Alumnae Association of Smith College

HOLY TEMPLES, SACRED TRADITIONS

SPIRITUALITY & WELLNESS IN SOUTH INDIA

MARCH 6 TO 17, 2013
Dear Smith Alumnae and Friends,

Yoga on a glorious, serene beach at sunrise; guided meditation in a well-known center of spiritual energy; Ayurvedic therapies that melt away stress or address specific conditions—all against the splendid backdrop of an ancient civilization. Join us in India, on a journey of wellness and self-discovery, where the ancient practices of yoga, meditation and spiritual awareness have been taught and lived for more than two millennia.

Accompanying us on our exploration will be Barbara Kreiger who teaches creative writing and is Chair of creative writing in the Master of Arts program at Dartmouth College. An accomplished author and journalist, Barbara has a special interest in travel literature. Barbara will be available to guide individual projects that document your personal journey.

Following two nights in lively Mumbai, travel to Ganespuri and Gurudev Siddha Peeth, the ashram described in the recent memoir *Eat, Pray, Love*. During two days at this fascinating village, immerse yourself in the spiritual culture and participate in meditation and chanting at the ashram. Our stay is planned to coincide with the Maha Shivaratri Festival, honoring Lord Shiva, the god representing transformation and destruction and who is considered the first guru of the yogic tradition. During the festival, devotees of Shiva fast and bathe statues of the god, celebrating and chanting throughout the night.

We then fly to Goa and drive to the village of Gokarna, birthplace of the god Rama, where the SwaSwara Resort sits on 26 peaceful acres of fields of organically grown vegetables and rice. Delightful bungalows sit on the edge of the resort’s own reservoirs within earshot of lapping waves of beautiful Om beach. At SwaSwara, you may choose to explore Ayurveda, the science of yoga through lifestyle consultations with the Ayurvedic doctors, enjoy therapeutic body treatments, or spend time learning to cook gourmet fusion cuisine from the talented chefs. Bihar trained yoga instructors guide hatha yoga and other yogic techniques. Enjoy meditation at dawn as the deep orange sun begins to warm the sands.

We hope you will join us on this remarkable journey where many age-old spiritual and healing practices were born and continue to inspire.

Sincerely,

Elizabeth Bigwood
Director for Travel
Alumnae Association of Smith College
HOLY Temples, Sacred Traditions

Spirituality & Wellness in South India
March 6 to 17, 2013

The Gate of India (detail), Mumbai.

Depart U.S.

Wednesday, March 6  Depart the U.S. on an overnight flight to India.

Mumbai, India

Thursday, March 7  Arrive in Mumbai this evening and continue to the Taj Mahal Tower for a two-night stay.

Mumbai

Friday, March 8  The morning and lunch are at leisure to enjoy the spa and facilities at the hotel. In the afternoon, visit the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (formerly known as the Prince of Wales Museum), built to commemorate King George V’s first visit to India in 1905. Here we will admire outstanding 7th- to 12th-century Indian sculptures, as well as magnificent Mughal and Rajput miniatures. We are also invited to tour the National Center of Performing Arts and meet some of the artists. Gather for a welcome dinner of authentic South Indian cuisine.

Mumbai | Ganeshpuri

Saturday, March 9  Drive to Ganeshpuri to participate in the practices of the well-known Ashram Gurudev Siddha Peeth. These may include chanting from the Guru Gita, meditation, yoga and personal explorations. This afternoon you may wish to visit a local school and participate in a private ceremony. Our simple guest-house accommodations for the next two nights include home-cooked meals made from local ingredients.

Ganeshpuri

Sunday, March 10  Today celebrate the Maha Shivaratri Festival, especially significant to devotees of Shiva. Attend prayers at the nearby temples, where devotees will bathe the Shiva statues and make offerings of milk, fruit, holy water and flowers. Traditionally, married women pray for the wellbeing and long life of their husbands, and unmarried women pray for a husband like Shiva. You may also wish to observe the all-night vigil that includes chanting and singing, or participate in the day-long fast. Meditation and chanting will again be available at the ashram. Yoga will be available at the guest house. Dinner is at the guest house this evening.

Hindu Temple, Goa.

Ganeshpuri | Goa | Gokarna

Monday, March 11  This morning fly to Goa. Following lunch at a spice plantation, enjoy a private tour of the spice farm. Then drive to Gokarna and the SwaSwara Resort, our relaxing and enriching home for the next five nights.
Yoga class and pool at the SwaSwara Resort, Gokarna.

**SWASWARA RESORT**

**Tuesday, March 12**  Daily activities to choose from at SwaSwara include various levels of Hatha yoga practice, several types of meditation, Ayurvedic consultations and massage, trekking and swimming.

**SWASWARA RESORT**

**Wednesday, March 13**  Relax on the beautiful beach, or explore the cliffs and hills with a naturalist, and spend time with the SwaSwara chefs, cooking with fresh seafood and produce from the garden on the property as well as the surrounding area.

