



Discover India and the 8-Limbs of Yoga Retreat

with yoga instructor, [Tina Templeman](#)



TRIP AT A GLANCE:

Itinerary: Delhi – Rishikesh/Dehradun – Leh – Agra & Taj Mahal)

Highlights: Learn, Serve & Immerse on our yoga retreat in this spiritual land of North India. As you learn about the origins of Yoga in India and the 8-fold path, Tina will teach yoga daily, and we will immerse in an Ashram in Rishikesh and Ladakhi Buddhist culture, and work along Buddhist monks, Nuns and Gurus to provide acts of service as we travel.

Duration: 12 days, 11 nights (plus one day of travel)

Dates: May 13 – 25, 2020

Tour Price*: \$2,800 / Single supplement room: \$725 (estimated)

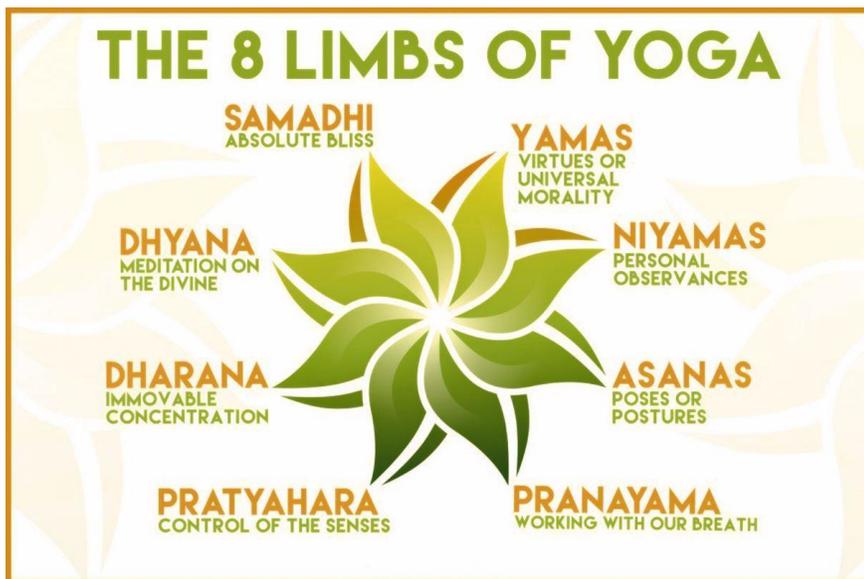


Join Global Family Travels and **Tina Templeman**, one of Seattle's top yoga instructors, on our yoga retreat to North India in the Spring of 2020 with a focus on the **8 Limbs of Yoga** and its path to self-awareness and purpose.

India is the epicenter of many of the world's religions: Jainism, Hinduism, Buddhism and Sikhism all call India their birthplace. The intermingling of the country's diverse cultures and religions formulates its unique and charming soul.

In this land of diversity, Tina will guide you through the Yoga Sutra's eightfold path, called **ashtanga**, (eight limbs), that helps us acknowledge the spiritual aspects of our nature, as we take you on a journey to India's holy places, featuring beautiful temples, monasteries, ashrams and historical monuments.

As we awaken and nurture our inner divinity, we will also expand our global family through **service opportunities** with several non-profit partners we support in Ladakh, Rishikesh, and Dehradun, focusing on quality education, preserving culture and women's empowerment.



Global Family Travels' mission is to **Learn, Serve and Immerse**, using travel as a means to build cultural bridges and to foster global citizens. In partnership with community partners, schools and non-profit organizations, we offer family-friendly, sustainable travel experiences in support of education, access to clean water, conservation, gender equality, and the preservation of local cultures.