



**AT THE CORE**  
*Yoga, Meditation and Ayurveda*

## 2019 Delhi Pre-Tour with Shankari

Join us for this fun and interesting experience to shake the jet-lag while enjoying some of the best temples, cultural sites and shopping that Delhi has to offer. Your guide Shankari is well experienced in exploring the highlights of Delhi and getting around.

*"Landing in Delhi and getting acclimated to the time and culture change was seamless when being guided by Shankari. I really appreciated beginning my retreat a few days in advance to settle into the wonders that India provides." – Lori Walker*

**TOURING** We will visit some outstanding offerings of Delhi including the absolutely majestic Akshardam, the sweet and serene Sri Aurobindo Ashram and the sacred Shanidham temple to Lord Saturn. At each of these places you will have time for reflection and contemplation in their beautiful surroundings.

**SHOPPING** We will explore some of our favourite places to find a large selection of spiritual books, India stationary, beautiful local clothing, Indian tea and Ayurvedic products including essential oils, incense and herbals. Fab India, Kama Ayurveda, Forest Essentials....

*"I can't imagine a better way to begin to discover India! Shankari's guidance and support upon arriving in Delhi helped to prepare for the journey ahead. How to acclimate, ways to prepare, the "must-sees" and "must-dos" (and where to shop/find things 😊) made this pilgrim comfortable and confident of what lay ahead of us in discovering India. This time in Delhi with Shankari is a "must-do" in my books..." – Kim Fulton*

**RELAXING** And we will ensure our best efforts to get settled to the new time zone, begin to enjoy the delicious cuisine and possibly experience a relaxing massage or spa treatment.

### **SCHEDULE**

Feb 16 – Depart Toronto for Delhi

Feb 17 evening – Arrive Delhi

Feb 18 – Sri Aurobindo Ashram, Kahn Market, Akshardam

Feb 19 – GK Market, Shanidam (Lord Saturn Temple)

Feb 20 – Depart for flight to Indore

**Investment** \$500-\$600 USD (still to be determined based on number of participants for transportation and booking rooms).



## Registration

Contact Shankari Van Acker at [information@atthecore.ca](mailto:information@atthecore.ca) | text (519) 320-1505

**Includes** Airport Transfers, Shared Accommodations, Daily Hotel Breakfast, Lunch at Sri Aurobindo Ashram, Tour Fees along with Tips, Support and Guidance on Traveling in India.

**Not Included** Lunch/Dinner, Hotel and Driver Tips/Gratuuity, Shanidam Offering (\$5)

**Additional Akshardam Details** <https://akshardham.com>

Includes Exhibitions: Hall of Values, Cultural Boat Ride and includes a DVD to take home of the amazing story of Swami Narayan. Sarah Anand – Multimedia Water Show (The Sahaj Anand Water Show is a breathtaking 24-minute presentation which unites a variety of intriguing media to bring to life a story from the Kena Upanishad. Multi-color lasers, video projections, underwater flames, water jets and surround sound in symphony with lights and live actors produce a captivating and inspiring presentation. International experts contributed their expertise with BAPS volunteers and sadhus to produce this one-of-a-kind presentation.). This temple also includes an amazing market of books, malas and high-quality Ayurvedic products including chyavanprash, soaps, incense and ghee.

