

Trip Information and Particulars

CONTACT

Please contact Barbie if you have any questions regarding this trip.

Barbie Weinstock

barbweinstock@gmail.com

908-334-7200

NOTE

There may be a small group going to India a few days ahead of time in order to adjust to the time change before the retreat starts. We will be staying in Mumbai at Hotel Godwin. While there we will tour the city and visit Elephanta Caves which is an hour long boat ride from the coast. Contact Barbie if you are interested in this part of the trip. This will be planned after registration.

COST

\$900 if registered by April 25, 2018, (\$1100 after, providing spaces are available)

\$300 non-refundable deposit to hold your spot due by April 25, 2018

Balance due September 30th 2018

Please send checks written to: Barbara Weinstock” to the following address:

Barbara Weinstock

5870 Benfield Landing Road, Nebo NC 28761

(If you need to wire money or make payment in additional methods contact Barbie.

INCLUDED

8 days, Twin, shared room with private bath (arrive late Feb 2nd, leave morning Feb 10th)

(See Fire Mountain website for additional and photos information on lodging)

3 vegetarian (mostly organic) meals daily

5 Days spiritual study with Amarjyothi and Rafael including, morning asana class, 4 hours of spiritual study daily (2 hours morning, 2 hours afternoon) along with an evening program (see main page of retreat for more details)

AIRPORT

Chhatrapati Shivaji International Airport in Mumbai is the closest International airport.

Flights to Mumbai usually leave in the evenings and **you need to leave Feb 1st** in order to arrive the evening of Feb 2nd. Newark NJ has a daily nonstop flight with United Airlines. I hear Emirates Air also has nice flights, there may be others too!

This is an overnight flight, as people are sleeping they will not let you open the window shades and it is suggested to book an aisle seat instead of a window seat. As a suggestion, friends flying together can book aisle seats across from one another, this way nobody is stuck in the middle, you can move around easily and can still talk.

Airport transfers to Ganeshpuri cost about \$35 per car and this charge is not included in the cost of the trip. Barbie will make arrangements for your rides once flights are booked.

PASSPORT

You will need a current Passport to book flights and travel to India. It needs to be valid for 6 months after the date of your flight and needs at least 6 empty pages. I recommend that you also travel with your driver's license as I was asked for mine once when leaving India. Please check these rules yourself as they might have changed.

VISA

You will need a “Tourist Visa” to travel to India and these can be obtained thru TRAVISA INDIA

<https://india.travisa.com>

Address and contact phone numbers to be used on your visa below:

Fire Mountain Resort

Shiva Mandir Road, Post Kelthane, Toluca Wada; Palghar District India, Village Nimboli, Maharashtra 401204, India

(English) Jeanetta Haley 963-787-0587, (Hindi, Marathi) Hemant Nepale +91 96378 70587

You will need to send your passport in to get your visa so leave enough time for it to process or there will be additional charges.

PHOTOS

You will need to get passport size photos for your Visa and you also might need some in India. Occasionally I am asked to register with the local police station so for ease of this process, It is recommended that you bring an additional 4 photos with you. It's also recommended to have these photos along with a copy of your passport and ID in case they are lost.

MONEY

There is money exchange at the airport. You will pass them before you leave the airport. Make sure to stop and exchange for rupees if you are going directly into Ganeshpuri as there is no exchange in Ganeshpuri. Only Indian Rupees are used in India. Money exchange is available throughout Mumbai and even at Hotel Godwin.

WEATHER

February is one of the best times to visit this area as it is the dry season and there are not many mosquitoes. It is warm to hot and dusty during the day while nights are still

cool with little to no rain. It is recommended to bring a light sweater or you can purchase a lovely shawl in the village.

HEALTH

Please check with the CDC for recommended travel vaccines. I used to travel with Malaria meds to India but after seeing the low mosquito count in this area I do not use it any more. Of course this is your choice and there are other herbal remedies that can be used. I do bring some bug spray and wipes and only use them a little bit as long pants and a long sleeve top is usually enough. You might think otherwise if you tend to attract mosquitoes.

Please bring along any personal medications, and it is recommended to visit your physician and get a broad spectrum antibiotic such as Cipro for any digestive disorders. I am careful to not eat any raw vegetables or fruit while in India and only eat hot cooked food and have never had a problem. I also recommend bringing along a first aid kit with any over the counter treatments you might need as there is not a pharmacy in town. I usually pack these in tiny labeled “pill bags” that you can get at a pharmacy to save space.

CLOTHING AND PACKING LIST

A packing list will be included as a separate link but please be sure not to pack too heavily. If you are doing any traveling around India going “carry on” is easiest. Laundry services are available and are very inexpensive. Indian clothing can be bought the first day if desired and will be sewn to fit.

India is a modest country so please be respectful to their customs. The local attire for women would be a saari or salwar kameez which consists of wide leg pants or leggings with a long top that comes to the knees along with a dupatta or scarf. Mostly bright colors are worn so keep your black clothing at home. It is appropriate that your top covers your shoulders and your bottom completely and if the top is not long and close to the knees you will want wider leg pants to wear with them, not tight leggings. Please avoid anything with a low neck also.

The weather is warm during the day so cottons are great and comfortable. The Indian clothing purchased in India is perfectly suited for the weather. A dupatta or scarf is needed for temple.

Women will not need a heavy pocketbook, I find that a small diagonal bag works well for the few things I need to carry around town. You might want a reusable shopping bag for goodies purchased in town.

Men should avoid shorts, light pants and t-shirt or long sleeve shirt to keep the sun off the skin is recommended for men. There are also options of Indian clothing available for men to purchase.

Sandals or flip flops will be the best shoes to wear. Keep in mind that it is dusty and you will be walking a lot so sometimes the sandals that have the toe strap can rub with the dust. I prefer something with a strap across all toes for comfort. Walking barefoot is very common in India so you will need to remove shoes before going into temples, homes and even some shops. Prepare for having dirty feet, a foot scrub brush is highly recommended to bring.

It's best to keep in mind that we are traveling to a very rural village so do not bring your best of clothing or shoes.

It is recommended to have a travel pouch that goes under your clothing and holds your passport, ID, and money.