

**THE HIMALAYAS,  
A ROAD TRIP AND YOGA.  
DISCOVER YOUR PEAK.**



**A TRIP THROUGH LADAKH. THE PRACTICE OF YOGA. EVERYTHING IS PLANNED.  
AND YET YOU FIND THE UNEXPECTED. THAT IS OUR PROMISE.**



### **THE “YOGA IN THE HIMALAYAS” ROAD TRIP.**

We have a holiday that is in harmony with you. One that teaches daily practices of yoga and meditation in serene landscapes only the Himalayas can create, driving far away from normal tourist beats. It's an eight day trip in Ladakh starting from the banks of the Dal Lake in Srinagar and ending by the blue waters of Pangong lake in Ladakh. Each day you learn a new facet of yoga, meditation and mindfulness. And every day you discover a new place. Both without and within.

### **OUR MENTORS BRING BALANCE BACK TO YOU.**

Our mentors are trained yoga instructors with an incurable wanderlust. With them you will learn to tap into the joy of Sunrise yoga in Suru Valley. Understand restorative Yoga Practice for deep relaxation the day you cross the Zozila Pass at 15575 ft. Or apply the art of connecting to the Energy and Joy within even as you drive to Khardung la - –the highest motorable road in the world at 18390 ft. You will also find, as your body cools down in the Himalayan mist, with mindful awareness your soul heals. Your heart opens. And you are ready to receive the abundance of life.

## ITINERARY

Rediscover your self –travel with us through Ladakh **from 28th August 2017 to 5th September 2017.**

The Journey through yoga and meditation while exploring the beautiful and enchanting land called Ladakh, **Relax, Energize, Enjoy each moment, Explore, Rejuvenate, Connect to yourself, Rediscover your connection to yourself.**

Experience a unique and unforgettable yoga and travel holiday. Find Harmony and balance as you explore the spiritual and amazing land of Ladakh. A truly enchanting experience, an opportunity to unplug .



## DAY 1

28th August 2017- ARRIVAL IN SRINAGAR NOON



Relaxation and connection  
to present moment awareness

- Lunch and Shikara Ride
- Walking Meditation at the DAL LAKE
- Briefing by Vilayat



## DAY 2

29th August 2017- SRINAGAR- KARGIL (205 kms/ 07 hrs.)



Time to enjoy the journey –practice  
mindfulness an aspect of yoga as we  
journey through from Srinagar to Kargil

- Sightseeing along the way to Kargil
- Crossing the Zozila Pass (15575 ft )
- Paying tribute at the Drass War Memorial
- Restorative Yoga Practice  
for deep relaxation to wind down the day



## DAY 3

30th August 2017- KARGIL EXCURSION



Energy and Joy is who we are.  
Lets connect to this Energy and Joy within  
Start the day with beautiful  
Sunrise Yoga in Suru Valley

- Beautiful Yoga Practice for energy and joy in the midst of nature's music
- A lovely riverside breakfast
- Explore the Ancient Buddha Sculpture at the little village of Kartse Khar
- Hunderman Vantage Point with its breathtaking views visit late afternoon



## DAY 4

31st August 2017- KARGIL-LEH (220 Kms/8hrs)



Abundance Awareness and Practice  
A breathtaking beautiful view that changes rapidly-great time to notice the abundance in your life , being in the moment, connecting with yourself as we drive through the beautiful route from Kargil to Leh. Beautiful Meditation at the Gurudwara before reaching the hotel

- Visit to Mulbek –the giant Living Buddha Sculpture
- Visit to Lamayuru Monastery
- See the broken Moonland a short way from the monastery
- Experience the Magnetic Pull at the Magnetic Hill
- Pather Sahib Gurudwara –manned by the army
- A meditation at the Gurudwara



## DAY 5

1st Sept 2017- YOGA IN INDUS VALLEY



Explore Leh Town. Early morning witness the beautiful Indus Valley. A gentle Hatha Yoga Practice at 10500 ft above sea level will show you that loving kindness is well deserved

- Visit Drupka at Shey to witness the fighting nuns practice
- Experience their way of living through the prayer and meditation with the nuns
- Visit to Thiksey Monastery
- Sunset at Shanti Stupa –beautiful views of Leh and Zaskar Valley
- A loving kindness meditation experience at Shanti Stupa before the sunset view



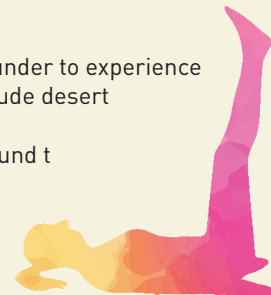
## DAY 6

2nd Sept 2017- LEH/NUBRA VALLEY (148 Kms/6 hrs)



Today the focus will be on Connecting to your roots through the day Drive to the Khardung la -the highest motorable road in the world at 18390 ft

