A JUNGIAN ENCOUNTER WITH THE SOUL OF SOUTH INDIA
Sponsored by The Jung Foundation of New York with Guest Lecturer Ahsok Bedi, M.D.
January 7 - 21, 2011

The C.G. Jung Foundation of New York is proud to sponsor a sixth educational tour of India in January 2011. 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. India is the oldest, continuous, living civilization. It is not a country but a symbol that points way beyond itself. It holds profound luminosity for those who are fortunate to be touched by it, because it reminds us that every individual is an ancient and living archetypal civilization. India like every individual continues to morph and evolve within the contemporary matrix while still remaining firmly grounded in its ancient traditions and archetypal wisdom. India continues to integrate its past into the present and its teleological destiny. Carl Jung's analytical psychology offers a Rosetta stone to harvest the wisdom of India's ancient culture to guide our individual soul in its personal Odyssey and to contribute to the understanding of the collective. We are honored to have once again as our faculty Jungian analyst 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 presentations can be previewed at his website www.pathtothesoul.com

The focus of this educational tour will be to further explore the role of myths and archetypes of India and how they manifest in our life, experience, psychology, mythology, art, films and architecture of India. Throughout the trip there will be group meetings with Dr. Bedi and scheduled times to discuss and assimilate these experiences with an analytical lens. In this
Mindful Journey to explore the Soul of India, we will visit ancient Hindu Temples of Karnathaka, the Palace of Mysore, the multicultural city of Cochin. The itinerary is rich and varied, and ends with a four-day Jungian retreat at the beautiful Kumarakom Lake Resort situated in the Backwaters of Kerala.

This journey offers a three-day pre-tour retreat “An Immersion into the Soul of India” January 5-8, 2011 with Dr. Ashok Bedi, at Shreyas Retreat, offering 10 continuing educational credits. See detailed information at the end of the itinerary.

In the past, participants have started out as tourists and left as pilgrims on their path to individuation, more connected with their depth, their dreams and their soul. Our hope is that this journey will renew, revitalize and rejuvenate your mind, body and soul in the archetypal matrix of India.

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 twenty years as a senior executive for Consumer Travel at American Express Company. Twelve 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. In 2003 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. 15 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 7 - 8, 2011  U.S. – Bangalore
Depart USA afternoon/evening of first day.
Arrive Bangalore late in the night of the second day.
We will be met at arrival by our representative at the International Airport and transferred to Shreyas Retreat  www.shreyasretreat.com

January 9, 2011  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. 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 10, 2011  Bangalore
After breakfast we meet for 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 11, 2011  Bangalore – Hassan - Chikmagalur
After breakfast we drive four hours to Hassan where we stop for lunch. On the way to Chikmagalur, 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. After our visit we drive to Chikmagalur where we check into your hotel Serai Resort. www.theserai.in

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 12, 2011  Chikmagalur
After a leisurely breakfast we meet for a lecture and enjoy an afternoon of leisure or a visit to a coffee plantation. Dinner at the resort.

January 13, 2011  Chikmagalur – Mysore
After breakfast we drive to Mysore where we check into our hotel, the Windflower Spa and Resort www.thewindflower.com

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.

In the early afternoon 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, often referred to as the Versailles Palace of India. From there we visit the Chamundi Hill and the famous Nandi Bull statue. We return to our hotel for dinner.
January 14, 2011  Mysore – Bangalore - Cochin
This morning we visit the fabulous Devaraja Fruit and Vegetable market for its colorful displays of fresh flowers and fruits. On the way to Bangalore airport we visit Tippu Sultan’s Summer Palace and the Jumma Masjid Mosque. Late afternoon flight from Bangalore Airport to Cochin.
After arrival check into our hotel, The Brunton Boatyard Hotel.
www.cghearthhotels.com/brunton-boatyard.html

Cochin
A leisurely walk through the city is the best way to discover historic Fort Kochi. An obscure fishing village that became the first European township in India, Kochi or Cochin has an eventful and colorful history. The city epitomizes the diversity of Southern India, with Portuguese, Chinese, Dutch, Middle Eastern, Jewish and British influences, contributing to the town’s vibrant culture. The result of these cultural influences is seen in the many examples of Indo European architecture that still exists here.

January 15, 2011  Cochin
After breakfast and a morning lecture, we visit the Dutch Palace Museum, St. Francis Church and walk through the Jewish Town visiting the Synagogue.
Bargain in the lovely antique shops in the old part of the town and enjoy the afternoon.

At sunset, we set out for a cruise on Cochin Harbor, passing through Wellington Island, Bolgatty Islands, and fishing boats and ending up at the Chinese Fishing Nets. These huge cantilevered fishing nets are the legacy of one of the first visitors to the Malabar Coast. Erected here between 1350 and 1450 AD by traders from the court of Kublai Khan, these nets are set up on teak wood and bamboo poles.

