



SEVANTI
ADVENTURES



JOURNEY TO INDIA RETREAT

FEBRUARY 7-18, 2020

with JAMES BAILEY, DASc, C-AP (NAMA), LAc, MPH, ERYT500

CATALOGUE

The Sacred Sap Retreat + Post Retreat Tour

SevantiAdventures.com



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Journey to India Retreat

Kerala Sacred Sap Retreat: February 7-14, 2020

Varanasi - Taj Mahal - Delhi, north India: February 14-18, 2020

WELCOME SEEKER

Welcome to India, and welcome to a dream board opportunity. Sevanti Adventures bases its itinerary on wellness, cultural, and spiritual immersion experiences in locations that deepen our understanding of life and inspire personal growth, all while maintaining the highest standards of group and individual safety and wellness. The Journey to India Retreat is two tours of sacred India in one: the best of south and north India!

Our journey begins in the southern state of Kerala with the Sacred Sap Retreat, a week of soul integration and body rejuvenation at the Somatheeram Ayurveda Village. You will experience an integration of body and spirit via the vibrant healing sensations of the lush jungle environment (think Kipling's "The Jungle Book"), the elegant south Indian and Ayurvedic cuisine, the crashing waves of the exotic Arabian Sea, the singing tropical birds, elephants and jungle boat rides, Hindu temples alive with worship, and the beautiful laughter of our unifying group. Gentle daily yoga and de-stressing Ayurvedic treatments will ground us and awaken our senses to the beauty of India and ourselves. The sweet sattvic people of Kerala remind us just how at peace we can be. The south slows us down and brings us closer to our heart and to a sense of ourselves that is both renewed, deeply relaxed, and familiar from our youth.

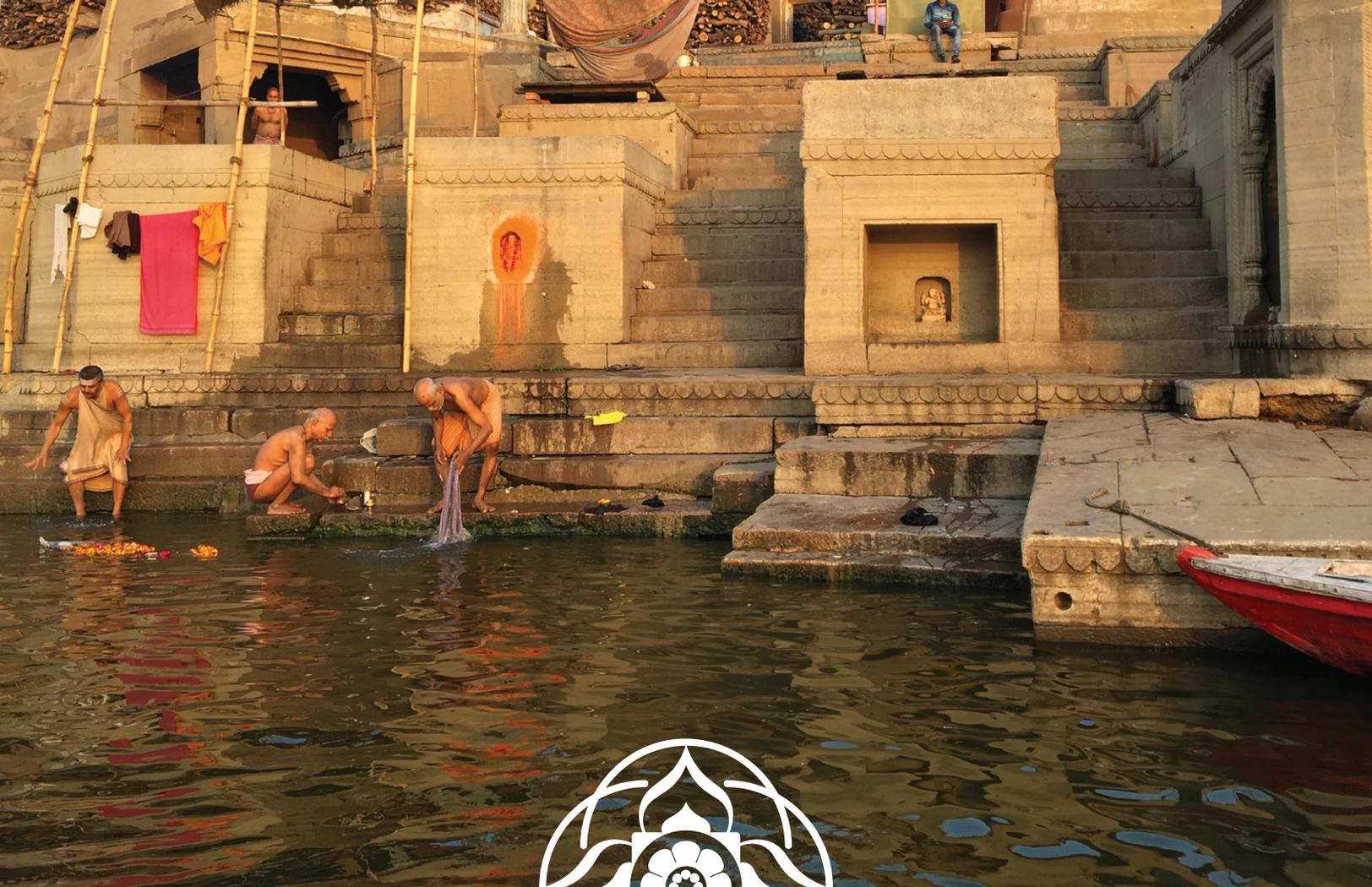
We then travel to north India for the Post Retreat Tour to explore the ecstatic cultural and spiritual epicenters of Varanasi and the Taj Mahal. Varanasi is a challenge to explain. It is said that people come to Varanasi to learn and to burn. Bring your camera, or leave it in the hotel and just breath it in: holy men, sadhus, bathing ghats, rowboat tours of the Ganges River, Hindu pilgrims worshipping in the Ganga itself, washing away a lifetime of karmas, live cremations, sunrise offering puja to the Divine Mother, prayers that come true, wild monkeys, narrow thousand-year-old streets and temples, wandering cows, beautiful shopping, all on the edge of the sacred Ganga that gently flows by. Then on to the city of Agra to experience the great wonder of the world: the Taj Mahal! The high altar of love. One of the rare architectural accomplishments that can elicit tears of ecstasy from those who gaze upon it.

