

Yoga and Meditation in the Himalaya

Expedition Himalaya



Next year (2025), retreats by Dr Mike will organize our very first trip/retreat to the exotic Himalayas in northern India.

There are trips. And then there are Trips... Trips that will change you, that will boost you in ways you can't begin to understand. This is one of those.

I am sure you've done yoga trips before, but this one, to do yoga with local gurus (in the Sikkim and Darjeeling regions of northern India (between Nepal and Burma, south of Tibet) and the magnificent Himalayan mountains, AND meditate with monks in their monastery is a whole different story.

Join us on a different and exciting Yoga and Meditation trip to the top of the world - to the Himalayas. A journey you'll never forget.

The trip of a lifetime for many, a trip that inspires and enchants. Expedition Himalaya is not only a journey with a fantastic exterior but during these days we'll focus as much on the journey inwards (if you so desire).

Magic things happen in the Himalayas.
A journey you'll never forget.

The journey of your life - Welcome to Expedition Himalaya.

Expedition Himalaya

Life is different in India. The lifestyle is plain, and wherever you go, you'll meet shy, curious people and happy smiles. You'll experience adorable sunsets, inspiring, captivating scenery that will take your breath away, weight up by dirty, packed markets, overfilled trains, holy men and cows leisurely strolling down the street, in an extraordinary and contradictory setting.

An environment and lifestyle that could be characterized as Human-Being.

In our western way of life, we are more human-doings than human beings. Our sick days increase, we feel increasingly unsatisfied, depressed, unmotivated and don't get me started on the pain- issue. Why?

Perhaps this Human-being stay has anything to do with it? Just being - let go of expectations and demands. Just be. Be one with nature and your inner selves, Let's try

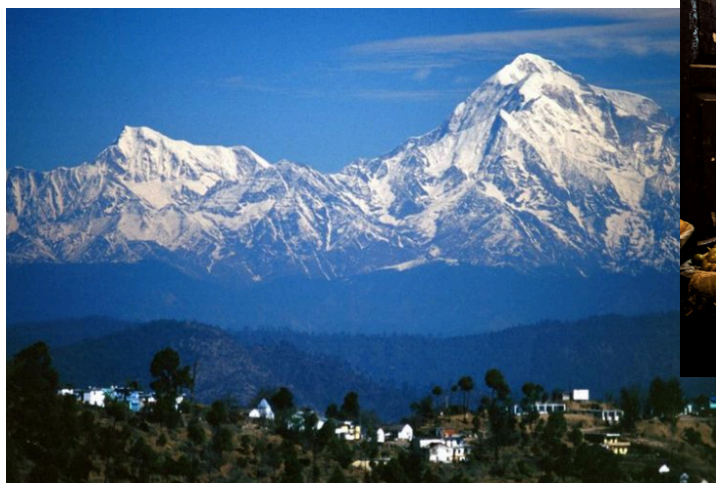
DOING	BEING
accomplishing	self aware
reacting	insightful
behavior driven	values driven
conscious	unconscious
driven by success	not afraid to fail
changing	transforming
answering	questioning
Answer to How	Answer to Why



Can you estimate how much a 13-day external and internal trip is worth? What's the worth of getting to know this amazing world, all these thousands of years of knowledge and wisdom? Can you put a monetary number on this? Or is it invaluable? Also, you'll travel with like-minded people, who all share the same interest and passion for their lives and future.

Imagine the following scenario: You're surrounded by rivers, streams and other watercourses, beautiful fields, exotic songs from the tropical birdlife and a view of the Himalayas mountain peaks that simply makes you speechless. Imagine yourself entering a temple, gaining the confidence and trust to enter their sacred ground. Be one with nature and the energy. Participate in meditation and yoga that strengthens your body and mind, sleep close to nature, breath the cleanest air on earth, taste some delicious Indian gourmet food, lovingly cooked with exotic spices.

Sit back and dream.



