accommodates 2 easily and could accommodate a third person in the extra pull out bed (not for someone who's very tall)

2. Two yoga classes per day (with day off for touring). The first day of class will be Wednesday, March 2 and the last full day will be Thursday, March 10, 2011, although we may have a practice session on the last morning before departure on March 11. Class times will be announced at orientation on the morning of March 2.

3. Three healthy and delicious local fish and vegetarian meals per day. All that is served is healthy - fruit of the land and sea- organic vegetables, fresh sea catch, washed down with refreshing Kokum juice or tender coconut water and local wines.

Let us know if there are any specific individual diets like vegan, gluten free, diabetic or Ayurvedic. Meal times will be announced at orientation.

4. Several Evening programs. Yoga related discussions and special events.

5. Additional activities included in your package:

- Interactive cooking in our gallery kitchen
- nature activities like bird watching, jungle trail, eco walk
- interaction with our artist in residence
- 1 boat cruise
- 1 hour of sea kayaking

NOT INCLUDED IN THE PACKAGE:

1. Air fare to and from Dabolim Airport, Goa, India. We will be meeting as a group in Goa on March 1, or alternately in Bangkok, Thailand on February 27, 28. See Travel logistics below.

2. Extra nights lodging. We highly recommend that you plan your trip to arrive at least 2 nights before the retreat begins in order to have overcome the jet lag of overseas travel and be fresh for yoga.

3. Excursions on our day off should you choose to leave the site.

4. Wines, laundry and telephone calls

5. Tips for staff. Please consider making allowance for tips for the staff. \$50-\$75 would be a suggested amount.

6. SwaSwara Retreat Ayurveda services. Retreat Center's on-site therapists. Ayurveda doctors and therapists put your body through a wellness regimen that helps you connect with body, mind and maybe even your soul. You could choose to either take an Ayurveda package when you come here or pay treatment-wise.

The Chart below shows the Ayurveda programs we offer and the duration that people need to be here for the packages

Package Treatments	Duration
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1	Panchakarma Package	
	a. Vamana [Emesis]	14 days
	b. Virechana [Purgation]	14 days
	c. Basti [Medicated Enema]	14 days
	d. Nasya [Nasal medication]	App. 7days
2	De-stress Package	7 days or 14 days or 21 days
3	De-tox Package	14 days
4	Hridya package [Reduce Cholesterol and protect your heart...]	14 days
5	Weight loss Package	14 days or 21 days

Ayurveda is offered as a package for Euro 275 for 6 days which includes:

- Consultation with our Ayurveda doctor
- Counseling
- Any and as many treatments required for the package which could be relaxation, rejuvenation, de-tox, heart care, weight loss, etc.
- Customised as per individual body constitution Ayurveda meals
- All internal medication

TRAVEL LOGISTICS

Fly into Goa's Dabolim airport from where our driver will bring you to SwaSwara which is about 170 km from the Goa airport.

GETTING THERE: You are responsible for making your own flight arrangements to and from Goa. We will plan to meet as a group in Goa at the Dabolim airport on March 1 between noon and 1 PM. There is a 2-3 hour bus journey to SwaSwara from Goa. Whichever route you choose, know that it is a long journey and you will probably want to break up the flight with a layover night in Bangkok (see below), Taipei, Seoul or Mumbai depending on your route.

VIA BANGKOK, THAILAND

You may choose to meet up with Jim and me in Bangkok on either February 26 or 27. Let us know and we can make a reservation for you at the KT Guesthouse. Cost is approximately \$25 US per night (at current rates). There is a

swimming pool and restaurant on the grounds.

www.ktguesthouse.com

We will still have a 5 hour flight from Bangkok to Mumbai and then another 1 hour to Goa. We will plan to fly to Goa on Feb 28 and spend one night there. (Location in Goa is yet to be determined)

We will meet the transport to SwaSwara at the Dabolim airport between noon and 1 PM on March 1, for the 2-3 hour drive to the retreat center.

DIRECT TO GOA, INDIA

The only direct flight from Anchorage to Asia is on China Air to Taipei and then on to Bangkok or Mumbai with them or other available carriers. Check Korean Air for possible direct flights to Seoul and beyond.

There are many other carriers from west coast cities like Seattle, SF or LA that will get you to India as well.

