

**JUNGIAN ENCOUNTER WITH THE MYSTIC SOUL OF INDIA**  
**Sponsored by the C.G. Jung Foundation of New York**  
**Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst**  
**February 11 - 24, 2018**

The C.G. Jung Foundation of New York is proud to sponsor another educational tour of India in February 2018. This trip is an opportunity to see India through the lens of analytical psychology. It will allow tour members to perceive the archetypal depths of life and psyche that Indians knew and expressed in their myth and art, and to understand how the experience and expression of these archetypal dimensions greatly influenced culture and civilization. We are honored to have once again as our guest faculty Dr. Ashok Bedi.

Ashok Bedi, M.D. is a Jungian psychoanalyst and a board-certified psychiatrist. A Distinguished Life Fellow of the American Psychiatric Association, he is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a training analyst at the Carl G. Jung Institute of Chicago. He is the liaison for the IAAP for developing Jungian training programs in India. He leads the annual “Jungian Encounter with the Soul of India” study group to several centers in India under the auspices of the New York Jung Foundation. His publications and upcoming programs may be previewed at [www.pathtothsoul.com](http://www.pathtothsoul.com)



Join us with a triple decker encounter with the Soul of India. The Pre-study group February 11 - 14 is an introduction to the ancient Buddhist rock caves of Ajanta and Ellora, dating back to 200BC

Our main journey from February 14 through 24 takes us first to the vibrant, cultural hub of India's Jewel on the Arabian sea - Mumbai, the home of Bollywood, the heartthrob of billions, on to encounter exotic desert kingdoms of Rajasthan, the home to the Rajput warriors and Sufi poets that define the Mythos of India. This part of the trip will include participation in the Sufi Music Festival in Jodhpur.

The post trip February 24 through 26 will explore the Eros of human civilization in the visit to Taj Mahal.

We will experience the unique blend of the mundane and profane, with the sacred and the transcendent. We invite you to immerse yourself into this land of contrasts, conflicts and unique synthesis of the human spirit. Explore Gandhi's India and its timeless spirit with the unique Jungian lens of Analytical psychology under the guidance of the trinity of Jungian analyst Ashok Bedi, M.D., Master chef & cultural guide Usha Bedi of the Dancing Ganesha fame and alchemist Regine Oesch-Aiyer, the Indophile with her unique blend of her Swiss precision with the perpetual Indian chaos!

Usha Bedi of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending her ancestral Ayurvedic culinary principles with her experience of cooking in England and the United States. For ten years she was the Chef and owner of the highly acclaimed, chic Indian restaurant in the fashionable East side of Milwaukee, the Dancing Ganesha. She is presently on a sabbatical, while working on her book about Indian cuisine from a holistic perspective.

Regine Oesch-Aiyer, the founder of Mindful Journeys was brought up and educated in Switzerland and the United States. She spent twenty years as an executive for Consumer Travel at American Express Company. Fifteen years ago she set out on her own mindful journey to explore a new direction in the field of art, a long simmering passion. She co-founded and curated New York's Agama Gallery in Manhattan. Later she decided to put all her experiences together to focus on a larger vision combining travel, art and humanitarian interest. This was the founding of Mindful Journeys. She is also the founder of the Meenakshi Foundation, a public charity providing higher education to underprivileged girls and young women in urban and rural South India. Regine has been traveling to India for over thirty years and now lives part of the year outside Bangalore in South India.

This educational program is intended both for the general public and for professionals. This program is being co-sponsored by the C.G. Jung Institute of Chicago and the New York C.G. Jung Foundation for Analytical Psychology. The C.G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education credits for psychologists, and maintains responsibility for this program and its content. The C.G. Jung Institute of Chicago is approved by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists and maintains responsibility for educational aspects of the program and its content. Three CEs are offered for the pre-study trip to Ellora & Ajanta Caves, twelve CEs for the 10 days of instruction on the main journey, and none for the Agra trip.

Please note that the size of the group will be limited. Therefore, it is important that you register early in order to secure space for yourself and your friends. For more information on this exciting journey, please visit [www.mindfuljourneys.com](http://www.mindfuljourneys.com) and check the entire itinerary under "Journeys" and/or call 212-203-1239 for more information. We will be pleased to have you join us for this special educational venture.

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## Itinerary

### Pre-Study Tour February 11-14, 2018 Ellora and Ajanta Caves

#### February 10 - 11, 2018 U.S to Mumbai

Arrive Mumbai late night of the second day.