This is the ultimate India experience. The tour is more than traveling India, it is a deep healing journey through our own hearts, awakening us to the call of our soul's journey. This tour is for you, and it is about you, as we witness the sacred beauty of India draw out the beauty of who we are.

James Bailey

Sevanti Adventures, Founder and Tour Guide





This is your journey





SEGMENT 1:

The Sacred Sap Retreat

Kerala, south India





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SEGMENT 1:

The Sacred Sap Retreat

Kerala, south India | Feb 7-14, 2020 | \$2800

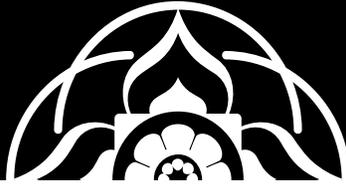
OVERVIEW

The Sacred Sap Retreat is a 7-day yoga, ayurveda and Indian cultural immersion retreat. Destination: Kerala, south India. We will spend the week at the most famous ayurveda resort in all of India, located on the beach just south of Trivandrum, the capital of the state of Kerala. Kerala is famous for its deep ayurvedic traditions, warm, sunny beaches, lush forests, lakes and waterfalls, elephants, ancient temples, and a slow, relaxing vibe. We will wake to a light breakfast, morning restorative, or gentle yoga practices, mid day 2-hour ayurvedic rejuvenating massages, and two half-day side trips (Kali Goddess Temple, and houseboat tour of the backwaters). Our retreat center offers live traditional music and dance with dinner under the stars. The intention is complete relaxation, rejuvenation, and cultural integration.

