

**Golden Yoga Tour!
With Alex O'Malley-
Live in Gratitude**

This tour will offer you the opportunity to reconnect with yourself and help you reconnect with those you love. When you have a good attitude, anything is possible. Let Alex O'Malley and the amazing country of India inspire you to find what you are grateful for. This life is for living and helping those around you. Come experience the joy that comes from rediscovering your inner happiness, come rediscover yourself in India

Tour begins Dec 12 2007 and ends Dec 20 2008

Explores "The Golden Traingle" of North Indian Cities:

Delhi/Jaipur/Agra

\$1450-includes lodging, daily yoga, and breakfast

DAY 01 (12 Dec'07) : DELHI

Today upon arrival you will be welcomed by a Universal Yoga Tours representative at the Airport and taken to your hotel. Meet our yoga guide, discuss the next week and plan an afternoon of touring Delhi or rest overnight at Hotel.

DAY 02 (13 Dec'07): DELHI – NEEMRANA

8:00am yoga and meditation. Begin the discussion on gratitude 10:00am breakfast; 10:30am combined sight-seeing tour of Old Delhi & New Delhi, visiting Red fort - one of the most magnificent palaces in the world, Raj Ghat - the cremation sites of Mahatma Gandhi , Jama Masjid - the biggest Mosque in India, and Chandni Chowk - the shopping centre of Old Delhi. (

After lunch visit Birla Temple, Qutub Minar - 239ft magnificent tower of victory is an Indo-Islamic architectural wonder of ancient India, drive through India Gate, the Presidents' House and the Parliament House. Later we drive to Neemrana. Upon arrival check in to NeemranaFort-Palace, Built in 1464 AD. It is among one of India's oldest heritage resorts.Group dinner and discussion on gratitude. How do we become ungrateful in our lives

DAY 03 (14 Dec'07): NEEMRANA

8:00am yoga and meditation. 10 am breakfast; 10:30am explore the Neemrana Fort-Palace; afternoon, optional activities, A guided tour of the 18th century Stepwell can be arranged on request. Camel cart rides can be arranged on request. Trek to the watchtowers on the hills. Free time. Rest and review handout given to discuss how gratitude can enrich the lives of others.Overnight stay at hotel.

DAY 04 (15 Dec'07): NEEMRANA – JAIPUR (140 KMS/04 HRS)

8:00am yoga and meditation; 10am breakfast; 10:30 am drive to Jaipur. Check in to heritage hotel; Free Time to explore, and shop. We will meet back again at 5pm to where you will be escorted to a beautiful restaurant, Chokhi Dhanni, to enjoy the Delicious food of Rajastahn. Overnight at the hotel.

DAY 05 (16 Dec'07): JAIPUR

8:00am yoga and meditation 10:00am breakfast; 1030am; enjoy a full day sight seeing tour of Jaipur city. Visiting the 16th century Amber fort arriving on an elephant like a Maharaja. We will see the City Palace; Museum, Jantar Mantar- the Observatory; and local bazaars. Drive past Hawa Mahal-the palace of winds, through residential & business areas of Pink city of India. Overnight at the hotel

DAY 06 (17 Dec'07): JAIPUR – AGRA

8:00am yoga and meditation 10:00 breakfast; 10:30am drive to Agra. On the way we will see the city of Fatehpur Sikri, originally designed as the capital for Akbar, the Mughal emperor. The city was abandoned due to a lack of water. Upon arrival in Agra check in to (insert name here) hotel. Visit the Red Fort built by Mogul Emperor Akbar The Great. (I am assuming that we have suggestions for places for dinner?) Overnight stay at hotel.

DAY 07 (18 Dec'07) : AGRA

8:00am yoga and meditation 10:00 breakfast; 10:30am a sight-seeing tour of Agra visiting the World famous Monument of love -The Taj Mahal - built by Shah Jahan in the loving memory of his beloved wife Mumtaz Mahal. Afternoon is yours to explor. A special invitation to attend a Grand Hindu Wedding Ceremony. Overnight at the hotel.

DAY 08 (19 Dec'07): AGRA – DELHI (203 Kms/04 Hrs)

8:00am closing yoga and meditation 10:00 breakfast; 10:30am Wrap up tour with group reflections.