



Himalaya
2019
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“Once in a Lifetime Journey” *“Heaven in my Heart”*

**Spiritual Pilgrim and Kundalini Yoga Journey to
The Ancient Himalaya 12. October – 26. October 2019**

“I would Love for you to join my “Heaven in my Heart” Himalaya group 2019. Follow me on Once in an Lifetime Journey to breathtaking, magic moments and beautiful Himalayas where divinity and mystic charm merges into heartfelt joyful adventures and deep inner transformation. This has been my own personal experience. My great passion for Nature, Spirituality and Yoga are combined in this great Journey which I want to share with you. Read more on next pages, and please feel free to contact me regarding registration, questions and payments. Approx daily program and hotel info will be given before departure date.”

Contact information: mette@tostyoga.com / skype [mettetost1](https://www.skype.com/en/contacts/mettetost1) / +45 21731472

In 2018/2019 I will offer Himalaya introduction evenings, but if you cant join them, I offer you a face to face Skype meeting if you feel for more information to enter such a Lifetime Journey.





Mettes Sharing



Mette Tost Kundalini Yoga teacher / Breathwalk instructor / Heartmath Meditation Coach / Yoga Retreats / Inspirator

“My first trip to the Himalayas was in 2002. This was a connection with a profound, immense and beautiful nature. The Himalaya Mountains, the open spaces, the vibration, the pure ancient energy, transformed into a feeling so deep that it felt like **Heaven in my Heart**. A dream seed was planted, which now has grown into a adventurous “Once in a Life time Journey”. Join me to face and meet your own peace of heaven in the Himalaya.

Glade udvalgte delere til dig fra gruppen 2017

**Se flere på bagsiden*

Turen til Himalaya med Mette var så fantastisk. Dejlige mennesker og fantastiske oplevelser. Kontrasten mellem det livlige og betagende i Risikesh og den fantastisk skønne natur oppe i bjergene var så utrolig fascinerende. De tilrettelagte ture til de forskellige templer var så livsbekræftende og spændende. Indkvarteringen i telt campen i bjergene var perfekt, omgivelserne var så utrolig smukke og fredfyldte. Vores guider var så søde og servicemindedede og de gjorde turen så dejlig, da de var der for at hjælpe os i alle henseender hele turen igennem. Jeg kan ærligt sige, at det var en af de bedste oplevelser, jeg nogensinde har haft.- **Susanne**

Der er meget at fremhæve, men det bedste var nok, at Mette og hendes team i Indien sørgede for, at vi absolut ingen bekymringer skulle have omkring det praktiske. Jeg kunne læne mig tilbage og kun tænke på at opleve den helt fantastiske natur i bjergene, templerne, pragtfuld mad, powershopping i Risikesh, skøn yoga og en masse dejlige og glade mennesker. Det indiske team, der var med os overalt, var så søde og hjælpsomme at det oversteg alle forventninger – det er i sandhed en “once in a lifetime” tur som man skal give sig selv, hvis man kan.- **Dorthe**

Tusinde tak for en helt unik oplevelse som jeg vil huske resten af mit liv. Mette, du og dit fantastiske team med Manoj i front fyldte både mit hjerte og sind med så mange storslåede ydre og indre oplevelser og erkendelser. Det var først fremmest smukt og sjovt- lidt hårdt indimellem, meget lærerigt og inspirerende - og det har fyldt og fulgt mig siden- og er sikker på at alt de gode vibrationer vil følge mig i lang tid fremover. En helt unik rejse som jeg under alle at prøve mindst 1 gang i deres liv.- **Jeanne**

Once in a Lifetime Journey
"Heaven in my Heart"

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Early Bird pris 15.200 dk.kr. Group size - maximum 16 - don't wait signing up...
7600 dk.kr when registration between Sept. 2018 and Jan. 2019, then final 7600 dk.kr. before 1. May 2019

Late Bird pris 18.800 dk.kr. If registration and paying after 1. feb. 2019

PRICE INCLUDED:

