

## SAVE THE DATE

### JUNGIAN ENCOUNTER WITH THE NATURE AND WILDERNESS SOUL OF INDIA FEBRUARY 3 - 16, 2023

#### In Age of the Resilience

As countries across the world open up, ease travel restrictions and re-instate flights, we felt that it is the right time to plan the next Jungian Encounter to India in February 2023,

With that in mind we bring you our next Jungian Encounter with the Soul of India. We have carefully chosen destinations that connect you with the Soul of India's Nature, Culture and ancient traditions. Our focus this year will be on South India. Following his trip to India in 1937-38, Jung was moved and inspired by the Yoga and the Tantric traditions of India and did a two years lecture series in Zurich on the "Psychology of Yoga and Meditation". South India is the soul of these traditions. We will explore these themes from a Jungian perspective with the backdrop of sites and stories that inspired him and continue to intrigue humanity in its quest for higher consciousness.

The trip will be escorted by Dr. Ashok Bedi, Jungian analyst and expert along with his wife Usha Bedi an expert on Indian culture and cuisine. Regine Oesch-Aiyer, Founder of Mindful Journeys, an Indophile with deep-rooted connections to India, will lead the trip.

We look forward to your participation in this new and refreshing journey, as Dr. Ashok Bedi amplifies and deepens Jung's writings and teachings through his talks, lectures and dream groups in light of new research in psychology and neuroscience. We will also dialogue with local experts to let a boots on the ground perspective of the timeless wisdom of India.

Approximate cost per person \$5,800 double occupancy, excluding international airfare.

For more information about this journeys please contact [regine@mindfuljourneys.com](mailto:regine@mindfuljourneys.com)