A JUNGIAN ENCOUNTER WITH THE SOUL OF INDIA
Sponsored by the C.G. Jung Foundation of New York
Guest Lecturer – Ashok Bedi M.D., Jungian Psychoanalyst
January 3 to 17, 2009

The C.G. Jung Foundation of New York is proud to sponsor a fourth educational tour of India in January 2009. This trip is an opportunity to see India through the lens of analytical psychology, tracing the steps of C.G. Jung on his journey in the 1930's. It will allow tour members to perceive the archetypal depths of life and psyche that Indians knew and expressed in their myth and art, and to understand how the experience and expression of these archetypal dimensions greatly influenced culture and civilization. We are honored to have once again as our guest lecturer Dr. Ashok Bedi.

Ashok Bedi, M.D., is a psychiatrist and Jungian analyst. Educated and trained in India, Great Britain, and the United States, he is a member of the Royal College of Psychiatrists of Great Britain; Distinguished Fellow of the American Psychiatric Association; clinical professor of psychiatry at the Medical College of Wisconsin; and a senior member of the Milwaukee Psychiatric Physicians and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is presently helping several psychiatric groups in India establish the "India Jung Center" in affiliation with the International Association for Analytical Psychology.

Trained in Medicine, Psychiatry and Psychoanalysis in India, Great Britain and the US, Dr. Bedi is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is the author of the books, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishing, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003. These and his other upcoming publications can be previewed at his website www.pathtothesoul.com
The focus of this educational tour will be to further explore the role of myth in psychology as a living experience, and the mythology, psychology, art and architecture of India. Throughout the trip there will be group meetings with Dr. Bedi and scheduled times to discuss and assimilate these experiences. The itinerary is rich and varied, and ends with a four-day Jungian retreat at the beautiful Neeleshwar Hermitage Resort, situated on the Malabar Coast, overlooking the Arabian Sea, in Northern Kerala.

With the majestic and dream like back drop of South India, the participants will be introduced to the mysteries of India by the trio of Ashok Bedi, his wife, Usha Bedi and the founder of Mindful Journeys, Regine Oesch-Aiyer. Ashok will help unravel the archetypal and analytical dimension of the Indian journey.

Usha will be the cultural consultant and help the participants navigate the folklore, customs, festivals and stories of India. She will give a short overview of Indian spices, and discuss the healing properties of these spices from an Ayurvedic perspective. The evenings with Chef Usha Bedi will help demystify the intrigues of basic Indian cuisine. While Ashok will help tune into the soul of India, Usha and Regine will provide a bridge with contemporary India and its people in outer reality. Regine will hold the tension of the opposites and help balance inner and outer, spiritual and sensate, esoteric and pragmatic dimensions of the journey.

**Usha Bedi** of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending her ancestral Ayurvedic culinary principles with her experience of cooking in England and the United States. For ten years she was the Chef and owner of the highly acclaimed, chic Indian restaurant in the fashionable East side of Milwaukee, the Dancing Ganesha. She is presently on a sabbatical, while she finishes writing her cookbooks. She continues to conduct cooking classes in Milwaukee and leads culinary tours to India. She is a cultural consultant for the annual study groups to, “Jungian Encounters with the Soul of India” under the auspices of the New York Jung Foundation.

**Regine Oesch-Aiyer**, the founder of Mindful Journeys was brought up and educated in Switzerland and the United States. She spent more than 20 years as a senior executive for Consumer Travel at American Express Company. Ten years
ago she set out on her own mindful journey to explore a new direction in the field of art, a long simmering passion. She co-founded and curated New York’s Agama Gallery in Manhattan. Several years ago she decided to put all her experiences together to focus on a larger vision combining travel, art and humanitarian interest. This was the founding of Mindful Journeys. Regine has been traveling to India for the past thirty years and now lives part of the year outside Bangalore in South India.