1. Accommodation on twin sharing basis for 13. days staying in standard hotels in Rishikesh, Rudraprayag and Swiss tents at Guptkashi our Himalaya Base Camp.
2. Personal Yoga Mat and belt – provided on arrival to our first Risikesh Hotel
3. All meals starting with dinner on day 1. concluding with breakfast on day 14.
4. Kitchen Chef we bring to our Base camp
5. Coffee and tea in the Himalaya Base Camp
6. Yoga and Meditation classes
7. All adventures to Pilgrim Tracks and Temples. All permissions and entry fee. All Poojas expenses
8. Helicopter Fare- From Guptkashi to Kedarnath- From Kedarnath to Guptkashi
9. Mineral water supply everyday
10. Starting- Transportation on arrival in India – with dosmetic flight and bus;
Domestic flight from New Delhi to Dheradun, with extra check in weight luggage- 20 kg. Bus from Dheradun to Risikesh with drop of at our first Hotel.
11. Full Transportations during the entire journey, going on tracks, temples etc.
12. All drivings will be in 2 aircon buses for faster movements in the mountains. 10 persons pr bus.
13. Ending - Transportation departure with bus and dosmetic flight:
Bus from Hotel in Risikesh to Dehradun airport where we catch the domestic flight with extra check in weight luggage- 25 kg to New Delhi. (It is possible with extra weight- you pay approx 30 dk.kr. pr ekstra KG)
Bus when we land to take us to the terminal where we connect to our final flights going home.
14. Al hotel staff, assisting staff and drivers tips expenses
15. Government Taxes

NB: TOST YOGA's business partners are top professionals. They all have more than 20 years of experience handling groups and travelling in Mountains. Mette Tost has joined them on her own personal trips 3 times to Himalaya.



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NOT INCLUDED:

1. Flight tickets from Denmark (or any other country) to New Delhi and from New Delhi to Denmark (or any other country). We will all book our own personal flight tickets on the same Aircrafts. So coordinating on arrival and departure goes smoothly. I will email everybody with flight details and my plan is to book and pay flights in May or beginning of June 2019.
2. One Month Electronic Visum which is mandatory. I recommend that you book and pay it primo Sept. Website to book Visum: <https://indianvisaonline.gov.in/visa/>
3. Travel Insurance and cancellation insurance which is mandatory for joining my journey. To protect yourself further TOST YOGA recommends you to have doctors accept before travelling. TOST YOGA takes no responsibility for the participant's health when it comes to professional medical care. A possible personal insurance / cancellation / year insurance which also covers cancellation due to sudden illness, you can draw from your own insurance company or purchase in connection with your flight. Remember to ask them if Medical and emergency services are included.
4. Room service (anything you order privately in your room) at Hotels/Camp.
5. Cost of Mules or helpers during treks up and down the Pilgrim Tracks.
6. Remember to check your Passport for expiration date and update extension if needed.
7. Extra luggage weight both domestic and international. Domestic extra price is approx 30 dk.kr. pr ekstra kg.
8. Vaccines if you feel you need them. Go to website <http://www.vaccination.dk/mod-laegerne/>



"Heaven in my Heart"

PRATICAL INFORMATION:

Terms of cancellation:

Registration and payment are final and non-refundable due to planning and pre-booking in India. If you are unable to attend, please feel free to pass on your place to another or use your travel/ cancellation insurance. Only if team India and Mette Tost cancel the journey your money will be refunded.

Bank information to transfer payments to Nordea Vesterport afdeling:

Living in Denmark: reg. nr. 2132 konto nr. 5908 895 136

Living outside Denmark: Contact me for IBAN number

Regarding planning and timing:

Note that any timing and planning program given before journey, can be altered to improve daily planning, weather changes etc. this is from my personal experience. We rely on India team and their great experience from these kind of journeys. So any changes given is approximately, but I will always inform you when needed.

