



Yoga Retreat with Lisa Walford



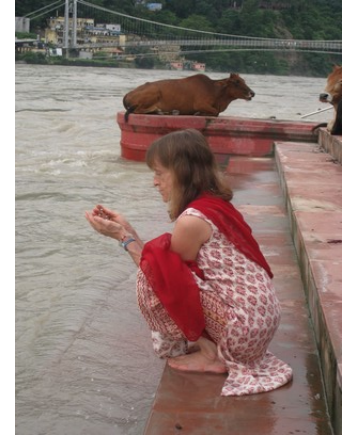
February 15 – March 1, 2012

Rishikesh ✨ Varanasi ✨ Agra

Recharge, renew, and rejuvenate, in one of the most spiritually charged places on Earth – Rishikesh. Study at the foot of the Himalayas, in a fully equipped yoga studio. Then voyage to Varanasi, one of the holiest places in India. Finally, visit Agra, to see the majestic Taj Mahal.

In Rishikesh

Within view of the Mother Ganges, we'll enjoy a week of asana and pranayama with Lisa. All levels are welcome. Optional activities will include sunset aarthi (fire ceremony) and kirtan, discourses, hiking, and a day trip to Haridwar, where the Kumbh Mela is held.



In Varanasi

Varanasi is a pilgrim's mecca and is considered an auspicious place to absolve one of past karmas, and for major life transitions. The rhythms of life are palpable, as many bring loved ones here for cremation near the sacred waters of the Ganges. Magical, colorful, and rich with cultural history, our memories of Varanasi will last a lifetime. Our guide will take us to Temples, Ghats, and on a leisurely boat trip.

In Agra

No trip to India would be complete without taking in Agra, on the river Yamuna, to see the Taj Mahal, one of the new Seven Wonders of the World. If time permits, our guide will also take us on a tour of the Agra Fort, and a Shiva temple, both just minutes from the Taj.

Schedule

Wed Feb 15th leave US » Thu 16th Delhi » Fri 17th Rishikesh » Fri 24th Varanasi » Wed 29th Agra » Fri Mar 1st Delhi » Fri 1st arrive US

Cost

US \$2,799 (\$3,099 after November 15th), includes all transportation (to/from LAX and throughout India), double-occupancy upscale accommodations (4/5 star in Varanasi and Agra), and our personal tour guide. Meals can be arranged, but are not generally included. Register soon, as we are limited to 15 participants.



For more details, or to register, please call/text **310.985.9642**, email rishikesh2012@walford.com, or visit walford.com/rishikesh2012.

About Lisa

Lisa Walford holds an Intermediate Senior Iyengar Yoga certificate, and has been teaching in Los Angeles for over 30 years. She has a BA from UCLA and is on the Board of the Iyengar Yoga Therapeutics Group, and the advisory council for the International Association of Yoga Therapists. In her rigorous and technically informative classes, Lisa creates an ambiance of internal focus inspiring both beginning and advanced students.