This educational program is intended both for the general public and for professionals. This program is being co-sponsored by the National Association for the Advancement of Psychoanalysis (NAAP) and the C.G. Jung Foundation for Analytical Psychology. The NAAP is approved by the American Psychological Association to sponsor continuing education for psychologists. The NAAP maintains responsibility for this program and its content. 20 continuing education credits are offered for the 12 days of instruction. The program is subject to change without notice.

For further credit information and related administrative processing fee, please call the C.G. Jung Foundation offices at 212-697-6430.

Please note that the size of the group will be limited. Therefore, it is important that you register early in order to secure space for yourself and your friends. For more information on this exciting journey, please visit www.mindfuljourneys.com and check the entire itinerary under "Journeys" and/or call 212-203-1239 for more information. We will be pleased to have you join us for this special educational venture.
Itinerary

**January 3-4, 2009  US - Bangalore**
Depart USA afternoon/evening of first day.
Arrive Bangalore late in the evening of the second day.
You will be met on arrival by our representative at the International Airport and transferred to Shreyas Retreat.
[www.shreyasretreat.com](http://www.shreyasretreat.com)

**January 5, 2009  Bangalore**
After a leisurely breakfast and optional yoga class, we meet for our introductory lecture of the “Jungian Encounter with the Soul of South India”.
In the afternoon we drive to Bangalore for a half-day city sightseeing tour, visiting the highlights of the city: Vidhana Soudha, the Parliament Building, Lal Bagh Park and Tippu’s Fort and Palace. Time for some shopping on the famous M.G. Road.
Evening dinner in a lovely restaurant in town, then return to Shreyas Retreat.

**Bangalore** is among the fastest growing cities in the world, according to World Bank reports. Situated at an altitude of 3000 feet above sea level, it is the principal administrative, cultural, commercial and industrial centre of the state of Karnataka, one of the four South Indian States.
Bangalore was founded by Kempe Gowda in the early 16th century. Two centuries later, it became an important fortress city under rulers Hyder Ali and Tipu Sultan. The ruins of those periods can still be seen in many parts of the city. The British adored Bangalore, its scenery and its pleasant weather due to its altitude and referred to it as the “Garden City” due to the many trees, beautiful parks and gardens.

**January 6, 2009  Bangalore**
After breakfast we continue our lecture and talks with Dr. Bedi.
Lunch outdoors, followed by an afternoon at leisure to enjoy an ayurvedic massage at the spa, a swim in the fabulous pool, or a yoga class.
Late afternoon meeting followed by a deliciously prepared vegetarian dinner by the famous Shreyas chef. After dinner, visit the Media room where you can view a Hollywood or Bollywood movie.

**January 7, 2009  Bangalore – Hassan - Chikmagalur**

After breakfast we drive four hours to Chikmagalur. On the way we visit the Shrine at Shravanabelagola, the holiest of all Jain places of pilgrimage. After sightseeing we enjoy lunch in Hassan, before driving to Chikmagalur where we check into your hotel, **Taj Garden Retreat**

[www.tajhotels.com](http://www.tajhotels.com)

Chikmagalur is nestled in the Baba Budan Hills. It is a serene town with hills, valleys, streams and coffee plantations. Coffee seeds were planted here for the first time in India. Chikmagalur is a trekker’s delight due to its rugged mountain trails, valleys and fresh water streams. Explore the rare wildlife sanctuary, ancient temples and forts. Take a stroll through the coffee plantations or catch a magnificent sunset. Experience the best of Western Ghats in Chikmagalur. For an enriching experience on the world of coffee, visit the Coffee Museum.

**January 8, 2009  Chikmagalur - Mysore**

After breakfast we drive to Mysore. On the way, we visit the temples at Halebid & Belur, built in the early 12th century by the Hoysalas. The magnificent Hoysaleswara Temple in Halebid, dedicated to Lord Shiva, and the Chennakeshava Temple in Belur, are the finest examples of Hoysala architecture. We continue our drive to Mysore where we check into our hotel, **the Metropole**.