We will be met by our representative at arrival at the International Airport and transferred to the Taj Santa Cruz

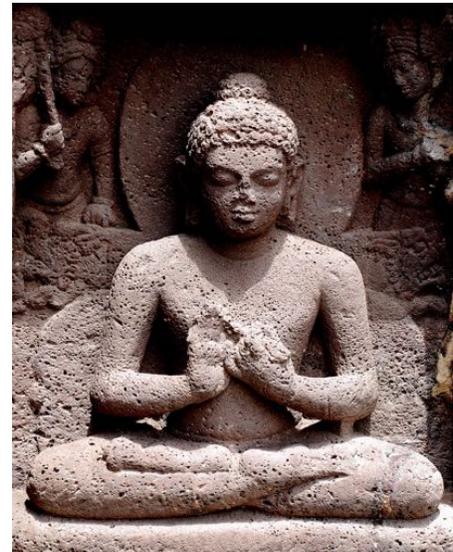
<https://taj.tajhotels.com/en-in/taj-santacruz-mumbai/>

#### February 12, 2018 Mumbai to Aurangabad

After a late breakfast we transfer to the airport for a mid afternoon flight to Aurangabad where we check into our hotel, the Taj Vivanta <https://vivanta.tajhotels.com/en-in/aurangabad-maharashtra/>

Dinner at the hotel

**Aurangabad** - named after the Mughal emperor, Aurangzeb, the city of Aurangabad's basalt topography is etched with some of the best examples of religious art in the country; the Ellora rock-cut temples and the Ajanta cave paintings dating to the Buddhist era in India. A theatre of great historical events during the Mughal, Maratha and colonial regimes. <http://massmoca.org>



#### February 13, 2018 Aurangabad

After our breakfast we drive to the Ajanta Caves, a two hour drive from Aurangabad, where the breathtaking, once-forgotten rock cut caves with the finest examples of Indian paintings, dating between 100BC to 650AD, are located. Discovered amidst overgrown forest by a British officer, the caves are covered with murals depicting the Jataka tales - didactic narratives tinged with the Buddhist philosophy.

Lunch will be at Restaurant near Ajanta. Dinner on our own at the hotel.

#### February 14, 2018 Aurangabad to Mumbai

This morning we visit the Ellora Caves after our breakfast.

A short distance away from the city of Aurangabad, the Ellora rock-cut cave sculptures exert a rare magnetism for the tourist. Built between 400AD and 900AD the Ellora caves are a series of Hindu, Buddhist and Jain temples carved into the basalt Deccan traps. The numerous caves bear friezes, carved pillars and inscriptions - and traces of paintings illustrating mythological characters and events, and are testimony to the rare skill and the religious harmony of the time.

We return to the hotel for lunch, and leave mid-afternoon for the airport to return to Mumbai where we check into our hotel, the Trident Nariman.

<http://www.tridenthotels.com/hotels-in-mumbai-nariman-point>

## February 15, 2018 Mumbai

After breakfast we meet for our introductory lecture with Dr. Bedi, followed by sightseeing of Mumbai.

Mumbai - one can feel the pulse of the city alive with the drives, passions and ambitions of its populace. Nicknamed the city of dreams, Mumbai has long been a commercial grind mill – from its heydays as a textile hub to its present-day avatar as a financial and entertainment capital. One cannot help but be drawn into the chaotic heart of the city, from its historical buildings to new skyscrapers, from its colorful marketplaces to its old fishing harbors, from the slum-dwellers to the glitzy elite.

We begin our sightseeing at Churchgate, to see the routine of the Mumbai's Dabbawallas, a lunch-box delivery system touted as one of the most well-organized, technology-free. It is fascinating to watch the bustling scene! Next we visit Dhobi Ghats, a huge open air laundry that washes huge quantities of this beehive city's linen and the Mani Bhawan, a building that



houses a diorama on the life of Mahatma Gandhi and charts his momentous journey as a leader of the nation.

We stop for lunch at Bombay Canteen, housed within a recreated old Mumbai Bungalow, an ode to the city's architectural history.

In the afternoon we visit the Bhau Daji Lad Museum, the first museum to showcase the city's history and heritage. Dinner on our own.

## February 16, 2018 Mumbai to Jodhpur

After an early breakfast we depart for the airport to board our flight to Jodhpur where we arrive just before noon. We check into our beautiful hotel, the Raas Haveli

<http://www.raasjodhpur.com>

Jodhpur epitomizing the romance and feudal splendor of Rajasthan with the majestic Mehrangarh Fort towering over it. The city of Jodhpur was once a flourishing trade centre for opium, silk and copper. Painted a brilliant shade of blue, Jodhpur is the last bastion of fort ramparts, colorful bazaars, animated people with their storytelling traditions before the desert sands and dunes stretch away towards the horizon.