THE SACRED SAP RETREAT SEGMENT INCLUDES:

- Seven (7) nights accommodations at the world famous Somatheeram Ayurveda Village located on the beach in Kerala just south of the city of Trivandrum
- Three mind blowing vegetarian meals per day with your choice of traditional Kerala cuisine or cleansing Ayurvedic diet tailored to your constitution. Vegan, seafood and non-veg options available.
- Daily 2-hour Ayurvedic rejuvenation massages and treatments from Ayurveda doctors and therapists
- Daily morning gentle yoga and meditation practice with guest yoga teachers.
- Daily talks on Ayurveda, Hinduism and Hindu Dieties, rejuvenation, healthy aging, longevity
- Hindu Shiva Temple tour and mindfulness practice: Sunset Ganesh Puja, throw and crack coconuts for removal of inner and outer obstacles, Shiva temple ceremony lead by Brahmin priests
- Half day boat tour of the lush jungled "backwaters" of Kerala
- Half day visit to Attukal Bhadra Kali Devi Temple to make offerings to the goddess Kali
- International airfare not included.





SACRED SAP RETREAT ACCOMMODATIONS

SOMATHEERAM AYURVEDA VILLAGE

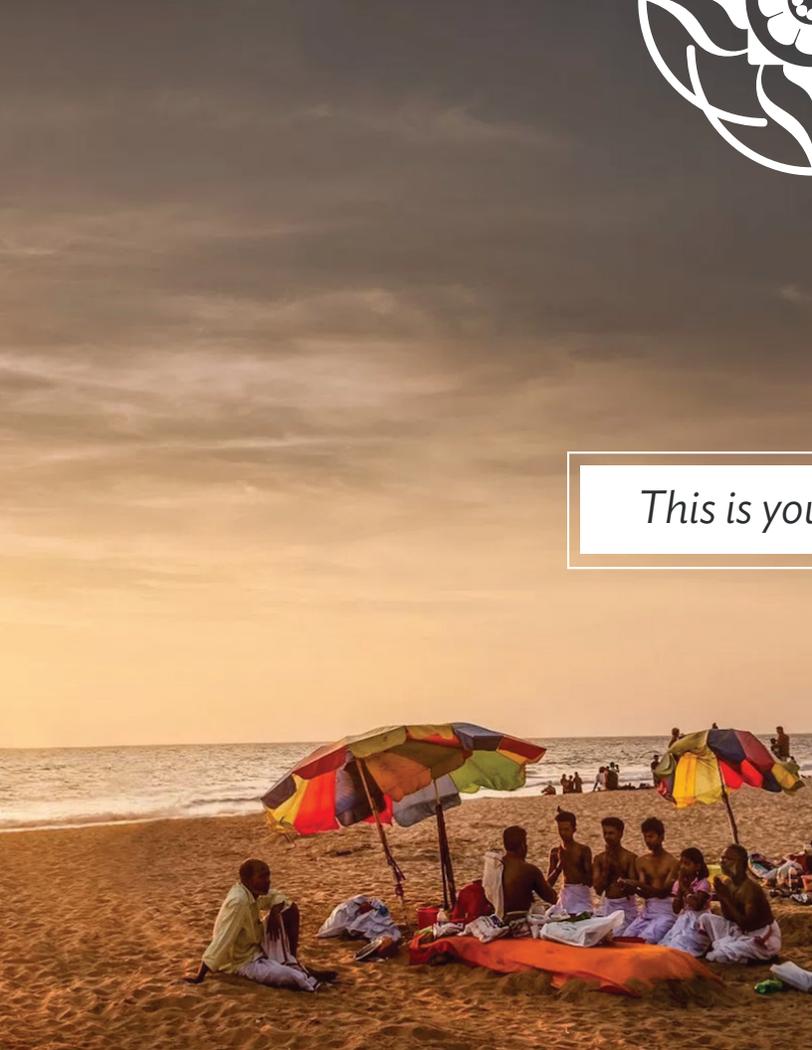
Our place of stay on the Sacred Sap Retreat in Kerala is the Somatheeram Ayurveda Village. All accommodations are double accommodations. Rooms include two separate double sized beds for assigned roommates, and a queen sized bed for couples. If you have a preferred roommate, please inform us, otherwise, you will be assigned a roommate of compatible gender and age.

