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India Yoga Holiday Adventure 2020 with Tina Corbett and Lisa McRory

General Information

Date: April 27th – May 8th 2020

Where: Basunti Lodge, Himachal Pradesh, Northern India

Tina Corbett and Lisa McRory present a twelve night Yoga and Feldenkrais holiday adventure based at Basunti Lodge, Himachal Pradesh, situated within the Pong National Park.

Included in the price are:

- 2 nights in Amritsar, b&b
- 7 nights at Basunti lodge, full board
- 3 nights McLeod Ganj, b&b
- all transfers to and from Basunti

The holiday will begin in Amritsar, for two nights, with an opportunity to visit the world famous Golden Temple. There are regular flights to Amritsar from Delhi and Mumbai.

We will then transfer onto Basunti Lodge which lies at the foothills of the Himalayas, and sits perched above a lake and dam. It is rich with wild life and is an excellent opportunity for any ornithologists.

Basunti Lodge is a dedicated retreat centre and is run by David and Izzy Butterworth. It is a relaxing place to spend a week away from it all. David is one of the founding members of Neals Yard, and is a great cook! There are three meals a day at Basunti which are included in the fee, drinks other than teas and coffee (i.e beer and wine !) may be purchased from the kitchen on a tab and must be paid for at the end of the week. Water can be drunk from the tap - very exceptional in India!

All the rooms at Basunti are equipped for two people sharing. All have their own bathroom and a veranda or balcony/ sitting area of their own overlooking either the pretty gardens or the lake. There is a swimming pool and sundeck in the garden as well as a massage studio and a quiet viewing point with awning and seating.

There will be two sessions of yoga each day, early morning before breakfast, and late afternoon before supper. The yoga lessons will be held in the yoga shala or on the open air roof studio depending on the time of day. One of the yoga sessions each day will include a



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50 minute Feldenkrais lesson (Lisa is also a Feldenkrais practitioner) to complement the yoga being explored that day. Mats and props are provided. *The practice sessions come under the 'studio' fee. The studio fee is your deposit.*

You are at liberty for any leisure activities you may choose between these sessions. Tours can be arranged at the start of the week - to Kangra fort, a boat excursion on the lake, bird watching by the dam - or you can just relax by the swimming pool! Local walks are always interesting!

It will be hot at this time of year! Light clothing is most appropriate. Please remember that although India is changing, especially in the cities, skimpy clothes are not well regarded by Indians. A trip to 'Fab India' in Amritsar or any city will provide you with some authentic and wearable clothing at reasonable prices.

At the end of our time at Basunti we will travel on up to Daramasala, and McLeod Ganj, home of the fourteenth Dalai Lama, where we can spend time touring the Buddhist temples and colleges amongst the Tibetan peoples in exile. There are copious shops and markets to satisfy the souvenir hunters as well!

This area is an excellent starting point for any keen walkers to depart on a guided trek into the Himalayas, should you wish to extend your holiday from here.

Return flights to Delhi can be made from Kangra airport.

Your return flight from UK to the Indian port of arrival/departure is not included in the fee, but some of you may choose to arrive early to experience another Indian city before heading to Amritsar.

We have availability for a maximum of 17 students. We will have very limited availability for single accommodation at Basunti, but single accommodation can be arranged both in Amritsar and McCleod Gangj. Please specify your preferences when booking. Note the following terms we have agreed to in taking our booking forward:

Please ensure that you have adequate travel insurance before travelling on this holiday. Basunti is in a remote area and medical access some distance away. Serious illness may necessitate air evacuation. Insurance: Individual members of your group must have travel insurance which must include adequate cover for baggage, medical expenses and the cost of repatriation should any individual become too ill to continue, including helicopter rescue and air ambulance. If any individual member of your group joins your holiday without adequate insurance we reserve the right to refuse admittance to Basunti with no right of refund.

Please ensure you purchase a six month tourist visa, which can be purchased online, before you travel, and allows you several entries into India in that period, which you may wish to have. Basunti will supply you with some of the information you will need to make that application.

For costs, and to reserve your place on this exciting yoga holiday adventure see our 'Cost, Booking and Payment' document.