In the afternoon we explore the old city of Jodhpur on foot, and visit a textile emporium. We enjoy a lovely dinner at Darikhana Restaurant at our Haveli.

## February 17, 2018 Jodhpur

After breakfast we visit Mehrangarh Fort, one of the most majestic of Rajasthan's forts, described by the author Rudyard Kipling as "the creation of angels, fairies and giants".

Its forbidding ramparts are in sharp contrast to the flamboyantly decorated palaces within. Founded in 1459, the sandstone fort was added to by later rulers between 17th and 19th centuries. We explore the massive fort complex and the exquisite museum collection. The Blue City is the historic district that surrounds the foot of Meherangarh Fort and has a mysterious quality to its quiet lanes, exquisite havelis, and pale indigo walls. Many believe that the indigo was mixed in the lime to provide a cooling effect against the harshness of the desert sun.

Tonight we are guests at the mesmerizing World Sacred Sufi Music and Dance Festival in the surroundings of Mehrangarh Fort, a unique experience!

### **February 18, 2018 Jodhpur to Nimaj**

After leisurely breakfast we drive to Nimaj and check into our wonderful luxury tented camp of Chhatra Sagar <http://www.chhatrasagar.com> It is a deluxe campsite situated on the dam of a 100-year old reservoir exemplifies the luxury living of the Rajasthani royalty in tents that were often mini palaces. The tents offer breathtaking views of the sunrise over the lake and sunsets on the Aravali hills.

After lunch we meet for an afternoon lecture. There will be time to explore the campsite before sitting around the campfire before dinner. We enjoy truly delicious Indian and traditional Rajasthani meals cooked with farm fresh vegetables in the family kitchen.

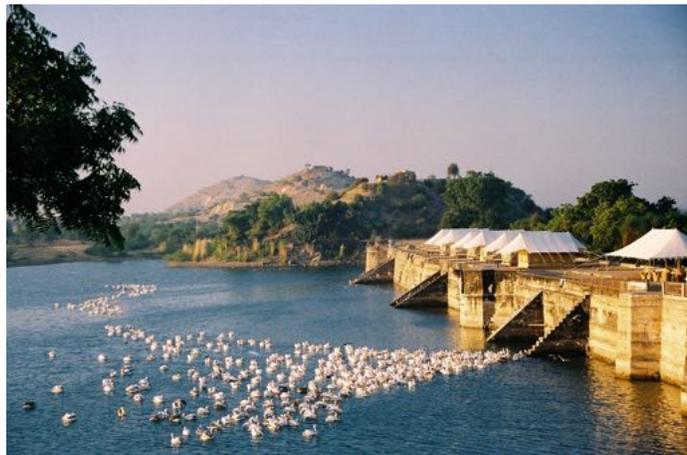
### **February 19, 2018 Chhatra Sagar**

After breakfast we meet for our talk and lecture with Dr. Bedi.

After lunch we take a village safari with members of the Nimaj Family. We walk in the farms growing chili, anis and cumin seed, mustard and wheat, sit on the charpai, a jute cot, and sip masala chai served by the farmers over conversation.

Surrounded by lush green fields of wheat, mustard, cotton and chilies and vast grazing pastures, the reservoir with a periphery of about 10

km is an ideal destination for nature lovers and a perfect getaway from the chaotic city life. We watch the birds, enjoy a nature walk, soak in fresh air, sit around the bonfire and listen to old folklore and take a jeep safari.



### **February 20, 2018 Chhatra Sagar**

For early risers there is an optional bird watching tour. The Camp organizes bird walks along trails through pristine wetlands, scrub forests, grasslands and farms that have made Chhatra Sagar a haven for birds, with over 200 species. After breakfast we take a jeep safari to the cattle village and mingle with the locals, wonderful photo opportunities, ladies wearing the most colorful saris and men their multi-colored turbans.

We return to the camp for lunch and relax for a few hours before meeting for our talks with Dr. Bedi. In the evening we gather around the campfire, listening to Rajasthani folklores and enjoy another fabulous dinner.

### **February 21, 2018 Nimaj to Jaipur**

After breakfast we drive to Jaipur, a five hour drive.

The city was erected during the 18th Century by the ruler of Amer as a “city of victory”, and was north India’s first planned city. Jaipur is often known as the pink city because of the distinctive rosy sandstone used in its construction, others claim it was painted pink to welcome the Prince of Wales. Either way, the city is a beautiful symphony of the history with the present; well expressed in the planned, gridded network of streets.

At arrival we check into our hotel the beautiful Samode Haveli

<http://www.samode.com/samodehaveli/> Dinner at our hotel tonight.

