

Yoga holidays

at
basunti

with

Sandra Caillet

Yoga in India is always an experience. Basunti, in the heart of a beautiful wildlife reserve, makes it special. Whether you have been travelling in India or just want to escape the bustle of everyday life, a week of relaxing and invigorating yoga at Basunti with classes led by Sandra Caillet is the perfect way to unwind, relax and reclaim yourself.



Yoga weeks at Basunti provide a time to chill out, have fun and relax. The lifestyle is easygoing and informal.

('So laidback it's almost horizontal' is how *Harpers & Queen* describes the informal country house set-up at Basunti). Between yoga sessions enjoy life at Basunti, whether hanging out by the pool, on the verandahs, watching the amazing birdlife, walking or swimming, fishing, canoeing, exploring or just taking chai with the local villagers.

A short boat ride away is an excellent picnic spot with great birdwatching, swimming, fishing and exploring. Among the places to visit by jeep are McLeod Ganj, the home of the Dalai Lama, Pragpur - India's first heritage village, and the 8th Century temples carved out of a cliff face at Masroor.

Yoga sessions with Sandra Caillet in 2010 are designed to suit the time of day, season, and the mood and inclination of the group. There are at least four hours of yoga per day, in two sessions. The circular, shaded yoga shala with its thatched roof and marble floor stays refreshingly cool at all times of the day. The roof terraces with their cool marble floors are perfect for morning and evening yoga sessions.

Sandra's classes are open level, providing tuition for both complete beginners as well as more experienced yoga students. Her inclusive, gentle hands-on approach blends perfectly with Basunti's ambience allowing you to relax, explore and deepen your yoga practice in a lasting way. Equipment, including mats, straps, bolsters, balance blocks, meditation cushions and blankets, is provided.





Accommodation and travelling to Basunti

Accommodation in the new lodges provides twin-bedded terraced chalets each with their own shower, toilet and private verandah. The main house provides accommodation for up to seven people in two self-contained apartments.

Catering

All meals are provided at Basunti. Our food is "simple but delicious" (*The Observer*) with many of the ingredients grown in the vegetable garden.

The kitchen is run by David Butterworth, a co-founder of London's Neals Yard bakery and restaurant. The menu is an eclectic variety of Indian village vegetarian and western dishes. Fresh bread and cakes

are baked on site each day. Depending on group tastes, fish (locally caught) and meat-based dishes are also available. Meals are served buffet-style on the spacious verandahs or in the main lounge.


Getting There

Basunti is in Himachal Pradesh's Kangra Valley close to the border with the Punjab. Access options are either by air or by rail with transfer times of 1.5-3 hours depending on the choice of route.

By Air and Road: The nearest international airport is Amritsar, which has direct flights from London and Birmingham plus internal flights from Delhi. This route provides the chance to spend a night or two in Amritsar

to visit its famous Golden Temple, take in the Wagah border ceremony and shop in its extensive bazaars. The road journey from Amritsar to Basunti is approximately three hours.

An alternative route is to fly into Delhi and transfer for an internal flight to either Amritsar or Dharamsala, the nearest internal airport - approximately 2.5 hours from Basunti by road. There are daily 90-minute flights from Delhi to Dharamsala with Air Kingfisher. If you require, local ground agents can arrange internal flights.

By Road and rail: The nearest railway station is Chakki Bank just outside Pathankot some 90 minutes by road from 

Getting to Basunti, Prices & Booking information

Basunti. There is overnight sleeper train from Delhi, leaving the night before and arriving at Chakki Bank at 7am the next day. Alternatively there is a five-hour express train between Delhi and Amritsar followed by a 3-hour road journey.



Prices for 2010:

The all-inclusive Basunti price is £535 per person for 7 nights or £960 for 14 nights. This includes accommodation, all meals, all yoga tuition and transfers to and from Basunti from either Amritsar, Pathankot or Dharamshala. All prices quoted are based on two people sharing.

Prices do not include flights or excursions



from Basunti. (Single room supplement £252 -7 days and £454 for 14 days).

To Book: Go to www.clients.basunti.com. First register your email address and password and then proceed to the first page. In the section marked Group, select the appropriate dates for Yoga With Sandra Caillet - (see the schedule on the next page.)

If you do not know your travel details just fill in the first page of the form for now. (You can login at any time to add or update details not previously provided.) You will then be contacted by Basunti for payment.

Private Tours: If your stay at Basunti is to

form the centrepiece of a holiday to India, why not consult us about arranging or advising on a bespoke private tour tailored to meet your requirements. Basunti's team has many years experience of providing tailor-made individual tours at affordable prices.

Guests are accompanied by reliable Indian drivers, selected for their knowledge, pleasant manners and safe driving records. Please contact us if you need help arranging an extension to your stay.

For any further info please contact Richard Grant at richard@basunti.com or +44 7710 288236.

Yoga weeks in 2010 at Basunti with Sandra Caillet

<i>Week commencing</i>	<i>Arrival date</i>	<i>Departure Date</i>	<i>Further information</i>
Sandra Week 1	May 1	May 8	yoga@basunti.com
Sandra Week 2	May 9	May 16	yoga@basunti.com
Sandra Week 3	August 28	September 4	yoga@basunti.com
Sandra Week 4	September 5	September 12	yoga@basunti.com
Sandra Week 5	September 12	September 19	yoga@basunti.com

Book two weeks back to back and save 20% on the second week. Register & book at www.clients.basunti.com

Arrivals - rooms are available from 4pm on day of arrival. Departures - Rooms need to be vacated by 10am.