**SWASWARA RESORT**

**Thursday, March 14**  Today you may wish to join the artist in residence for instruction using clay, paints or other materials. Or hike to Gokarna, a traditional village and important religious center. Meet the residents as they go about fishing at the shore, and see the local temples, markets and traditional homes.

**SWASWARA RESORT**

**Friday, March 15**  After a final day spent enjoying the various activities and facilities of the resort, celebrate our journey and experiences with a farewell dinner this evening.

**SWASWARA RESORT | GOA | MUMBAI**

**Saturday, March 16**  Return to Goa to admire the unique architecture and impressive basilica in Old Goa, a UNESCO World Heritage Site. Constructed by the Bijapur Sultanate in the 15th century, Goa served as the capital of Portuguese India from the 16th century until its abandonment in the mid 19th century. Continue to the airport for an early afternoon flight to Mumbai, where dayrooms are booked at the Leela Hotel near the airport until return flights home. The Leela has a world-class spa and dining.

**U. S. ARRIVAL**

**Sunday, March 17**  Arrive back in the U.S. today.

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**ALUMNAE ASSOCIATION OF SMITH COLLEGE | RESERVATION APPLICATION**

**HOLY TEMPLES, SACRED TRADITIONS | MARCH 6 TO 17, 2013**

To reserve a place, please complete and return this form with your deposit of $2,500 per person (of which $350 is non-refundable for administrative fees) payable to **Academic Arrangements Abroad**. Mail to: Alumnae Association of Smith College, 33 Elm Street, Northampton, MA 01063.

NAME IN FULL AS ON PASSPORT          CLASS YEAR / AFFILIATION

NAME IN FULL AS ON PASSPORT          CLASS YEAR / AFFILIATION

ADDRESS

CITY          STATE          ZIP

TELEPHONE (HOME)          (BUSINESS)

FAX          E-MAIL

**Optional Prelude in Aurangabad**

☐ I/We wish to join the prelude in Aurangabad ($1,490 per person; single supplement $295).

**Accommodations**

Hotel Room Preference  ☐ Double  ☐ Twin  ☐ Single

I wish to share a room with ____________________________

**Form of Payment**

☐ Enclosed is my check (payable to Academic Arrangements Abroad).

☐ Credit card (for deposit only — final payment must be made by check).

NAME AS ON CREDIT CARD            CREDIT CARD NUMBER

3- OR 4-DIGIT SECURITY CODE          EXPIRATION DATE

I/we confirm that I/we have carefully read and agree to the Terms & Conditions of this program. I/we agree to full payment by check, 120 days prior to departure. Each participant must sign below.

SIGNATURE (REQUIRED)            DATE

SIGNATURE (REQUIRED)            DATE

For more information, please contact the Alumnae Association of Smith College, 33 Elm Street, Northampton, MA 01063, Fax: (413) 585-2015, Phone: (800) 225-2029.
The Ajanta Caves, Aurangabad.

OPTIONAL AURANGABAD PRELUDE
March 3 to 7, 2013

From Mumbai, where accommodations are at the luxurious Taj Mahal Tower hotel, cruise across the harbor to Elephanta Island, whose famous cave temples are a UNESCO World Heritage Site. The massive triple head of Shiva is one of the greatest masterpieces of sculpture. Continue to Aurangabad to see the impressive Daulatabad Fort and the Ellora Caves, a wonder of ancient sculptural art with ornate carved pillars and figures. Spend a day at the Ajanta Caves, known for their magnificent tempera wall paintings. Carved out of a horseshoe-shaped cliff by Buddhist monks from about 200 B.C.E. to 650 C.E., they contain amazingly vivid and well-preserved artwork. Lodging for the two nights in Aurangabad is at the conveniently located Taj Residency, set amidst five acres of landscaped gardens.

Prelude Rate $1,490 per person, $295 single supplement.
Includes: Three nights hotel accommodation, two lunches and two dinners, internal flights: Mumbai / Aurangabad / Mumbai.

PROGRAM RATE PER PERSON $4,995
SINGLE SUPPLEMENT $1,345

RATE INCLUDES
- Ten nights accommodations, double occupancy, as per itinerary
- Buffet breakfast daily, eight lunches and eight dinners. Bottled water, soft drinks and coffee/tea with all meals. Wine with welcome and farewell dinners
- Internal flights: Mumbai / Goa / Mumbai
- Escorted sightseeing via private motorcoach as per itinerary, including services of bi-lingual national guide throughout the trip. Yoga and meditation sessions, Ayurvedic consultation.
- Airport / hotel group transfers
- Gratuities to local guides and drivers; taxes, service and porterage
- An experienced U.S.-based yoga therapist as tour director throughout the program

NOT INCLUDED IN RATE
Passport and visa fees; international airfare; personal items; excess baggage; trip insurance; alcoholic beverages other than wine at welcome and farewell dinners; optional Aurangabad prelude.