- Reach Nubra Valley for Lunch
- Visit to Dikshit Monastery and Hunder to experience the Sand Dunes at this high altitude desert and the snow capped mountains
- A beautiful dance meditation around the bonfire in the late evening



## DAY 7

3rd Sept 2017- PANGONG VIA SHAYOK VALLEY



The focus today in our practice will continue to be on connecting to our roots more deeply. Early morning Yoga at Sand Dunes and later move to Pangong via Shayok Valley (155 Kms/5-6 hours)

- Practice Yoga at the Sand Dunes
- Enjoy Lunch enroute to Pangong Lake
- Evening a fun filled session with Sonali



## DAY 8

4th Sept 2017- DRIVE BACK TO LEH (155 Kms/5-6 hrs)



Now that we are connected to our roots we shall focus today's practice to experience stillness and calmness within ourself

- Yoga by the lake side of Pangong and drive back to Leh (155 Kms/5-6 hrs)
- Rest of the day is off to explore Leh and its market once we reach Leh





Check out for the flight early morning to return home.

Take along the beautiful memories of a lifetime along with the practice of self discovery and re connection to yourself



## FOOD

Regular Indian vegetarian food

Local food like Skyu is a traditional soup dish of Ladakh, Thukpa is a Tibetan noodle soup, Khambir is a Ladakhi variant of bread, Momois a type of South Asian dumpling etc. also available on request.

## WEATHER

Day temperature would be between 15-25 degrees and night would be between 7-15 degrees

Sunscreens and sunglasses are must while you are in Ladakh.

Also carry rain coat and a set of woolen as the temperature drops drastically after rains.

## VEHICLES

5-10 participants- One Tempo Traveler

10-15 participants- One Tempo Traveler and One Innova Car

15-20 participants- Two Tempo Travelers.

## OPTIONAL ACTIVITIES IS AVAILABLE

**Kargil-** River Rafting (subject to weather), Visit to Orphanage, Stroll around the market, Visit Aryan Valley (full day trip), Heritage Walk

**Leh-** River Rafting (subject to weather), All-Terrain Vehicles, Donkey Sanctuary, Monastery visit, Visit to a Museum, Full day Trek

**Nubra Valley-** River Rafting, All-terrain Vehicles

**Thankas-** People can explore markets to buy these in the local market. A *thanka*, variously spelt as *tangka*, *thanka* or *tanka* is a Tibetan Buddhist painting on cotton, or silk appliqué, usually depicting a Buddhist deity, scene, or mandala.

The process for the same is time taking and if lucky you may be able to see the same being made during the trip.



## HIGHLIGHTS

- Meditation Sessions
- Yoga Sessions in natural environment
- Breakfast, Lunch and Dinner included
- 2 bottles of water per day per person
- 8 Nights accommodation (twin sharing)
- Transportation
- Pick up from Srinagar Airport and drop to Leh Airport
- Air Fare (Not Included)
- Optional activities (Not included)



SONALI KALGAONKAR

A Yoga proponent with 6+ years of experience in conducting yoga workshops for adults and young adults (8 years to 16 years) & Yoga Relaxation Retreats. She believes in holistic wellness and strives to make it part of her own lifestyle as well as all the participants.

She has trained in teaching yoga with Yoga Vidya Dham, Nashik. She endeavours to share her knowledge through different yoga and other healing techniques to bring about transformation of mind and body to be better prepared, to relax and take decisions from a relaxed mind set. Her expertise includes the following:

**Laughter Yoga | Hatha Yoga, Restorative Yoga | De-Stress and Relaxation workshops | Healing and Meditation Workshops| Reiki**

She has worked in the corporate sector for over 16 years and understands the importance of de-stressing and relaxation for holistic wellness and health in day to day life.

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**GOLDEN EARTH** - Journeys in Yoga is a venture started by Sonali Kalgaonkar and through this endeavours to reach out to individuals ,corporate & schools to spread the yoga practices for holistic wellness and health for mind ,body and Soul.

Sonali has been working closely with both adults and young adults/Kids in empowering themselves through holistic wellness programs.

Experience the Golden Earth Relaxation Retreats and Workshops.

Stay connected by liking our page [www.facebook.com/goldenearthyoga](http://www.facebook.com/goldenearthyoga) for current and future events

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VILAYAT ALI

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A cinematographer by profession and a traveler by heart, Vilayat Ai divides his time between New Delhi and Leh to pursue both his passions, camera and travel.

Born and brought up in Leh, Vilayat moved to Delhi to study Mass Communication and later joined media industry which provided him with opportunity to travel across various part of the world. While he kept travelling for various professional assignments, his heart always remained in his birthplace Ladakh and finally he decided to move back to start his camping and travel business. Vilayat feels that being from the mountains it's not easy to stay away for too long and now for six months he works in Leh and for the rest of year he freelances as a cinematographer with various media organizations.

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