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Yoga is an ancient Indian philosophy and way of life and a large part of the Indian medicine Ayurveda, whose ancestry stretches as far back as Chinese Medicine. Yoga strives for the individual to find a calm and an inner satisfaction regardless of life's shifts. Since yoga more or less stems from India, why bring a western teacher?

In the West, we often measure our value in how much we perform (Doings). This endeavor may seem reasonable, but unfortunately, it also creates internal stress that in the long run causes serious health issues.

Stress is not only a mental condition, it most defiantly influences the physical body as well, including headaches, undermines and inhibit the immune system, puts destructive thoughts in our heads and so on.

One day, our body reaches its limits, the body is in such lack of energy that it can't cleanse, heal or repair the body any longer, make it more susceptible to disease and injury.

Yoga counteracts this destructive process.

Performing intelligently elaborated movements in conjunction with deep, conscious breathing is soothing, and it enables cellular recovery since we're dealing with the greatest destroyer of them all - stress.



During this trip, you will learn different techniques for relaxation, focus and body control. The purpose is to create an existence in which a strong, vital and healthy body can exist in symbiosis with content, open and loving mind.

Just as it was from the start.

During this trip, we strive to find, explore or refine your individual peace and harmony, both in body and soul.

Find tools and an inner satisfaction that stands strong regardless of life's unexpected shifts and bumps.

However, this is NOT one of them extremely strict retreats where you stay quiet and only eat vegetarian food kind of trip. Here you choose. If you want to do yoga with us then you do, if you prefer to go trekking or have a beer with your lunch, then you do that.



We do not hold any advanced yoga sessions or classes; we leave that to the local teachers or gurus, that has lived and breathed yoga, meditation and Ayurveda since childhood.

We are merely there as guides together with our Indian partners (and 6 hours of motivation, stress management, and goal setting sessions).

Day 0 - Departure from your part of the world. You need to arrive this day or early Day 1.

Note, if you arrive on Day 0, you have to check into a hotel at the airport - not included in the price.

Day 1 - Delhi to Gangtok in Sikkim

We take a flight to Bagdogra, then a bus transfer to (120 km) Sikkim's capital Gangtok (30,000 inhabitants, 1,600 meters above sea level). The hotel, or rather retreats we're staying at is about 6 km outside the city center and is in a fairly quiet area. In the evening we'll have a welcome dinner with accompanying mingle and of course, some simple yoga exercises to get to know each other. Maybe not the exercises you are used to, but now we are in India.

Sikkim is one of India's smallest states with a total area of only 7096 square kilometers and only 600,000 inhabitants. Sikkim began to populate in the 13th century by people who moved in from Assam and / or Burma. Later, the Bhutanese came. After countless wars between neighboring countries, Sikkim saw a large refugee stream coming from Nepal and today, Nepalese is the largest language in Sikkim.

Day 2 (Day 2 to 6 in Gangtok)

Day 2 starts with Yoga at 6.30 to 08.00; then we'll have breakfast. The day is free to explore Sikkim (local taxi) or why not the Himalayan Zoo or Hanuman Tok Temple for some meditation.

Day 3 and 4 start as day 2, but today a local teacher/Guru join us for yoga and meditation for the entire day (if you want to).

Dinner at 19.00 at a selected restaurant.



Day 5. Yoga, breakfast, then our journey continues through India's green landscape to the city of Ravangla and wonderful Buddha Park.

Here we spend a few hours of meditation or tourism before we check in at the hotel.

The night is spent in Ravangla

Day 6. Yoga, breakfast, then off to the town of Kewzing and the Bon Monastery, where we spend a few hours. On our way down to Darjeeling we make another stop for some old fashion tourism.

We arrive fairly late to our new hotel in Darjeeling.

NOTE

Note that all activities are completely voluntary, from the morning yoga, meditation sessions to other activities presented daily (including workshops).

You can pick and choose what components you are willing (and able) to participate in or if you prefer to explore the Himalayas yourself.