Accommodations at Somatheeram Ayurveda Village are known as Kerala House Standards and Special Cottages. Kerala Houses were the traditional homes of southern India's land owners in former times. The houses are up to 300 years old and were rebuilt after elaborate restoration. All accommodations have full private bath and amenities. All rooms come with AC.

SOMATHEERAM AMENITIES AND SERVICES

- Ayurveda treatments at Ayurveda Centre
- Airport transfer included
- Free wifi
- Telephone
- Safe deposit locker
- Doctor on call
- Money change at reception
- Gift shops on site and on local street
- Tours and excursions
- Room service
- Clean bottled water
- Laundry services
- Mail and message handling
- Beach towels and umbrellas
- Credit cards accepted
- Award winning Ayurveda and south Indian cuisine





This is your journey



SEGMENT 2:

The Post Retreat Tour

Varanasi and Taj Mahal, north India





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SEGMENT 2:

The Post Retreat Tour

Varanasi and Taj Mahal, north India | Feb 14-18, 2020 | \$2000

OVERVIEW

The Post Retreat Tour is a 5-day add-on journey to Varanasi, Agra (Taj Mahal), and Delhi, available only to Sacred Sap Retreat guests. Destination: north India. Varanasi is a holy ancient city on the Ganges River famous for its ageless temples, bathing ghats, cremation ghats, meditating sadhus (yogis), morning sunrise light on the river, and gorgeous fire ceremonies at sunset. Agra is the home of the Taj Mahal, one of the seven wonders of the world and the high altar to human love. Delhi will be our city of departure. We will stay in 4.5 star hotels each night of the Post Retreat, including the Radisson Varanasi (2 nights) and Radisson Blu Agra (2 nights). These locations are found in northern India, and two India domestic flights are involved.

THE POST RETREAT TOUR SEGMENT INCLUDES:

- Offered to Kerala Sacred Sap Retreat participants only
- 4 nights, 4.5 star accommodations at Radisson Varanasi and Radisson Blu Agra hotels
- Breakfast buffet
- Guided tours of the Ganges in Varanasi, including an early morning sunrise sacred prayer and offering to the divine mother; also includes a late afternoon and evening return to the Ganges to witness the Manikarnika Temple cremations and evening ceremony performed every night by seven Brahmin priests to the Goddess Ganga
- Guided tour of the Taj Mahal in the early morning to witness the rising sun change colors on the Taj dome; an afternoon guided tour of the Agra Fort
- Includes all India domestic flights: (TRV-VNS) and (VNS-DEL)
- Includes roundtrip luxury bus transport from Delhi to Agra and back to Delhi
- Includes lunch in Delhi on last day before departure
- International airfare not included.





POST RETREAT TOUR ACCOMMODATIONS

RADISSON VARANASI HOTEL: 4.5 ★

Our accommodations in Varanasi will be at the 4.5 star Radisson Varanasi Hotel. The hotel is a safe walled compound outside with lots of marble interior. The statutory Sikh doormen will welcome you each time we enter and leave the premise. The rooms will include two double beds and beautiful decor. The food is well known in Varanasi as one of the great culinary experiences in Benares. Plan on lots of familiar north Indian fare at the all you can eat buffet. The food really is extraordinary.

RADISSON BLU AGRA HOTEL: 5 ★

Accommodations in Agra for the Taj Mahal tour will be at the 5 star Radisson Blu Agra hotel which lays just 1 kilometer to the east of the Taj Mahal. The hotel is so close that we will walk to the Taj. The Radisson Blu Agra is one of the most modern hotels in India. The food is award winning with fare from both north and south India. You'll find other regional foods in the Indian restaurant on the premises as well.