The hotel was constructed by the Maharaja of Mysore as a guesthouse for British Officers. It has been restored into a Heritage Hotel.
**Mysore** was the political capital of the Wodeyar family that ruled the state of Karnataka for some 150 years until independence from British rule. These kings were great patrons of art and culture and Mysore was the cultural capital of the south under the rule of the Wodeyars.

**January 9, 2009  Mysore**

Early morning we visit the fabulous Devaraja Fruit and Vegetable market for its colorful displays of fresh flowers and fruits. After breakfast and our Jungian lecture, we visit the Mysore City Palace, designed by an English Architect and completed in 1912. A part of the Palace is still occupied by the former Maharaja from the Wodeyar Family. There is a collection of stained glass, mirrors and some beautiful carved wooden doors. From there we visit the Chamundi Hill and the famous Nandi Bull statue. After lunch we drive to Srirangapatnam where we visit Tippu Sultan’s Summer Palace and the Jumma Masjid Mosque. Dinner at the hotel.

**January 10, 2009  Mysore - Nagarhole**

After breakfast we drive through the lovely South Indian countryside to Nagarhole National Park. On arrival we check into our hotel, the Cidaca Resort. [www.cicadaresorts.com](http://www.cicadaresorts.com)

The resort is strategically located on the banks of the magnificent Kabini River and serves as a wonderful gallery for viewing wildlife.

**Nagarhole National Park** the enchanting 247 square-mile park in Karnataka has an astonishing abundance of wildlife including large mammals such as tigers, leopards, wild elephants, Indian wild dogs and Indian bison. Other species present are chital, spotted deer, four-horned antelope, wild boar, sloth bear, hyena, mongoose, etc. The landscape is one of gentle slopes and shallow valleys. The change in terrain throughout the park in refreshing and the river system provides a unique wildlife viewing experience.

**January 11, 2009  Nagarhole**

We enjoy a boat ride and jungle safari to the Wildlife Park early in the morning.
After breakfast we continue with lectures, talks and dream groups out in nature. You can enjoy a nature walk or bird watching with one of the naturalists.

**January 12, 2009  Nagarhole – Neeleshwar**
After breakfast we drive through beautiful countryside, over the mountains, down to the Arabian Sea and reach the **Neeleshwar Hermitage**, a place that combines the tranquil and rejuvenating simplicity of a retreat with the comfort and elegance of a hotel.
Neeleshwar Hermitage is a place where one can explore new realities, revitalize mind and body. This is the place to immerse your self in India’s timeless wisdom.  
www.neeleshwarhermitage.com

**Neeleshwaram** is a small town, three hours by road from Mangalore Airport. Most of the town including the Palace buildings appears to have been planned around the Neelakantheswar Shiva temple - the presiding deity of the town.
A collection of old fashioned buildings situated around the pond are part of the Neeleshwaram Palace. Walking is a good way to explore Neeleshwaram – newer houses in bright colors share space with older constructions, with trees of jackfruit, cashew, coconuts and a variety of plants that swathes every available space in various hues of green.

**January 13 to 15, 2009  Neeleshwar**
During these three days will be our Jungian retreat in a very spiritual sanctuary where we can enjoy nature walks, ayurvedic massages, yoga and meditation classes.
This will be a great time to take a walk into town, visit and talk with the locals and explore Indian life in Kerala, referred to as “God’s own country”.
We will visit the famous Shiva temple and explore the town.

**January 16, 2009  Mangalore – Bangalore**
After breakfast we will drive three hours to Mangalore Airport for your flight back to Bangalore. Late evening/early morning flight back home to the U.S.

