

# 5th Annual Khalsa Ladies Camp INDIA YATRA

FEBRUARY 13-26 or MARCH 6, 2012

ON THIS UNIQUE JOURNEY...

*...we experience Mother India — we bow and receive. Allowing ourselves to re-calibrate with a new inner rhythm matching the feminine flow of Mother India's ancient heartbeat. Healed.... Surrendered... Effortless healing occurs.*

## AMRITSAR

We begin our journey at the Golden Temple in Amritsar. We bow, immerse ourselves in the healing space of Guru Ram Das, sacred music, meditation, dipping in the sacred healing waters.



## ANANDPUR

Then off to Guru Gobind Singh's Anandpur Sahib for a spirit-rising experience! Experience the Home of the Khalsa, in the City of Bliss, Anandpur Sahib. We stay at the beautiful Dashmesh Sadan, Yogi Bhajan's Retreat Center. ([www.dashmeshsadan.org](http://www.dashmeshsadan.org))

## TRIVANDRUM (optional)

We travel down to the tip of Southern India — "original" India — to an Ayurvedic Healing Resort. Warm... the rhythm of life slower, with a soothing flow, on the beach, hearing the waves, physically relaxing. Daily Ayurvedic healing treatments, pure food....slowly, consistently allows us to let go of stress. Gently connect to our healed, natural self. In the Lap of Mother India....

### YOUR GUIDES

Join Guru Raj Kaur Khalsa, Guru Kirn Kaur Khalsa & Ad Purkh Kaur Khalsa, who will guide you on this life-changing journey!

Details at [www.yogawest.ca](http://www.yogawest.ca) or contact: [info@yogawest.ca](mailto:info@yogawest.ca)  
604-732-YOGA (9642) or AD Purkh 604-813-9642