Please note that the meals included are those associated with today's activity.





Day 7 to 10 will be spent in Darjeeling

Day 7 - As day 3 (and 4), yoga and meditation all day for those who wish, the others are free to explore as desires. We all meet up in the evening for dinner.

Perhaps a visit to the beautiful Aalobari Gumpa Monastery for some meditation?

Day 8 Today, we'll be hopping on the famous Toy Train to Ghum right after yoga and breakfast.

In the evening we all enjoy dinner together.



If you don't feel like train hopping today, there are waterfalls, trekking, parks, caves nearby if that suits you better.

Day 9 As days 3, 4 and 7, yoga and meditation all day for those who wish, the others are free to explore as desires. We all meet up in the evening for dinner.

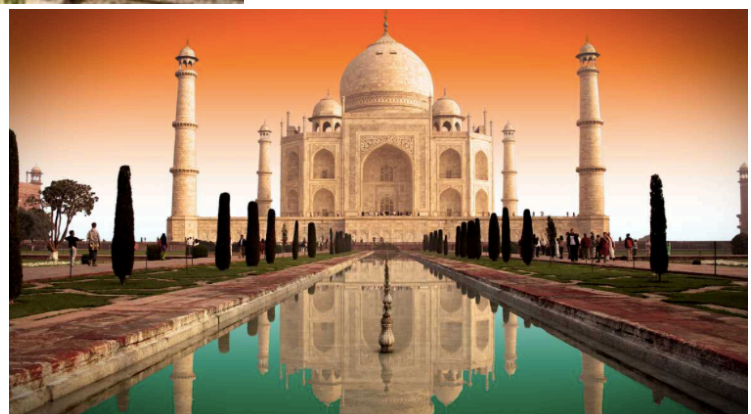
Day 10 Flights to New Delhi

Day 11 is spent in New Delhi.

Why not spend a day at Taj Mahal?
(Departure 09 - Arrival approx 13, Taj Mahal 13-15
Back home again at 19

Day 12 we have go home. Sadly.

If you don't feel like continuing your journey.



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Different forms of Yoga

Yoga as physical exercise.

Yoga is rehabilitative and has proven particularly good against stress disorders, neck and back problems, joint injuries, etc. The combined strength and agility training and yoga's symmetrical structure counteract stiffness and imbalances that can easily occur in other types of exercise.

If you choose **Ashtanga** yoga, you work a lot with strength, agility, and balance and get very sweaty. **Hatha and yin yoga** have a slower pace, the exercises are less demanding, but one is still moving a lot.

No matter what form of yoga you choose, the basic effects are the same.

Today, there are many forms of yoga, and during the trip, you'll be able to try some different ones, but we don't want to stick to one or two types but leave this to our local instructors and/or Gurus.

We will only offer fairly simple yoga sessions, no advanced classes/sessions, so you can all participate.



If you are a beginner of yoga, no worries, you always work during these sessions from your own standpoint or baseline, this way everybody can participate regardless of age, body type or, fitness. Yoga is not a sport, where you have to perform, you can't be good or bad at yoga, but the core is to learn to listen to your body and to stay focused.



Yoga's philosophy

Yoga works well as a physical exercise, but if you want more than just a physical workout, there is much more to discover in Yoga. Over the centuries, no millenniums, yoga tradition and philosophy are largely about mental training rather than physical.

Yoga is more of a lifestyle, not a religion, but can be exercised by any spiritual conviction or belief.

The wisdom of yoga was written down two thousand years ago by Patanjali in the work of Yoga Sutras. There, he defines the eight parts of yoga where the physical movements are one part and breathing exercises another part..



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What happens in the body when you practice Yoga?

Physically

- ❖ Stronger, more agile, durable muscles (in particular, the so-called core stability) and stable joints.
- ❖ Yoga balances the function of the internal organs, mainly the digestive system.
- ❖ Increases circulation, which stimulates lymph flow - an important part of the body's immune system.
- ❖ Reinforced the nerve systems. Yoga stimulates and refines nerve function, which provides increased bodily control, balance, and body awareness.
- ❖ Balance glands, (that secretes hormones) - important to our well-being.



