

# Retreat trips to India

## – Pranayama & Meditation with Dr. Shrikrishna -

### Dates:

- **07.01. – 16.01.2025:** open retreat (special topic to be announced, in English  
– Translation into German only in case of very strong demand ;-)
- **18.01. – 27.01.2025:** second retreat of group WB-A, open to guests (in English)
- **29.01. – 07.02.2025:** Intensive retreat for experienced students (in English)

### Fees

- 1250,- Euros for double occupancy
- 320,- Euros surcharge for single occupancy
- 240,- Euros optional pre-program (two additional overnight stays & day trip to Dharamsala with a visit to spiritual sites & shopping possibility)
- - 250,- Euros as a discount on the total price when participating in two retreats

### Including:

- Ten-day retreat with Dr. Shrikrishna
- Audio recording of the entire retreat available for download
- Individual conversation with Dr. Shrikrishna (upon request, no obligation)
- Airport transfers to and from Dharamshala Airport
- 10 nights in the selected category
- Full vegetarian board
- Caring and very friendly German & English-speaking tour guide 😊

### Not included:

- Flight fees
- Fees for the visa and foreign health insurance
- Travel cancellation insurance
- Individual excursions and activities
- Tips

### Visa

- German-speaking: online ordering possible <https://visumantrag.de/indien>
  - please use "tourist visas".
  - approx. 50 euros (approx. 25 euros service costs) + photo & scan of passport
  - Duration: approx. 1 week, duration of urgent application: 3 days with an additional charge of 17,50 euros
- English-speaking participants: <https://indianvisaonline.gov.in>

Attention: Passport photo with special requirements for an Indian visa

- Online ordering possible based on a private photo - e.g. here:  
[www.passport-photo.online/de](http://www.passport-photo.online/de) or <https://photobooth.online/de>

Reference address in India:

Tushar Lakhani, Pune

Tel. 9821033665, tlakhani@hotmail.com

WA: 8169669002

Venue:

Now the retreat location has finally been decided: <https://antaraalresort.com/> - at the foot of the Himalayas, near Dharamshala. Antaraal is situated at an approximate altitude of 1450 meters, slightly lower than Dharamshala. The center is run by a friend of Tushar's, who will have additional huts built for us and gives us exclusive use of the center for overnight stays. Booking.com describes this property as "exceptional" and gives it the highest score in every category.





### Flight booking

- Arrival & departure airport: **Dharamshala Airport (DHM)** or synonymous **Kangra Airport**: <https://www.goindigo.in/airport-directory/india/dharamshala-dhm.html> (via Delhi)
- Price comparison of flight costs and flight booking e.g. here: <https://www.skyscanner.de>. The prices are currently pleasingly low, starting at just over 1000 euros for a return flight

### Transfer airport - venue

We organize the trip to and from the retreat center:

- Group meeting at the airport meeting point (location map follows)
- The time depends on your arrival times (several transports in small groups at different times possible)
- Alternatively: detailed plan in English with the most important points in the local language as well as instructions on how to get there yourself by taxi if a group meeting doesn't fit in time or, if desired, we can organize this taxi ride (individual trips with a small surcharge)
- The return trip to the airport will also be organized by us.

**Please do not leave before the end of the retreat** (departure from the center at the earliest from the morning of the last day of the retreat).

### Health protection

- Clarify international travel health insurance (with your own health insurance company or Ergo, ADAC ... in Germany. This is very important, and we will request written proof of this from you before the trip.
- Carry a copy of your health pass/allergy information etc. in English
- Electrolyte powder & charcoal tablets
- Hand sanitizer
- Insect repellent probably not necessarily due to the cool temperatures
- Possibly for additional individual trips in warm areas: transportable, impregnated mosquito net
- If necessary, support stockings for long-haul flights
- Vaccinations are not mandatory - information, including travel first aid kits, is available at: <https://trogeninstitut.de/ihr-reiseziel/indien> (please don't be put off, it is not as dangerous as it may seem 😊)