Single Room extra charging all nights:

If you need to book single room both in camp and at hotels extra price is 2400 dk.kr.

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Prime selected pictures for your inspiration

"Heaven in my Heart" - HIGHLIGHTS ON THIS ADVENTURE!

Spiritual Pilgrim and Kundalini Yoga Journey to the Ancient Himalaya 12. October – 26. October 2019



Risikesh – The Capital of Yoga



The Ganges River Bath

Temple of Marriage TriYuga Narayan Parvati

Devprayag



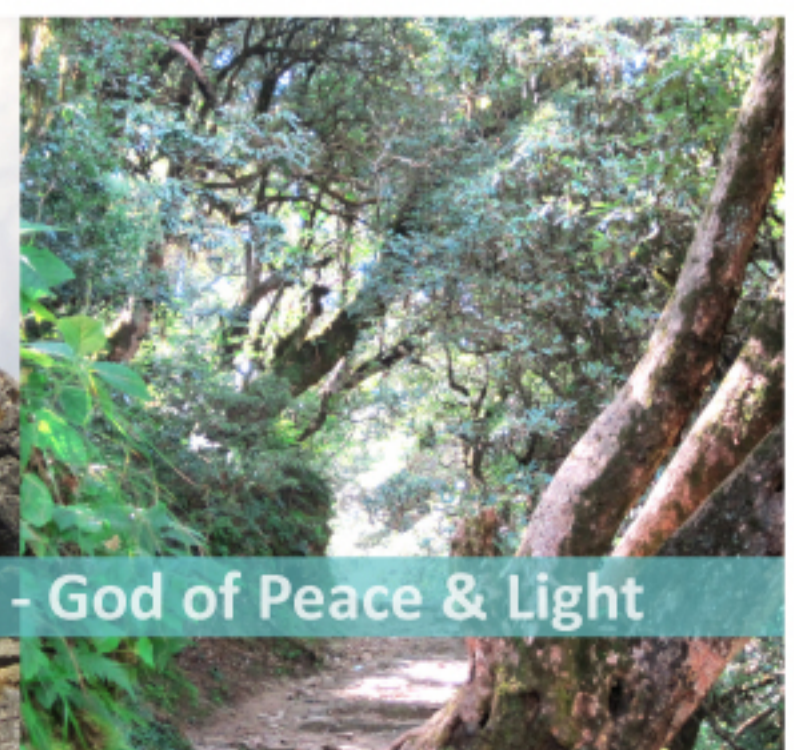
Mountain Drive

Himalaya Base Camp with Mountain views



Kedarnath Temple and Kala Bhairav Temple

Anusuya Devi Temple - God of Abundance



Shiva Tungnath - God of transformation

Kartik Swami Temple - God of Peace & Light

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13. Oct. Risikesh – The Capital of Yoga

Risikesh is called the Capital of Yoga because of the energy presence from 7 main source Rivers merging into the Ganges River. Great portal of energy from these rivers also gives the spiritual, mystical connection to Yoga capital and the spirit from holy men. We will enjoy the area, go shopping, enjoy and experience the Holy Fire Ceremony by the Ganges in evening time. The atmosphere is very global mixed, dramatically, impressive and you sense the Yoga spirit all over.

14. Oct. - Risikesh and The Ganges River Bath – Ganges represent your Sushumna "Your Lifes Energy"

We will go for Ganges Bath – Ganges Bath means purification of Sushumna Nadis so your Shakti energy can flow freely. Ganges is carrying healing herbs and minerals which purifies your physical and subtle body. The colour of Ganges the season we enter is amazing, almost Amazonite colour which will follow our eyes on the Journey up into the Himalayas. I loved the feeling from Beauty Ganges surrounding and purifying my Body.