Mental

Yoga's ability to lower stress levels and tension includes:

- ❖ Improve concentration
- ❖ Greater inner peace and presence
- ❖ Increase inner satisfaction, regardless of external circumstances
- ❖ Improve the quality of sleep

You usually view things from a completely differently view after a while, your own role in life, often reevaluate where life's true values lie.



Expedition Himalaya

Registration / Interest registration

The number of participants on this trip is limited to 24.

Do you want to be one of these, send us an email and register your interest.

This "interest registration" is not binding or associated with any costs. However, you are not guaranteed a place on the trip with only one interest registration.

You have two choices:

1, Book a place at the trip/Register.

You book a spot/place and pay the registration fee (£ or € 1000).

Advantage: You are guaranteed a place on the trip.

OR

2, Let us know your interest / "Interest registration"

This is just to let us know your interest. It's not binding and you don't have to pay anything.

You only report your interest in the trip.

Advantage: You will receive an invitation *before* the trip fills up, however;

Disadvantage: You are not a guaranteed place on the course even if you receive this invitation.

Just fill out the information on the registration you want to submit.

Print, fill out, scan, or take a picture and send it to: mike@retreatsbydrmike.com

Note: Travel requirement - 10 people, otherwise it will be canceled.

What happens to your money if the trip is canceled?

If you've signed up and paid the registration fee and the trip is canceled - we will return the full amount.



Expedition Himalaya

Investment

Basic package: € 7 000 , **NOTE: Early bird price: Before Dec 31 2024 - € 6 000. To be paid in full.**

- The basic package includes the following:
- Hotel (shared in double room) for the entire trip (from Day 1) for a total of 10 nights.
- Breakfast, every day
- All transportation within India, including Flights in India
(New Delhi - Bagdogra and then Bagdogra - New Delhi)
- 6 hours of lecture/workshop goal setting, motivation, stress, and stress management.
- 1 hour personal consultation
- All material
- Scheduled Yoga and Meditation sessions
- Lunch and 4 dinners (not alcoholic drinks)

Not included:

Return trip Your home - New Delhi - Your home

Visa and vaccination fees

Travel insurance with the airline. Note this is highly recommended.

All local taxes and entry fees as per the program (not Taj Mahal, that is voluntary)

It's important that we all book a flight that is in Delhi on Day 0 or by 8 am on Day 1 since our flight to Bagdogra departs at 11 am.

If you travel a few days earlier, meet us at the airport in New Delhi on Day 1.

Visa to India:

You will need a Visa to enter India, and the cost for this depends on your country, check the Visa regulations in your country and if you are allowed to travel up to the Sikkim region.

This can easily be done online today, just make sure you do it before 2 weeks before departure, but not too early since it's timerestricted.

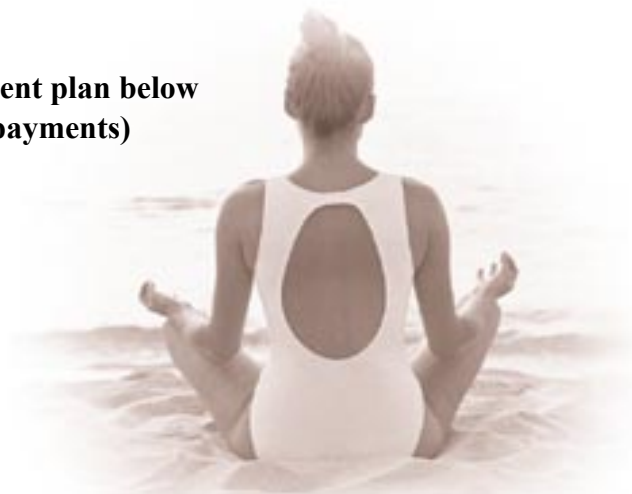
Supplements, optional:

Single room use: € 800 for the entire trip

Make sure that you have adequate insurance that will cover hospitalization and/or medicine.