TERMS & CONDITIONS

AFRARE Academic Arrangements Abroad (AAA) will be pleased to assist with air travel arrangements for this program, including specially-negotiated group airfare when available, suggested group flights or your own individual requests, for a processing fee of $40. Complete details will be provided in your Confirmation Mailing.

PAYMENT SCHEDULE A deposit of $2,500 per person, payable to Academic Arrangements Abroad, of which $350 is non-refundable for administrative fees, is required with the reservation application. Final payment, by check only, must be received 120 days prior to departure.

HEALTH All participants must be in good health. This program involves walking over uneven surfaces and climbing in and out of various conveyances. Any condition that may require assistance or special medical attention or other accommodation must be reported at the time of your reservation.

INSURANCE Trip Cancellation / Emergency Medical Evacuation / Baggage / Accident And Sickness Insurance Protection is STRONGLY RECOMMENDED. CANCELLATION PENALTIES ARE STRICTLY ENFORCED. Smith Travel will send an insurance application upon receipt of deposit, although you may select an alternative insurer of your choice.

CHANGES IN ITINERARY & COSTS The itinerary is subject to change at the discretion of the Alumnae Association of Smith College (AASC) and Academic Arrangements Abroad (AAA). All prices quoted are based on prevailing fuel prices, airfares and currency exchange rates in effect at the time of brochure printing and are subject to change without notice. Deviations from the schedule itinerary are at the expense of the individual.

RESPONSIBILITY CLAUSE The participation of AASC is limited to educational sponsorship of the program described in this brochure (The Program). AAA acts only as an agent for the participant with respect to transportation, accommodations and all other services, relating to The Program. AAA, AASC and/or their agents assume no responsibility or liability for any act, error or omission, or for any injury, loss, accident, delay or irregularity which may be occasioned by reason of any defect in any aircraft, ship, train, bus or other carrier, or through neglect or default of any subcontractor or other third party, which may be used wholly or in part in the performance of their duty to the participants of The Program. The passage ticket issued by the carrier is the sole contract between the participant and the carrier. Nor will AAA or AASC and/or their agents be responsible for loss, injury, damages or expenses to persons or property, due to illness, weather, strikes, local laws, hostilities, wars, terrorist attacks, acts of nature or other such causes in connection with The Program or anything beyond their reasonable control. AAA is not responsible for transportation or other program delays and changes, nor additional expenses or loss of time that may be incurred. In the event of a strike, return is necessary for the comfort and well-being of the participants, or for any reason whatsoever, to alter the itinerary at any time, without notice to the participants, such alterations will be made without penalty to AAA or AASC. Additional expenses, if any, shall be borne by the participants. Baggage and personal effects are the sole responsibility of the participant at all times. AASC and AAA reserve the right to accept or decline any person as a participant at any time, or to require any participant to withdraw from The Program at their own expense when such an action is determined by AAA or AASC to be in the best interest of the participant’s health and safety, or the general welfare of the other participants.

CANCELLATION POLICY AAA must strictly adhere to its cancellation policy to offset costs incurred prior to the commencement of The Program, which may include but are not limited to: advance payments to land operators; ship charters; communication expenses; development/promotional expenses and the loss of time that might have permitted resale of reserved space. All cancellations must be made in writing to the offices of AAA and are subject to a $350 non-refundable administrative fee. All refunds are limited to amounts actually received by AAA and are the sole responsibility of AAA; AASC shall have no liability for refunds. At the time AAA receives written notification of cancellation, the following cancellation charges will apply: cancellations received 120 and 91 days prior to departure, 20 percent of the program cost per person; those received between 90 and 61 days before departure, 50 percent of the program cost per person; no refunds will be given for cancellations received within 60 days of departure. No refunds are given for cancellation on or after the day of departure, or for unused portions of the tour, for any reason. Air cancellation charges, if any, will be assessed in accordance with airline regulations. All group fare tickets must be issued no less than 30 days prior to departure. NOTE: Neither AAA nor AASC shall be liable for any airline cancellation penalties incurred by the purchase of a non-refundable ticket. In the case of a cancellation due to shortage of participants, AAA will attempt to notify all participants at least 45 days prior to departure. However, AAA reserves the right to cancel The Program prior to departure for any reason and, in such case, reimbursement of refundable costs of the trip by AAA shall constitute full settlement with the participant. In the unlikely event that a dispute arises between a participant and AAA or AASC, the following conditions will apply: (a) the dispute will be settled by binding arbitration administered by the American Arbitration Association in New York, NY; (b) the dispute will be governed by New York Law; (c) the maximum amount of recovery to which a participant shall be entitled under any and all circumstances will be the sum of all monies actually received from the participant by AAA. The participant agrees that this is a fair and reasonable limitation on the damages, of any sort whatsoever, that a participant may suffer. Upon payment of the deposit to AAA, the participant agrees to be bound by the above terms and conditions.

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Front cover: Meditation at the SwaySaura Resort, Gokarna.