HOTEL AMENITIES AND SERVICES

- Luxury bus transfer from airport included
- Free wifi
- Telephone
- Safe deposit locker
- Safe keeping of baggage
- Money change at reception
- Breakfast buffet included
- Lunches and dinners not included unless indicated
- Gift shops on site and on local street
- Tours and excursions
- Room service
- Clean bottled water
- Laundry services
- Mail and message handling
- Pool towels and umbrellas
- Credit cards accepted





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SECURING YOUR SPACE ON THIS TOUR

If you have not already secured your spot on this tour, Sevanti Adventures is now taking active registration and payments. Participation is limited to 30 people. All rooms are double accommodations. We recommend that you secure your space early. To secure your spot on the tour, we will need both of the following from each guest:

- (1) Online Registration
- (2) Online Deposit or Full Payment

Please go to Sevantiadventures.com to register and place a deposit. A deposit or full payment will secure your spot. Full payment is required by January 4, 2020. Space is limited. Contact James Bailey and Sevanti Adventures at 310-393-4124 or admin@sevantiadventures.com for all questions about the retreat itinerary, registration, deposits and payments.



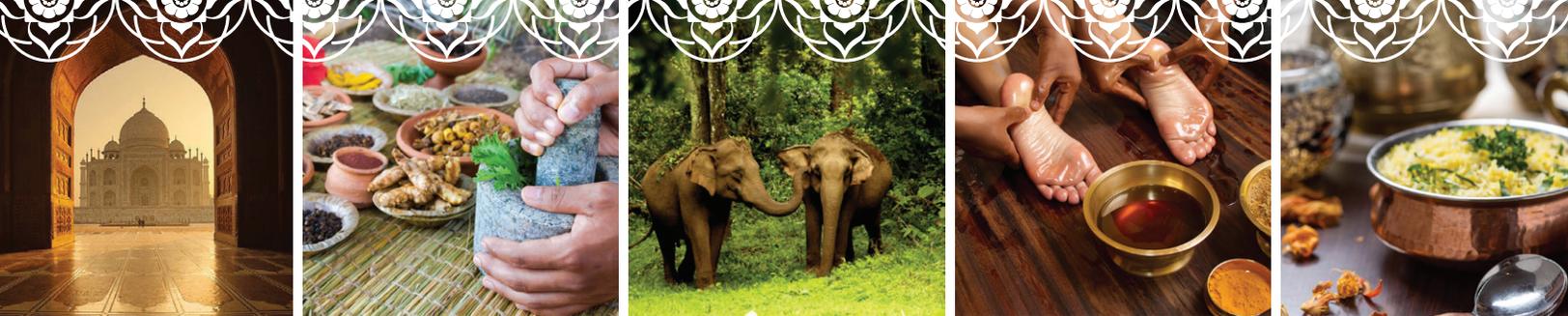
YOUR RETREAT GUIDE: JAMES BAILEY

James G Bailey, DASC, C-AP (NAMA), LAc, MPH, ERYT500 is a third generation healer, Ayurveda physician, Yoga teacher trainer who has been living yoga and Ayurveda for 30 years. He practices Ayurveda and Wellness Counseling to aid patients towards their true nature of well-being and an enlightened self care.

India Travel and Retreat Experience: James has returned to India 18 times since living in India for a year in 1989. He has lead dozens of yoga and ayurveda retreats to India since, helping hundreds of people to fulfill their dreams to experience sacred India. As a young adventurous traveler in his 20's, James travelled much of India for a year by train, bus, and by foot. He lived in intentional communities, took Hindi immersion courses in the Himalayas, stayed in ashrams, random \$2/night guesthouses, hiked the mountains of Nepal, hosted 5 species of parasites in his gut, visited the Dalai Lama in Dharamsala, temple hopped his way through the south, survived the 2005 tsunami at Ammachi's ashram in Kerala, practiced yoga and meditation, slept on cement floors in countless train stations, studied Ayurveda with his teachers, and fell in love with a country and people that are as diverse as any place on the planet.

James teaches yoga, yoga psychology, ayurveda and meditation workshops and yoga teacher trainings worldwide. He is a contributing editor and former columnist for Yoga Journal, Light on Ayurveda, LA Yoga magazine and other wellness magazines. He is founder of Sevanti Institute and Sevanti Adventures.





TRAVEL ROUTES: PLEASE READ!

VERY IMPORTANT!:

There are many varying travel routes to this retreat. Sevanti Adventures does not include international air travel in its packages. We suggest you speak with a qualified travel agent if you need help planning your travels. We are happy to offer suggestions, but we do not offer trip planning as a service. It is very important that you plan your international air travel according to the retreat plan.