### **February 22, 2018 Jaipur**

After breakfast we visit Jaipur’s most famous landmark, Amer Fort, the citadel of the clan who later became the rulers of Jaipur. With its sprawling apartments, pleasure gardens, and temples, Amer is one of the most intricate and beautiful Rajput fortresses in all of India. We take time after our Fort visit to explore Jaipur’s fabulous gem and fabric shops before returning to our hotel to relax for our evening activity.



Early evening we leave for Dera Amer, a rustic camp located at the foothills of

the Aravalli range surrounded by wilderness. We enjoy a private elephant safari through the somnolent countryside. After our ride we are served a sumptuous dinner under the stars.

### **February 23, 2018 Jaipur**

This morning we visit the the City Palace complex, the seat of the Maharajah of Jaipur, which consists of an impressive array of courtyards, gardens and buildings. This includes the Jantar Mantar observatory, built in the early 1700s by Sawai Jai Singh II, Jaipur’s ruler and a keen astronomer will showcase Central Asia’s rich legacy of astronomy. Its sixteen massive instruments are works of art in themselves and some can forecast the weather. Next door is the Palace of the Winds, Jaipur’s most distinctive landmark. Its construction was started by Man Singh I in 1592, and was completed by his descendent Jai Singh I. We return to our hotel for our closing session with Dr. Bedi in the afternoon before enjoying a sumptuous farewell dinner.

### **February 24, 2018 Jaipur to Delhi**

After a leisurely breakfast we drive to Delhi International Airport, a four to five hour drive. A Travel Scope representative will provide assistance with check-in formalities for your late night international flight home.

### **February 25, 2017 Delhi to U.S.**

Early morning or afternoon arrivals in the U.S. depending on departures from India

### **Post-trip February 24 - 26, 2018 to Agra**

#### **February 24, 2018 Jaipur to Agra**

This morning we drive to Agra with an en route stop at Fatehpur Sikri, a city capital built by Emperor Akbar to honor a Sufi saint, Salim Chisti, which is perhaps the best preserved vestige of the Mughal Empire. The city complex includes palaces, pools, public audience halls, mosques, other places of worship, and tombs. An excavation at Fatehpur Sikri in 2000 unearthed an older Jain city that existed before the 11th Century.

After our visit we drive to Agra, about an hour and check into our hotel The ITC Mughal

<http://www.itchotels.in/hotels/itcmughal.aspx>

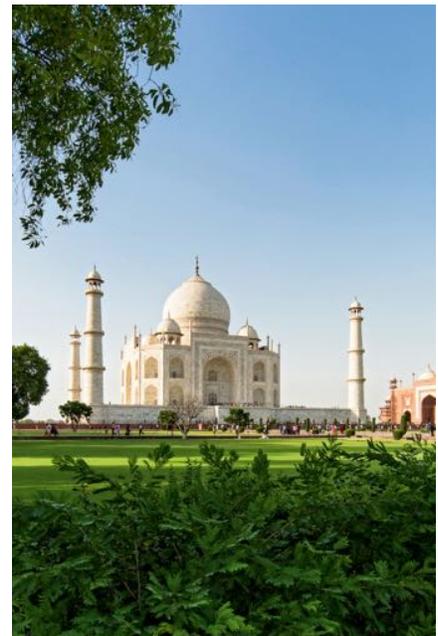
Dinner at our hotel

#### **February 25, 2018 Agra**

After breakfast we visit the Agra Fort. On the right bank of the Yamuna river, is one of the most important and robustly built stronghold of the Mughals.

The origins of the city of Agra can be traced back to the days of the Mahabharata, the epic poem of Great India when it was called Agrevana, meaning the edge of the forest. It served as capital for the Mughal Empire during the 16th and 17th century. Agra has been immortalized by Taj Mahal – the magnificent mausoleum, built by the emperor Shah Jahan for his queen, Mumtaz and India's own jewel in the list of 7 Wonders of the Modern World. Let our storyteller guide weave tales of Agra and the mausoleum, as well as the romance between Shah Jahan and Mumtaz. We begin our visit mid afternoon to watch the sunset from the Taj Mahal, a magical site!

Dinner at our hotel



#### **February 26, 2018 Agra to Delhi**

We have the morning to rest up for the long journey home before traveling back to Delhi International Airport to arrive early evening for our flights home, leaving late evening or early morning of Feb. 25. A Travel Scope representative will provide assistance with check-in formalities at the airport.

### **February 25, 2017 Delhi to U.S.**

Early morning or afternoon arrivals in the U.S. depending on departures from India.