**January 17, 2009 USA**
Arrive back home
Tour Costs

Charitable Donation to the Jung Foundation New York $200
Land Cost per person double occupancy: $5,895
Single Room Supplement $1,400
International Airfare New York/ Bangalore/ New York approx.$1,500
(Approx. cost and subject to fuel surcharges)

Land Cost Includes:
- Double/Twin occupancy accommodations in hotels mentioned in itinerary or similar inclusive of taxes
- Breakfast and either lunch or dinner each day as listed in the itinerary (two meals per day, except Shreays Resort and Cicada Resort where three meals are included)
- All air and ground transportation within India
- All sightseeing, entertainment and cultural activities listed
- All group transfers within India and airport taxes on domestic flights
- English speaking Tour Manager to accompany group throughout itinerary assisted by local tour guides each day
- Gratuities

Not Included:
- Visa processing and travel insurance
- International air tickets
- Items of personal nature
- Alcoholic beverages and meals not listed in the itinerary
- Early arrival and late departure transfers

Air Information
For those interested in special international airfares, please call American Express Travel Service in New York 1-212-421-8240 Jason Merrell at extension 44450 for specific details. Airfare is subject to the cancellation policies of the airline in effect at time of booking.

For more information, or to reserve your space, please e-mail: contact@mindfuljourneys.com and/or call: 212-203-1239
Responsibility

Travel Scope (India) Private LTD, The Jung Foundation of New York and Mindful Journeys LLC, (hereinafter “Tour Sponsors”) are responsible only for assisting in making arrangements with respect to all transportation, hotels and other matters of reservations and tour operations and they do not represent or act as agents for transportation carriers, hotels or other suppliers of services connected with this tour. The tour sponsor assumes no responsibility for loss, damage, injury, accident, delay or other irregularity, expenses or liability caused by the defect of any vehicle or negligence or default or any independent contractors, their employees, agents, or representatives engaged in providing services in connection with the tour or for losses, expenses or delays arising from sickness, pilferage, labor disputes, machinery breakdown, quarantine, government restraints, war, acts of terrorism, weather conditions or such other causes. All such losses or expenses shall be borne by the tour participant. Baggage and personal effects are the sole responsibility of the owners at all times. It is understood that air tickets when issued shall constitute the sole contract between the passenger and the carrier concerned. All services are subject to the laws of the country in which they are rendered.

As a condition to acceptance of each participant, each participant represents that he/she has read the schedule of activities for this tour and recognizes and accepts any risks thereof and thereby agrees for and on behalf of himself or herself and his or her heirs, executors and administrators to abide by the conditions set forth above, and to release or hold harmless the tour sponsor from any liability, claims and demands, however caused, for delays, damage, loss, injury or death, occurring in relation to the tour, and for loss of or damage to his or her property, however occurring, during any portion of, or in relation to the tour.

Prices and Dr. Ashok Bedi’s participation are based on a minimum of 15 participants.

I have read the schedule of activities and Responsibility for the Travel Scope (India) Private LTD, The Jung Foundation of New York and Mindful Journeys LLC for “A Jungian Encounter with the Soul of South India” January 3-17, 2009 and accept all risks thereof. I understand and agree on behalf of myself, my dependents, heirs and agree to abide by the conditions set forth under Responsibility and to release and hold harmless Travel Scope, The Jung Foundation New York and Mindful Journeys LLC from any liability for delays, injuries, or death or for the loss of or damage to, any property however occurring in relation to the Travel Scope (India) Private LTD “A Jungian Encounter with the Soul of South India” Journey January 2009.

Signature.....................................................                     Date.........................

Print Name..................................................

Signature.....................................................

Print Name..................................................
A Jungian Encounter with the Soul of India
January 3 –17, 2009

Participation Form

Name 1  Please print your name as it appears on your passport

Name 2  Please print your name as it appears on your passport

Address

City____________________________________State_____________Zip_________

Phone (H) __________________________ (W) _________________________

Please circle one of the following choices:

Double/Twin room, rooming with___________________________________

Single room

I would like a roommate. If one is not available, I will pay the additional charge of $1,400

I have read the Responsibility clause and agree to the terms therein and am returning the signed form along with my registration.

Enclosed is my deposit check for $1,000 per person

Final payment is due November 3, 2008

Check payable to: Mindful Journeys LLC

Return to:
Mindful Journeys LLC
8 Copper Beech Lane
Great Barrington MA 01230