Other important information

TIME ZONE: From Anchorage to Mumbai, add 14.5 hours (yes, that is 14 and a half...only in India!

ELECTRICAL POWER: 220 volt 50 cycle

CURRENCY EXCHANGE RATE: In Jan 09, 46.58 rupees to \$1 USD (check current rates)

PASSPORT REQUIREMENTS:

A valid passport is required. The EXPIRATION DATE of your PASSPORT must be at least 6 MONTHS after your ARRIVAL DATE in INDIA. Two blank pages are also required in your passport for Visa stamps

A new requirement is to have a photo copy of your drivers license or a major utility bill with your home address on it. This CANNOT be a PO Box.

It is also a good idea to have two spare passport photos when traveling in case you decide to take any side trips to other countries where visas are provided upon arrival.

Make several copies of the ID page of your passport and vaccination record to put in your luggage and to carry for ID in your day to day travels rather than carrying your actual passport.

ENTRY VISA: Search online under "India Visa Requirements" and find a Visa expediting service to use. You can download a visa application and fill it out. You will be required to send your passport into the service to receive your entry Visa so be sure you have plenty of time to send it out and get it back before departure.

You will need to send in 2 passport photos with your VISA application as well.

The VISA fees will be approximately \$60 for the India Consulate fee and whatever your service charges, around \$13-\$15. We always include a return overnight delivery with ours as well.

The Indian VISA is good for 6 months maximum stay.

VACCINATIONS AND HEALTH

The only required vaccinations are for Hepatitis A and Thyphoid. This may require two doses several weeks apart so be sure to allow plenty of time prior to travel to complete this.

You should also check if you are in need of booster doses for Tetanus, Diptheria, and Measles.

Travel Clinic Providers by Appointment

- 1. First Care 248-1122
Dr. Leslie Bryant 261-3162
Dr. Alex Vasquez 279-4953.**
- 2. Center for Disease Control (CDC) Website address
www.cdc.gov/travel/seasia.htm**
- 3. Contact your local Physician**
- 4. If you require any prescription medications, bring along adequate quantities for your trip as well as copies of your prescriptions. If you wear prescription glasses it is also wise to bring a spare pair of glasses or your vision prescription information.**

WHAT TO BRING

YOGA GEAR: You **MUST** bring your own sticky mat, and a yoga belt. If you have room please bring a block and the equivalent of two shoulderstand pads (may be blankets, 4 foam squares, or other combination) Due to luggage restrictions and the long distances I realize we may not have all the props we are used to so we will improvise when needed.

OTHER ITEMS: Sunscreen, sunhat, bug repellent, earplugs (nice for airplanes or if night noises bother you), camera, walking shoes, flashlight, bathing suit.

Dress is casual but modest culturally. Women cover their shoulders (but not their midriffs) and do not wear short shorts or skirts, except in cosmopolitan areas. Since we will be in a rural area I suggest dressing as the locals do. In my experience, they love it when we dress "like them" in Indian kurtas and pajamas which can be purchased there inexpensively and are quite comfortable for travel as well. A warm layer or cover up may be useful for cool evenings or excursions.

It is not unusual for newcomers and seasoned Indian travelers to encounter some digestive "challenges" so pack whatever medicines you favor. Since SwaSwara also has Ayurvedic practitioners on staff, we will be in very good hands.

CONTACT INFORMATION

SwaSwara Retreat Center OM Beach, Gokarna, Karnataka, India

**TEL: 91-484-301-1711
266-8221**

FAX: 91-484-266-8001

Email: contact@cghearth.com

Web: www.SwaSwara.com

SwaSwara Yoga Retreat
REGISTRATION FORM

NAME _____ PH(day) _____ (eve) _____

Email _____

Mailing Address _____

Deposit (minimum of \$500) paid on (date) _____ check
_____ amount _____

Make checks payable to **LYNNE MINTON** and mail to PO Box 190121,
Anchorage, AK 99519-012. Deposit is non-refundable unless your space is filled upon
cancellation, then refund less \$100 fee.

_____ ** _____ ** _____ ** _____ ** _____

Please return the following information with your balance due not later than October 30,
2010.

NAME _____

Arrival Goa

Date _____ **Time** _____

Flight # _____ **Airline** _____

Roommate preference _____

Dietary considerations/allergies _____