



basuntí



# Yoga at basuntí

with Sandra Sabatini & Michal Havkin - Autumn 2010

**Y**oga at Basunti with Sandra Sabatini and Michal Havkin is a memorable way to spend a week in the autumn. Guests return year on year for this unique yoga seminar that has been featured in a leading yoga magazine\*. As Sandra says: "To travel to such a remote place as Basunti takes a seven hours flight, two and a half hours car ride but only after two hours long yoga session do you realise that the journey has just begun. At Basunti you experience the journey within fully connected and nourished by the beauty of the surrounding Nature."

## DATES

Arrive: Thursday, September 23, 2010.

Depart: Thursday, September 30, 2010.

The first yoga class will be a gentle, welcoming class in the afternoon of September 23. The week rounds off with a pre-breakfast session on September 30.

## Yoga

Except for the first and last days, there are three classes a day - two taught by Sandra and one by Michal. For more about this Scaravelli-inspired approach to yoga, please visit [www.sandrayoga.com](http://www.sandrayoga.com).

## Charges (per person)

All prices below are based on shared accommodation. They include 7 nights accommodation, evening meal on September 23 and breakfast on September 30, all meals on all other days, all yoga tuition and one transfer each way to and from Basunti on arrival and departure to any of the following places: Amritsar, Pathankot, Chakki Bank or Dharamsala and.

For one person on a room sharing basis: £780.

For one person on a room sharing basis, where travelling with their room companion: £720

We will invoice for deposits to confirm bookings within 30 days of receiving your booking request. A 50% deposit is payable to Basunti upon acceptance of booking.

Your booking will be confirmed on receipt of your deposit. *Additional nights accommodation, flights, transfers, tours (see below) are not included.*

## YOGA FACILITIES

The thatched yoga shala, with a marble floor and surrounded by a moat, remains cool even in the hottest parts of the day thanks to its Balinese-dome ceiling design and its lakeside views. The large terraced roof on the main house has a 360 panoramic view of the lake, a cool marble floor and is delightful for morning and evening yoga sessions

All yoga equipment including mats, bolsters, blocks and blankets are provided. However you are welcome to bring your own yoga mat.

## ACCOMMODATION

Accommodation in the new lodges is in comfortable, twin-bedded terraced chalets each with their own shower, toilet and private verandah. The main house provides accommodation

\*Read the article at [http://www.basunti.com/Basunti\\_Yoga&Healthmag\\_p17-19w.pdf](http://www.basunti.com/Basunti_Yoga&Healthmag_p17-19w.pdf)



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for up to seven people in two self-contained apartments. Priority is given to those prepared to share. If numbers make it possible to provide single accommodation, a supplement of £432 is charged.

## CATERING

Food at Basunti has been described as "simple but delicious" (*The Observer*) with many of the ingredients grown on the property. The kitchen is run by David Butterworth, a co-founder of London's Neals Yard bakery and restaurant. Food served is an eclectic variety of Indian village vegetarian with a number of western dishes. Fresh bread and cakes are baked each day. Depending on group tastes, fish (locally caught) and meat-based dishes are also available. Meals are served buffet-style on the large, spacious verandahs or in the lounge of the main house.

## OTHER ACTIVITIES

Between yoga classes you can enjoy all of Basunti's facilities, whether relaxing by the new pool, on the verandahs or in the gardens, watching the amazing birdlife, walking, lake swimming, fishing, canoeing, exploring or just taking chai with the local villagers.

During a typical week you can take a boat trip with local fishermen and picnic across the lake to Ransoor Island, a beautiful island inhabited only by large numbers of bird species and various native animals. Other local places of interest, suitable for day trips include the 7th Century rock temples at Masroor, Kangra Fort, Nurpur, McLeod Ganj, the home of the Dalai Lama, and the sunken temples at Bathu (water levels permitting).



## 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



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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 Basunti. There is overnight sleeper train from Delhi, leaving the night before and arriving at Chakki Bank around 7am the next day. There are also daytime trains that take up to 10 hours - and provide a great view of the countryside.

Alternatively there is a five-hour express train between Delhi and Amritsar followed by a 3-hour road journey.

## TRANSFERS

To keep transfer charges down we attempt to pool transport from airports and railway stations whenever possible. Transport is usually by four and five seater jeeps.

## ENVIRONMENT

Basunti sits amid a beautiful wildlife reserve at the end of a secluded three-kilometre drive from the tiny village of Khatiar. The lake's clean, clear water and secluded bays plus a ban on all engine-driven boats make it ideal for almost year-round swimming with numerous walks through unspoilt lowland forest and small villages.

Basunti operates an environmental policy keeping any disturbance to the area to the minimum. No chemicals or pesticides are used in our vegetable garden and all efforts are directed to minimise any adverse effects on the environment or local people. All staff are recruited locally, paid fairly with a percentage of the profits designated to projects that benefit the local communities directly.

## 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 David Butterworth, the seventh generation of his family to be born and educated in India, has for many years provided tailor-made individual tours of India for family friends at affordable prices.

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

## TO BOOK

Go to [www.clients.basunti.com](http://www.clients.basunti.com). If you have not already done so, register your email address and password and then proceed to the first page.

On the first page of the form in the section marked Group, select 'Yoga with Sandra Sabatini September 2010'. If you are travelling and sharing with a companion please put their name in the box labelled 'Other'. 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.)

## FOR FURTHER INFORMATION:

email [yoga@basunti.com](mailto:yoga@basunti.com)

or contact Richard Grant on (+44) 07710 288236 - Skype: RG9999