INTERNATIONAL TRAVEL: IMPORTANT!

We highly recommend you purchase the following flights:

1. Your nearest international airport --> Trivandrum (TRV) - arrive TRV before 6am on 2/7/20
2. Delhi (DEL) --> Your nearest international airport - depart DEL after 6:30pm of 2/18/20

Arrival time: February 7 is preferred by 6am. Please note that India is 12.5 hours ahead of PST, so arriving at 4:00am will feel like arriving at 4:00pm. Many international flights arrive at TRV as early as 3:00am which is perfect. We suggest you fly internationally direct to Trivandrum International Airport (TRV). Trivandrum is the capital of the state of Kerala in south India. There are many routes of travel from the US to Trivandrum. All flights require at least one or more layovers, however we suggest you arrive at TRV as your final destination. You may find that round trip flights are not cheaper than two one-way flights. In that case, if you are joining us for the post retreat tour, we suggest you fly one-way to Trivandrum for the south India retreat, then fly home one-way out of Delhi.

Departure time: All guests will be dropped off at Delhi International Airport at approximately 3:30pm on February 18, 2020. Guests should book departure flights from DEL in the evening of February 18, 2019. Flights departing after 6:30pm are mandatory.

INDIA DOMESTIC TRAVEL:

Post-Retreat package includes two India domestic flights. We are holding seats on the following flights:

1. Trivandrum (TRV) --> Varanasi (VNS) - Travel day: 2/14/20
2. Varanasi (VNS) --> Delhi (DEL) - Travel day: 2/16/20

Seats on the above India domestic flights are currently secured by Sevanti Adventures at competitive group rates. Fares are included in your Post-Retreat package fee.

Please note that India is 12.5 hours ahead of PST.





PLANNING CHECKLIST

To secure your space on the tour, Sevanti Adventures will need the following:

- Complete the Online Registration Form, found on Sevantiadventures.com
- Pay the \$700 deposit or make full payment on the Online Deposits and Payments webpage, found on Sevantiadventures.com
When choosing to pay a deposit, you will be asked to create an account which you will need to pay your balance due at a later date. You can access your account through the My Account page link. Remember to save your username and password to pay your balance due by January 4.
username or email address: _____ password: _____
- Pay balance due by January 4. You can do this on the My Account webpage, found on Sevantiadventures.com

Check these items at your convenience. Complete by early to mid January.

- Check your passport expiration dates. Confirm that your passport is valid for at least 6 months AFTER your India arrival date. Required for entry.
- Check that your passport has two blank pages for Indian immigration agent to place your Indian eVisa upon arrival.
- Renew passport if expiration date is less than 6 months after India arrival date, or if you do not have 2 blank pages for visa.
- Purchase your international flights. This is required first before applying for your India visa.
See India International Flights webpage for necessary details.
- Apply for online India eVisa, between October 1 and January 23. The sooner the better. See India eVisa webpage for helpful details.
- Call your credit card company. Let them know that you will be in India from February 7-18, 2020.
Ask if you need a pin code for your card, and request they adjust the fraud alert status.
- Purchase an International Calling Plan from your cell provider to avoid huge roaming charges when you text or call from India.
- Purchase India power adapters. See Electronic Devices page, found on Sevantiadventures.com
- Medical checkup. Not required, but wise.
- Contact insuremytrip.com to purchase travel insurance
- Pack your bags, considering the weight restrictions as noted on the Luggage Weight Restrictions webpage, found on Sevantiadventures.com

Complete the Flight Details Form on the Sevanti Adventures website by January 24th. This form will ask for:

- Full name exactly as it appears on your passport, including middle names.
- Your final flight arriving into TRV: flight #, airline, TRV arrival date and time (this assists us with your airport pickup)
- Departure flight out of DEL: flight #, airline, DEL departure date and time
- Upload your approved Indian e-Visa ETA Form with granted status
- Upload a small digital photo of yourself. No hats or sunglasses please.

You'll find the online form at: www.sevantiadventures.com/flight-details-form/





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310-393-4124 | admin@sevantiadventures.com | sevantiadventures.com