We provide liability and General Insurance, but these do not cover hospitalization.

**Read more about our payment plan below
(if you want to divide the payments)**



Registration - Expedition Himalayas - place is guaranteed on the trip

Pay the registration fee 1 000 (€ or £), see general terms and conditions on the following pages.

Name: _____

Company: _____

Address: _____ Country: _____

Phone nr: (+____) _____ Cell: _____

E-mail: _____

Education/title within the field of healthcare: _____

Yoga level: Advanced Medium Beginner Never heard of it I want to do yoga/meditation every day

Hotel:

I travel alone I travel with family / friend: Name of fellow traveler/s _____

Single room, addition Double room (or part in) wishes to share rooms with: _____

Food:

I'm allergic to: _____

Additions

Your own room (single room): approx € 800

I have paid the registration fee, and I am aware of the cancellation terms and that the registration fee is non-refundable if the cancellation is made later than 10 days from today's date.
Cancellation within 10 days of this registration - full refund of registration fee.

I am aware that any trip that is not included in the program is at my own risk and I cannot claim compensation for damage, such as a rental car, or if I make excursions on my own that are not sanctioned by the relevant authority.

I am aware that if I travel in Nepal, Bhutan, and Tibet (China), I do so on my own behalf and that these trips require extra permits or visas. I understand that Retreats by Dr. Mike does not promote or condone these trips without proper paperwork and insurance.

Sign that you agree to the above.

Date and place:

Signature:

Print, scan (take a picture of it) and send it to mike@retreatsbydrmike.com

Interest Registration – Expedition Himalaya
NOT binding

Name: _____

Company: _____

Address: _____ Country: _____

Phone nr: (+____) _____ Cell: _____

E-mail: _____

Education/title within the field of healthcare: _____

Yoga level: Advanced Medium Beginner Never heard of it I want to do yoga/meditation every day

This is just to let us know your interest. It's not binding and you don't have to pay anything.
You only report your interest to the trip.

Advantage: You will receive an invitation *before* the trip fills up, however;

Disadvantage: You are not a guaranteed place on the trip even if you receive this invitation.

Print, scan (take a picture of it) and send it to mike@retreatsbydrmike.com

Insurance:

Insurance in case of illness or accident is present during your retreat:

Since the Retreats by Dr. Mike is not a tour operator, this trip must be coordinated with one. Therefore, there are two separate insurance that you should consider (plus your home insurance);

- 1, a cancellation/travel insurance at the airline and
- 2, an insurance through us.
- 3, then there is your personal insurance during the trip.

You can insure against illness or other reasons that force you to cancel your trip. If you have insurance, you will receive a refund in case of late cancellation due to illness.

Without insurance, you will not receive any money back.

You can choose not to take any insurance, one of them or both of them. These are additions.

However, you will need personal insurance that covers your health if the accident happens to you.

Please read below what the different insurances include.

1, Travel Insurance: Insurance before the start of the trip.

Travel insurance is required if you become ill and must cancel the trip.

The terms that apply are the airline's own. Any dispute between travelers and airlines regarding travel insurance is between these parties directly. Retreats by Dr. Mike has no part in this dispute.

Travel Insurance: includes coverage for trip cancellation/interruption, travel delays, and baggage coverage, and sometimes emergency medical expenses. This can protect from unforeseen events such as illness, injury, or travel disruptions.

Note that this is only for the flight, not for incidents that occur during your stay in India.

2, Insurance during the trip.

Retreat by Dr. Mike has Professional liability insurance and General liability insurance, that covers you if you damage something during the trip, but not medical or hospitalization, or accidents during the trip.

3, Personal/Home Insurance - during the trip:

Then there is your personal insurance, make sure you have insurance against sickness or accidents that happen during the trip with your insurance company. IF you buy the flight with a VISA, they might offer you some insurance when it comes to this as well. Check with your credit card supplier.

