



INNER SILENCE IN THE HIMALAYA

7 Pines Kasauli
29th October-1st November 2015



ITINERARY

IN THIS 3 DAY IMMERSION, AWAY FROM THE HUM DRUM OF OUR DAILY LIVES, YOU WILL BE GUIDED TO SILENCE YOUR MIND IN A WAY THAT NOT ONLY REDUCES YOUR MENTAL CHATTER BUT ALSO HELPS YOU DISCOVER THE INNER SILENCE WITHIN YOU. LAYER BY LAYER MALA WILL UNFOLD THIS INNER SILENCE, GIVING YOU TOOLS FOR RELAXATION,

DE-STRESSING, REDUCING ANXIETY AND DISSOLVING ANGER. IT IS A JOURNEY INTO SELF DISCOVERY THAT COULD BE THE MOST POWERFUL JOURNEY YOU EVER EMBARK ON.

DAY 1- ARRIVE IN KASAU LI FOR LUNCH . 7 AM SHATABDI TO KALKA AND A 2 ½ HOUR PICTURESQUE DRIVE THROUGH THE MOUNTAINS TO 7 PINES.

AFTERNOON – SHORT WALK TO JAGJIT NAGAR ALONG THE PINE TRAIL FILLING OUR LUNGS WITH REFRESHING MOUNTAIN AIR AND CONNECTING TO NATURE. SHORT PRANAYAM SESSION

EVENING- INTRODUCTION TO INNER SILENCE MEDITATION AND TRATAK OR CANDLE GAZING WITH AN OBJECTIVE TO USING THE TECHNIQUE IN LATER SESSIONS.

DAY 2- MORNING OPTIONAL YOGA

8AM- 9AM- INNER SILENCE MEDITATION PRACTISING STILLING OF THE BODY OR KAYA STHAIRAM, PRANA VIDYA, CHIDAKASH DHARANA

- BREAKFAST
- WALK TO SHIV MANDIR AND CHANT GAYATRI MANTRA OVERLOOKING A 180 DEGREE VALLEY (APPROX 2 HOURS)
- LUNCH
- AFTERNOON RELAX
- 6PM-7PM INNER SILENCE MEDITATION
- DINNER

DAY 3- A DAY OF SILENCE.

THIS SILENCE IS ABOUT SILENCING YOUR MENTAL CHATTER SO MINIMUM INTERACTION WITH THE EXTERNAL WORLD IS RECOMMENDED. ENJOY STARING INTO THE MOUNTAINS OR LISTENING TO THE WIND. **BE WITH NATURE WITHOUT HAVING TO**

PERFORM ANY ACTIVITY. LEARN TO DO NOTHING. WITH NOWHERE TO GO AND NOTHING TO DO

- MORNING OPTIONAL YOGA

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8AM- 9PM INNER SILENCE MEDITATION PRACTICING MINDFULNESS AND LEADING YOU TO A DAY OF SILENCE. YOU WILL BE GIVEN SOME SELF REFLECTIVE EXERCISES TO WORK ON AND BE GUIDED THROUGH YOUR DAY.

- THE DAY IS FREE FOR YOU TO BE IN THE PREMISES AND YOU MAY READ, SKETCH, WALK ON THE TRAIL OR GO BIRD WATCHING ON THE TRAIL ETC

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- THIS WILL BE A DIGITAL DETOX DAY SO BE PREPARED

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- THERE WILL BE A MINDFUL EATING LUNCH WITH EMPHASIS ON CONSCIOUS EATING.

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- 6PM-7PM INNER SILENCE MEDITATION PRACTICE AND BREAKING THE SILENCE WITH CHANTING.

- SHARING

- DINNER

DAY 4 - DEPARTURE

INVESTMENT

7 PINES IS BEAUTIFUL PROPERTY NESTLED AMONGST THE PINE TREES WITH AESTHETICALLY DONE ROOMS WHERE ALL YOUR COMFORTS WILL BE MET.

THE BELOW PRICES INCLUDE:

- 3 NIGHTS ACCOMODATION
- ALL VEGETARIAN MEALS

- MEDITATION SESSIONS
- WORKSHOP MATERIALS

RS 24700 PER PERSON ON DOUBLE OCCUPANCY
RS 38500 PER PERSON ON SINGLE OCCUPANCY

WHAT TO BRING

- WALKING SHOES
- LIGHT JACKET
- CAMERA AND BINOCULOURS
- COMFORTABLE CLOTHING FOR MEDITATION

CHEQUES TO BE MADE PAYABLE TO MYSTIC ASIA
OR BANK TRANSFERS TO THE FOLLOWING:

A/C Name: Mystic Asia

Name of Bank : Punjab National Bank

Address: Nizamuddin West, New Delhi 110013

A/C no: 0160002100027588

Swift code: PUNBINBBISB

IFSC Code: PUNB 0016000

A NON REFUNDABLE AMOUNT OF INR 5000 TO BE MADE AT TIME OF
BOOKING TO ENSURE YOUR ROOM BOOKING.

THANK YOU