## Travel luggage recommendations

- Towels & bed linen available, toilet paper too (not always for sure in India ;-)
- loose, warm clothing, preferably made of breathable natural material and no synthetic fibers, also something for warmer phases, but please adjust to cooler temperatures (on average 3 - 5 degrees at night and 10 - 15 degrees during the day, in very few cases even frost possible)
  - Women: shoulders covered, long trousers that are as loose as possible, even under dresses
  - Men: Shorts may be undesirable
- Sun protection cream (even in cooler temperatures because of UV radiation)
- Flashlight or headlamp
- Adapter plug (usually no longer necessary, only for earthed sockets)
- Underlay for yoga mat and possibly a light blanket to cover up (to be clarified with the hotel)
- Seat variant (cushion, possibly inflatable, bolster, bench...)  
Here are examples of a travel pillow: [www.lotos-design.com](http://www.lotos-design.com) - please test in advance whether this is really sufficient. We are still clarifying whether we can provide our group set of yoga mats and seat cushions again. If you still prefer to bring your own mat, you can of course do so (note: our cushions are relatively high, pack a flat version if necessary)

## For safety

- biometric passport photo, copies of visa & passport
- Sufficient cash, possibly also dollars or traveler's checks (please check with your bank in advance whether the cash option is available in India)
- Neck pouch for passport & cash
- Travel cancellation insurance, comparison here: <https://www.check24.de>,  
This one is particularly cheap: <https://www.adac.de>

## Optional accompanying program

**Day trip to Dharamsala** with a visit to the Dalai Lama's residence, other spiritual places & shopping opportunities (payable in cash on site, but advance reservation required)

If you do not want to take part in the preliminary program, please arrive in India at least one day early so that you do not start the retreat overtired and jetlagged. It would be better to arrive two nights earlier so that you can take part in our day trip.

## For individual travelers before or after the retreat:

- You can get along very well with English (the education system is still largely English-speaking), but in very rural regions a digital translation tool could be helpful.
- Clarification of mobile reception and, if necessary, purchase of an Indian variant in advance - mobile phone charges from European providers can be very expensive, it is best to get an Indian SIM card for internet access in advance (WiFi for WLAN, WhatsApp etc. is, however, very widely available and is also available in our retreat center)

- Attention: Risk of diarrhea - the standard recommendation: "Boil it, peel it, fry it or forget it!" - Raw food only if you know that it has been washed with filtered water (preferably by yourself), wash your hands before every meal, only drink water from tightly closed bottles (check when purchasing), also use mineral water for brushing your teeth and washing dishes, be careful with yogurt and dairy products as well as with dips and chutneys as side dishes
- In our opinion, an international driving license is not necessary - cars with a driver are usually cheaper than without a driver and are definitely more safe
- If you like, as a German you can register your individual trip with the Foreign Office - take a look at the travel and safety information here: [https://www.auswaertiges-amt.de/de/service/laender/indien-node/indiensicherheit/205998#content\\_1](https://www.auswaertiges-amt.de/de/service/laender/indien-node/indiensicherheit/205998#content_1) (Again: please don't be put off, it's much easier and safer than it might seem 😊)

### Warranty

We will do everything we can to organize your trip safely, relaxed and smoothly. But there are some things we cannot influence and therefore cannot accept liability for external imponderables.

If we must cancel the trip in whole or in part, we will refund the fees we have charged accordingly, but not any additional costs such as flights, etc.

Above you will find the link to select travel cancellation insurance. This will also reimburse the costs if a trip is canceled. We insure ourselves so that we do not have to bear such costs to an insurance company. ... Inshallah - we assume that there are no problems 😊.

### Questions, requests etc.

You can contact us at any time if you have any further questions or requests:

- [maya@rosenwaldhof.de](mailto:maya@rosenwaldhof.de)
- +49 33207 – 5668 – 24
- +49 162 – 94 74 052 (also WhatsApp, Telegram, Signal)

We will organize a Zoom session around 4-6 weeks before the start of the trip, in which we can clarify the final details and you can meet each other in advance. We also offer several online exchange options following the Sunday meetings with Shrikrishna at the end of every month.

Shrikrishna was and is noticeably happy to embrace us straight away and to be able to teach live, especially in his home country at the source of yoga.

Let's have an inspiring & fulfilling time together in India!

Heartfelt greetings &  
Namasté

Martina