15. Oct. - Driving up to Base Camp – Our Safe Homy Base Camp located 1600 meter up in the Himalayas

We are surrounded by mountains where views can change from clear to cloudy. You deeply feel that Mother Nature rules. The great Moutain Chaukamba 7400 meter stands out in all its Glory. We live in modern tents with fully cosy inner comforts, electricity and great bathrooms. Garden area with lots of beautiful colourful flowers and exotic singing birds. The lush green Camp area is build on terrace levels. Flowers with lounge areas for you to chill out and embrace the wonderful high energy vibration. The dining hall is charming and evening fireplace brings us a cozy atmosphere. We receive fabulous heartfelt service and great Vegan food. Close to Base Camp we can go for a beautiful walk up to the farmer village where abundance green areas, mountains and cornfields meet your eyes. From this amazing Camp we track out to all our spiritual adventures and coming home we often enjoy Kundalini Yoga & Meditation.- I just love this Camp and it's visionary owner.

16. Oct. - Temple of Marriage TriYuga Narayan Parvati

In this great temple the sacred fire is burning since ancient times. This is where God Shiva and Parvati – Goddess aspect of love, fertility and devotion got married with Vishnu as priest. A Priest will grant us Pooja. The energy represents your inner marriage with your higher self, but also the blessings of couples in relationships, or wishing to get married. This Temple is a prime juvel where we will recieve Pooja blessings.

17. Oct. – Helicopter to Kedarnath Temple and open air temple Kala Bhairav

Helicopter flying through beautiful landscapes creatively shaped, we enter Kedarnath Temple with the Jyotir Lingam representing back of Shiva and outdoor temple Kala Bhairav. Jyotir lingam means the symbol of LIGHT and represents the awakening soul that travels from darkness to light. From ignorance to wisdom. Kedarnath Temple first constructed about 5000 years ago. This area is magical and the energy represented is strong, dynamic and brings a lot from within up to the surface. You feel the divine powerful energy from God Shiva the creator, preserver and destroyer of negativity. In the open air temple we will recieve divine Pooja blessings.

18. Oct. – Base Camp – RESTING DAY - Free of choice

I recommend we go for a beautiful walk above the camp area. Enjoying the beautiful scenery and the small green farming village. The cosy atmosphere from cow bells, charming village buildings, happy children laughing and the snow peeking mountains surrounding us,- promise it will fill your senses with happiness.

19. Oct. – Sacred Pilgrim track Goddess Anusuya Devi Temple

The area around the tracking point is amazing and beautiful shaped. Also the track to the top is so beautiful green and fertile. Very high energy frequency and you feel the presence from The Goddess of fertility, innocence and abundance. At the top there is a waterfall and we will bring Turka if anybody want to take a dip. We will receive Pooja blessings in this beautiful settings. My first personal description from 2002, I called this track the Diamant Pilgrim track, because the path was shining so beautifully. I also remember feeling overwhelmed with love, softness, protection and being grateful.

20. Oct. – Base Camp – RESTING DAY - Free of choice

The day is planned to visit a village where you can buy beautiful handmade silk, pashmina or wool shawls.

21. Oct. – Sacred pilgrim track Shiva Tungnath at Chandra Sheeca mountain

This Temple has the Lingam representing Shivas Heart and shoulder. The highest temple in India 3800 m high and 3000 years old. The energy is strong, powerful and God Shivas dynamic, and transforming energy follows you up and down this amazing Pilgrim track. We will receive transformative Pooja blessings. You find personal time to connect to your Heart Chakra and Throat Chakra. If clear clouds we can walk further up from first temple to the top. From there you will stand eye to eye with the clouds, or gaze down at them where they look like cloud carpets, the view is breathtaking. The track up is with big open green spaces, flat raw rocks tracks and surrounded by mountains and clouds. You hear the bell sounds from mules walking up and down.

