

MYSTIC-ASIA



DHYAN (Mindful) YOGA and Elephant Trekking in Assam India 29th Oct - 03rd Nov 2010

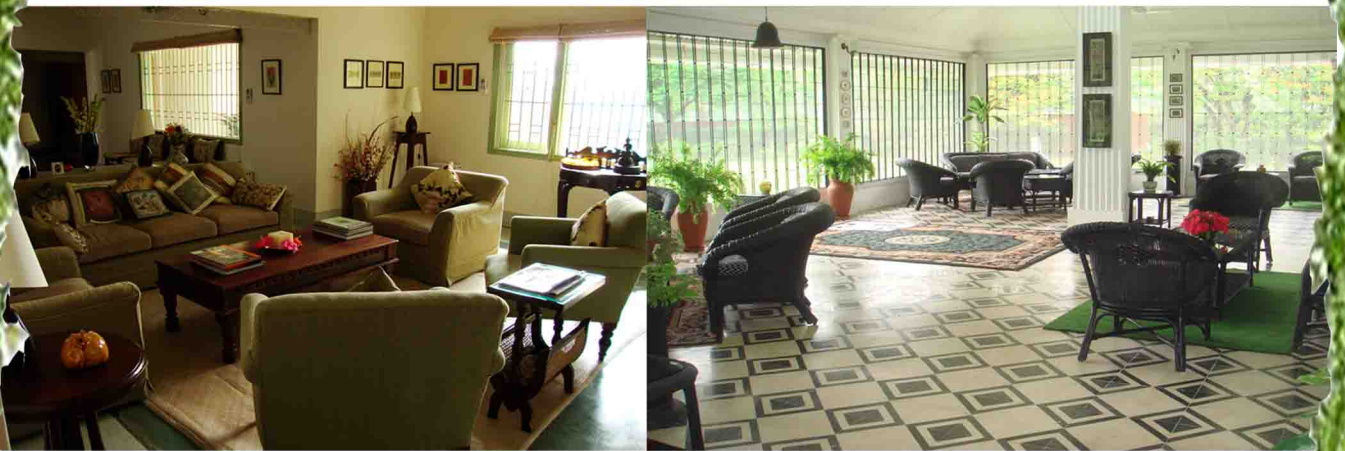
Mystic Asia is, for the first time, presenting Dhyan (Mindful) Yoga. Dhyan Yoga is based on the asanas of traditional Hatha Yoga, but the approach to the asanas is unique in its application. For those looking for a deeper experience of the Yoga asanas this is a good form for increasing your level of concentration and focus. It is slow yet gentle, meditative and deep, and allows you to feel the stretches in a more relaxed and concentrated manner by using attentive counts of breath. Apart from the usual physical benefits of Yoga, Dhyan Yoga increases your capacity for one-pointed concentration. It deepens your ability to feel the pose, increasing your state of awareness and mindfulness thus bringing you to the present moment. The benefits of increased concentration, balance and focus can be applied to your mainstream life.

We will combine this beautiful process with an exciting tour of the unexplored wilds of Assam including visiting the famous Tantric site of Kamakhya, Kaziranga Wildlife sanctuary, Balipara tea estate etc

VENUE

A variety of accomodation in Assam giving you a flavour of each region, we will be staying at the following venues:

Prabhakar in Guwahati (www.prabhakar-homestay.com) is a charming homestay run by a couple Shiela and Mahesh Bora. Perched on a hillside, Prabhakar is an oasis in the buzzing city of Guwahati.



Wild Masheer in Balipara (www.oldassam.com) in the midst of the lush tea gardens of Assam, Wild Masheer is an old colonial bungalow that has been revived to accomodate the new traveller. Sprawling lawns to sit out and watch the night sky or visit the neighbouring tea garden to learn about tea making.



Diphlu River Lodge in Kaziranga (diphluRiverLodge.com) Assam's answer to luxury accomodation, this new resort caters to the discerning traveller. Independent thatched huts on stilts arranged around some paddy fields, it gives a true flavour of the unquiness of Assam.

Mala Barua

Mala has devised an interesting flow of yoga asanas to suit those who do not necessarily want to have a vigorous workout. She will take you through some well considered yoga asanas in a slow and gentle manner that will complement the travels you will be doing for five days.



Concentrating on your breath you will learn to hold your pose and make the most of the stretches during your travels. This way the joints are opened up and blockages in the energy system are allowed to gently leave your body. This will be supported by some deep relaxation and meditation balancing your yin and yang, without exhausting you. This form of yoga is mindful and meditative and suitable for beginners too. See more about Mala in www.mystic-asia.in

ITINERARY

Day 01: Arrive in Guwahati.

Evening orientation at Prabhakar by Mala Barua .Dinner in Prabhakar

Day 02: Guwahati- Kamakhya- Balipara

-Morning visit to the famous Kamakhya temple, considered to be the most important Tantric site in the world. The Legend of Sati is deeply revered here for being the ultimate centre for the feminine principle of life.

- Drive out to the sprawling tea garden estate in Balipara called Wild Masheer closer to the border of Arunachal Pradesh.

-First session of Dhyana Yoga in the evening





Day 03: Balipara – Nameri National Park – Balipara

-We leave early this morning to visit the Nameri National Park. This park is located in the foothills of the Eastern Himalayas and is known for its butterflies, birds (almost 300 species) and wild masheer fish. Taking a walk in the Park in the morning, we will have the opportunity to do some interesting bird watching.

- Before breakfast in Nameri we will do a short session of Dhyana Yoga or mindful breathing depending on the time allowance

-This will be followed by a picnic day out and rafting on the River Jia-Bhoroli. We will return to our tea garden bungalow at end of the day

Day 04: Balipara – Kaziranga National Park

-After an early morning session of Dhyana Yoga and breakfast we will travel to the Kaziranga Wildlife Sanctuary famous for its large population of the one horned rhino. Check into Diphlu River Lodge.

-After lunch you will have your first encounter of the wild grass forest of Kaziranga when you will be taken into the sanctuary by jeep.

-Before retiring for the night we will enjoy a relaxing meditation concentrating on the physical body.





Day 05: Kaziranga National Park

- Early morning we will be taken on the elephants into the interiors of the jungles where we will be able to come close to rhinos, deer, wild boar and maybe wild elephants etc.
- This will be followed by a session of Dhyan Yoga before breakfast.
- The day can be spent lounging reading or even taking a village walk.
- In the evening we will go on a Jeep safari.
- On our return a relaxing meditation concentrating on the movements of your mind and thoughts
- A typical Assamese dance programme will await you before dinner.

Day 06: Kaziranga National Park – Guwahti

- Another early morning elephant trek
- This will be followed by a session of Dhyan Yoga and then breakfast.
- Depart for Guwahti to catch your international flight.



THE TOUR ENDS

For bookings contact mysticasia.in@gmail.com or call +91 9811086976

Those wishing to stay on one more night in Guwahati need to book out-side this programme.