Retreat by Dr. Mike is not allowed to offer this insurance, since we are not a registered travel agent.

Note: Travel requirement - 10 participants. Otherwise, it will be cancelled.

What happens to your registration fee if the course is cancelled?

If you sign up and pay the registration fee and the trip is cancelled - we will return the full amount.

Cancellation policy:

Step 1 is to sign up and pay the registration fee, £ 1 000 (or USD, or EURO)

Cancellation Policy:

I-changed-my-mind-grace-period-policy: 14 days from registration - Full refund of the registration fee if you change your mind.

14 days after your registration, see below:

Cancellation period:	Registration fee	Retreat fee
0 - 14 days after registration	Full refund	
Day 14 to 4 months to departure	No refund	25% will be charged
4 months to 1 month to departure	No refund	50% will be charged
Withing 29 days to departure	No refund	100% will be charged

You may book a retreat with a deposit (down payment) until 4 months prior to the retreat start date, after which full payment is required to secure your spot (if any are still available).

The remaining balance of your retreat payment is due 4 months before the retreat begins. We will notify you of the balance due date after your deposit has been processed.

If the final balance is not received by the due date, then your booking cannot be guaranteed and Retreats by Dr. Mike reserves the right to cancel your booking and forfeit your deposit and the previous payments already applied.

NOTE: If you have to cancel within 29 days AND you or we can find a replacement, the retreat fee will be reimbursed except for the non-refundable registration fee.
100% guarantee.

If YOU cancel your participation in a retreat for any reason, the cancellation policy below will apply, with **no** exceptions. There will be no refunds or discounts for:

- Arriving late
- Leaving early
- Flight cancellations
- Travel delays
- Illness

In most circumstances, I will have incurred non-refundable costs from our venues and travel providers.

I wish I could compensate people for unforeseen circumstances (injury, family emergency, etc), but I have costs already incurred when reserving retreat centers and hotels. I have designed the cancellation policy to be as compassionate as possible in the case that your plans change. But to protect yourself, I strongly encourage you to purchase travel insurance.

This is why I strongly recommend Trip Insurance so that you will be fully protected in the event of unforeseen personal circumstances that make it impossible for you to attend.

Divide the remaining fee:

How do you pay - week-long retreat:

First you need to secure your spot by paying the registration or booking-fee of € or £ 1 000 to:

NOTE: To take advantage of the early bird offer (€ 6 000), the full trip has to be paid by December 31, 2024.

BIC: REVOGB21
SWIFT: GB78 REVO 0099 7091 6095 46

IMPORTANT: *Include your name and what retreat you pay for.*

The rest of the payment:

The rest of the fee you pay upfront, 30 days prior to the start or divide the payment monthly. NOTE

Divide you payment:

Once you have paid the registration fee you can choose to pay the rest of the sum in full or divide your payment as per follows.

There is a € 20 surcharge at every payment.

Expedition Himalaya investment:	7 000 €
Registration fee:	1 000 €
Remaining fee:	6 000 €
Divide payment in: Sum is to be payed per month:	
5 months:	1 220 €
4 months:	1 520 €
3 months:	2 020 €

BIC: REVOGB21
SWIFT: GB78 REVO 0099 7091 6095 46

IMPORTANT: *Include your name and what retreat you pay for.*

Personal note:

I understand that many are reluctant to pay for a course/retreat to a person they have never met before, I therefore urge you to search online on these words:

My name, Mike, or Mikael Dahlstrom, Kinopraktik (mostly in Swedish, but you can translate (www.deepl.com)
Qinopractic

I have been working for 30 years helping people and my name and reputation are the backbone to my success. I am proud that not one single person has ever written a bad comment about me and my technique online, but I urge you to do your due diligence yourself.

You can also schedule a WhatsApp or skype call with me so that we can talk and you can see who I am.

Read more about our payment plan below.