## Tour Costs

**Charitable Donation to the Jung Foundation New York \$200 per person**

**Main Journey Feb. 14-24, 2018                      Mumbai & Rajasthan**  
**Land Cost per person double/twin occupancy \$5,850 for the main journey**  
**Single Room Supplement \$1,730**

**Pre-Study Tour February 11-14, 2018    Ellora & Ajanta Caves**  
**Land cost per person double/twin occupancy \$1,450**  
**Single Room Supplement \$450**

**Post-trip February 24 - 26, 2018                      Agra**  
**Land Cost per person double/twin occupancy \$650**  
**Single Room Supplement \$300**

International Economy Airfare New York - Mumbai and Delhi - New York approx. \$1,000

### **Land Cost Includes:**

- Double/Twin accommodations in hotels mentioned in itinerary incl. taxes
- Breakfast and either lunch or dinner daily as listed in the itinerary (three meals included at Chhatra Sagar)
- Economy airfare Mumbai to Jodhpur
- All ground transportation within India
- All sightseeing, entertainment and cultural activities listed or equivalent
- All group transfers within India and airport taxes on domestic flight
- English speaking tour escort for the entire journey
- Gratuities

### **Not Included:**

- Visa processing and travel insurance
- International air tickets
- Items of personal nature
- Alcoholic beverages and meals not listed in the itinerary
- Early arrival and late departure transfers

### **Air and Insurance Information**

If you are interested in purchasing international airfare or travel insurance, please call Bill Allyn at Allyn Travel at 203-554-0378

For more information, or to reserve your space, please e-mail:  
**[regine@mindfuljourneys.com](mailto:regine@mindfuljourneys.com)** and/or call: 212-203-1239

**Responsibility**

Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC, (hereinafter "Tour Sponsors") are responsible only for assisting in making arrangements with respect to all transportation, hotels and other matters of reservations and tour operations and they do not represent or act as agents for transportation carriers, hotels or other suppliers of services connected with this tour. The tour sponsor assumes no responsibility for loss, damage, injury, accident, delay or other irregularity, expenses or liability caused by the defect of any vehicle or negligence or default or any independent contractors, their employees, agents, or representatives engaged in providing services in connection with the tour or for losses, expenses or delays arising from sickness, pilferage, labor disputes, machinery breakdown, quarantine, government restraints, war, acts of terrorism, weather conditions or such other causes. All such losses or expenses shall be borne by the tour participant. Baggage and personal effects are the sole responsibility of the owners at all times. It is understood that air tickets when issued shall constitute the sole contract between the passenger and the carrier concerned. All services are subject to the laws of the country in which they are rendered.

As a condition to acceptance of each participant, each participant represents that he/she has read the schedule of activities for this tour and recognizes and accepts any risks thereof and thereby agrees for and on behalf of himself or herself and his or her heirs, executors and administrators to abide by the conditions set forth above, and to release or hold harmless the tour sponsor from any liability, claims and demands, however caused, for delays, damage, loss, injury or death, occurring in relation to the tour, and for loss of or damage to his or her property, however occurring, during any portion of, or in relation to the tour. Prices and Dr. Ashok Bedi's participation are based on a minimum of 10 participants.

I have read the schedule of activities and responsibility for the Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC "Jungian Encounter with the Mystic Soul of India" February 11-26, 2108 and accept all risks thereof. I understand and agree on behalf of myself, my dependents, heirs and agree to abide by the conditions set forth under Responsibility and to release and hold harmless Travel Scope, The C.G. Jung Foundation of New York and Mindful Journeys LLC from any liability for delays, injuries, or death or for the loss of or damage to, any property however occurring in relation to the Travel Scope (India) Private LTD "Jungian Encounter with the Mystic Soul of India" February 11-26, 2018

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....

**Jungian Encounter with the Mystic Soul of India**  
**February 11 - 26, 2018**

**Participation Form**

Name 1 Please print your name as it appears on your passport

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Name 2 Please print your name as it appears on your passport

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W/Cell) \_\_\_\_\_

Please circle one of the following choices:

Double/Twin room, rooming  
with \_\_\_\_\_

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Single room

I would like a roommate. If one is not available, I agree to pay the additional charge of \$1,730

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\_\_\_\_\_ Pre-Study Trip February 11-14, 2018

\_\_\_\_\_ Main Journey February 14-24, 2018

\_\_\_\_\_ Post-Trip Agra February 24-26, 2018

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I have read the "Responsibility" clause and agree to the terms therein and am returning the signed form along with my registration.

Enclosed is my deposit check for **\$1,000** per person

Final payment is due November 1, 2017

American Express, Visa or MasterCard are accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

8 Copper Beech Lane

Great Barrington MA 01230