After the cruise we enjoy a Kathakali dance performance, the popular art form of Kerala, referred to as the first theatre imagination of the world, owing to its elaborate costumes, ornaments and facial make-up. Return to the hotel for dinner.

January 16, 2011  Cochin - Kumarakom
After our breakfast we take a two hour drive to Kumarakom and check into our hotel The Kumarakom Lake Resort  www.thepaul.in/default1.htm
Relax in the afternoon with a swim in the lovely pool, overlooking Lake Vembanad and meet with the Ayurvedic doctor and enjoy a massage.  
Dinner at the hotel

**Kumarakom** An unbelievably beautiful paradise of mangrove forests, emerald green paddy fields and coconut groves interspersed with enchanting waterways and canals adorned with white lilies. Situated on the Vembanad Lake, in this small water world we come across plenty of traditional country crafts, boats and canoes that will take us into the heart of the scenic lake.

**January 17, 2011  Kumarakom**  
After breakfast and talk by the hotel’s Ayurvedic doctor we transfer by motorboat to Philipkutty’s Farm to enjoy a cooking class and exquisite lunch. The farm is an opportunity to experience life on a plantation, in the caring company of a family who extends their warm hospitality. We are taken on a tour of the plantation that cultivates coconut, nutmeg, cinnamon, vanilla, pepper, banana, cocoa, etc. Jumbo prawns and pearl spot are found in the farm’s canals. After lunch we return by boat to our hotel. Enjoy an evening boat cruise to watch the glorious sunset over Lake Vembanad with a sitar and tabla player.

**January 18, 2011  Kumarakom**  
Morning at leisure to enjoy a yoga class and/or Ayurvedic treatments at the resort’s health center. After lunch board a traditional rice boat converted into a houseboat. The cruise will take you through the backwaters, rivers and canals. Visit the villages, old temples and church along the waters. Snacks and tea will be provided on board. Cruise back to the resort around sunset.

**January 19, 2011  Kumarakom**  
After our breakfast we meet with Dr. Bedi for our closing talk and exchanges. Rest of the afternoon is at leisure for ayurvedic treatments and last minute shopping. We meet for our farewell dinner at the hotel.

**January 20, 2011  Kumarakom – Cochin – Bangalore**  
We transfer to Cochin Airport for our departure home. The flight for Bangalore will leave early evening. International flights depart after midnight into the early morning hours of January 21.

**January 21, 2011  Bangalore – U.S.**  
Arrive back home
January 5 – 8, 2011   Shreyas Retreat “An Immersion into the Soul of India”

An Indian and Jungian Prism to encounter your Mind, Body and Soul
A 3-day retreat with Jungian Analyst Ashok Bedi, M.D., Chef Usha Bedi and guest faculty, offering 10 continuing educational credits.

• Daily workshops & lectures with Ashok Bedi exploring the emerging frontiers mind/body medicine.
• One personal Ayurvedic consultation with an Ayurvedic Physician
• One Ayurvedic Massage
• Daily Yoga practice
• Nourish the body with an Indian meal preparation with Chef Usha Bedi
• Daily Dream Group Matrix
• A Bollywood perspective – Media and Psyche of India
• A cultural presentation by an Indian Artist

Learning Objectives
• Experience the healing paradigms of the Ayurvedic Medicine
• Discuss the emerging research on the mind body medicine
• Participate in the Jungian Dream exploration
• Introduction to the archetypal repertoire of India
• Analyze the archetypal dimension of popular media

Total Cost for the Retreat $1,995
Tour Cost
Land Cost per person double occupancy: $6,395
Cost includes a charitable donation of $200 to the Jung Foundation.
Single Room Supplement $1,600
International Airfare New York/Bangalore/ New York approx.$1,400*
*subject to change

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 at Shreyas Retreat where three daily meals are included). Airfare: Bangalore-Cochin-Bangalore. All ground transportation within India. All sightseeing, entertainment and cultural activities listed. All group transfers within India and airport taxes on domestic flight. English speaking tour manager to accompany the group assisted by local tour guides
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 and Insurance Information
For those interested in special international airfare or to purchase travel insurance, please call Bill Allyn at Valerie Wilson Travel at 203-554-0378 or 203-324-1189. 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 12 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 4-21, 2011 and accept all risks thereof. I understand and agree on behalf of myself, my dependents, heirs and 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 2011.

Signature…………………………………………..                     Date………………….
Print Name…………………………………………
Signature……………………………………………                    Date………………….
Print Name………………………………………….
A Jungian Encounter with the Soul of South India  
January 7 – 21, 2011  
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/Cell)

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 agree to pay the additional charge of $1,600
________________________________________________________________________

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 October 29, 2010

Check payable to: Mindful Journeys LLC
Return to: Mindful Journeys LLC  
    Regine Oesch-Aiyer
    8 Copper Beech Lane
    Great Barrington MA 01230