



Golden Temple in Amritsar



Taj Mahal in Agra

Mindful India – March 2018

By popular demand, we will be traveling back to India again in 2018! Incredible India is a favourite for Mindful Journeys, and this journey includes a stay in Delhi, a trip to the home of the Dalai Lama, the Sikh Golden Temple in Amritsar and the Taj Mahal.

In each of these places we can experience the beauty of the mountains, as well as sacred temples and sites, in a relaxed atmosphere. Imagine the morning sun greeting us at the Golden Temple or at the Taj Mahal. Imagine chanting with 100 monks in the foothills of the Himalayas in Dharmasala. Imagine climbing the minaret at the Majid Mosque, overlooking the Delhi market.

With our meditations and reflections we can experiment with the spiritual practices of our hosts, helping us to understand comparative religion. With our own mindfulness we can adjust our internal dialogue.

Our itinerary should be ready in August. Interested? Please email Joan: saranac2@gmail.com

Blessings,
Wayne and Joan



Wayne in Amritsar by Golden Temple



Monks in Dharmasala