22. Oct. Base Camp – RESTING DAY - Free of choice

23. Oct. – Departure day - and sacred Pilgrim track Kartik Swami Tempel – God of Peace & Light

Hi is the son of Shiva. To enter you get the feeling of stairs up directly into the heavens. Entering the grand gates to The God of peace and light. With breathtaking Panorama top view. You feel the powerful and deep presence from these energy aspects and the flow in your body and every cell. Also the connection to heavenly grand energy from Mother Nature, the Divine Powerful Temple, Sacred Saints, Holy Yogis and Priests which have imprinted the vibrations for us to absorb. We will receive Pooja blessings with heaven as a witness. The path way up, is walking through old Rhododendron forest. The feelings of mystical adventures meet you along with raw rocks silence and nature lushness.

24. Oct. – Risikesh with visit at Devaprayag - Holy Purification Place which is the Ganges Rivers Birth point

We will take a dip and experience the powerful energy from this Holy Purification place where 2 rivers merging into giving birth to Ganges River. The 2 Rivers energy and transformation aspect: 1.River Bahgizaitt – the water surface is very dynamic and dramatically and has Shiva aspect = Shiva the creator, preserver and destroyer of negativity. Shiva is also representing the absolute, the unmanifest transcendental reality of existence. The Trishul is Shivas weapon to kill ego. 2.River Akaknanda - the water surface is very calm and smooth and has Vishnu aspect = Vishnu the protector of the world and the restorer of moral order. After dip we will go up into the Sacred Rama Tempel for closure. And then we drive to our final hotel in Risikesh.

25. Oct. – Risikesh – RESTING DAY - Free of choice - shopping, River Rafting etc...

26. Oct. – Departure day

NB: “The Spiritual Pilgrim Tracks, I would recommend that you walk in silence. To allow yourself to feel and sense the ancient, holy and strong energy presented on the tracks. Also to view the profoundly beauty from nature meeting your eyes and vibration when you walk along these amazing Pilgrim Tracks. This will feel like inner Meditation where you can engage to inner transformation for peace, light and transformation. When we enjoy Yoga classes we will integrate your personal vibration caught from Pilgrim tracks. For me personal the after effect was pure magic with deep inner blessings.”

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Spiritual Pilgrim and Kundalini Yoga Journey to the Ancient Himalaya - Join me in 2019...



Sunrise Yoga on roof top in Risikesh



Ganges Bath in Kurta



Pooja blessings in Temple of Marriage



Riverrafting on Ganges

Flere glade udvalgte delere til dig fra gruppen 2017

**Se flere på side 2*

Pilgrimsrejsen i Himalaya er for mig helt unik. En fysisk udfordrende vandring i den mest fortryllende natur- i mødet med den fascinerende indiske kultur- og samtidig en dybt forløsende vandring i sindet. Indre dæmoner blev efterladt i bjergene og gav rum og plads til følelsen af frihed- frihed til at føle mere kærlighed til mig selv og til mennesker omkring mig. De skønne, rene, levende energier fra Himalaya fylder mig stadig- jeg fandt mit hjerte i Himalayas bjerge. - **Lili**

For mig var rejsen til Himalaya en begyndelse på et nyt liv. Det var de store følelser fra befriende tårer til vild jungledans men helt bestemt også fred i sindet og det er mange år siden jeg har sovet så godt som jeg gjorde i teltet på vores dejlige camp. Naturen i bjergene er helt fantastisk, luften er ren energi og der er store kræfter på spil de steder vi besøger. Tak til dig Mette- og til dit team af dygtige og omsorgsfulde guider. Jeg er meget imponeret over den ro, tryghed og styrke du viser. Du har også godt øje for hver enkelt deltager i gruppen samtidig med at du er helt din egen. Jeg kom hjem fyldt med glæde og overskud. Jeg gjorde bestemt gerne rejsen om igen. - **Bente**

Himalaya for mig, var en mulighed for at tro på, at vi langt hen ad vejen styrer vores skæbne. Jeg følte enormt meget lettelse og ro og en sund form for "ligeGYldighed". En "det skal nok gå alt sammen" -fornemmelse. Det var ligesom at lægge sig i en seng med rent sengetøj :) Jeg er vild med det og vender helt sikkert tilbage! - **Kamilla**