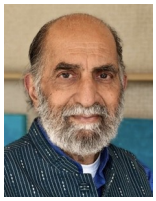
TRAVEL INFORMATION 2027

Retreat Trips to the Himalayas
Pranayama & Meditation with Dr. Shrikrishna



January–February 2027 · Antaraal Resort near Dharamshala, India

Some impressions from past trips: Impressions of previous journeys (PDF)

Dates 2027

07.01. – 16.01.2027	Open retreat “The Path of Yoga as a Source of Meaning and a Way of Life” (in English, with German translation on request)
18.01. – 27.01.2027	Second retreat for the training group WB-C, open to guests (in English)
29.01. – 07.02.2027	Intensive retreat for experienced students (in English)

Fees

- **2,180 euros** (reduced rate: 1,880 euros) for double occupancy
- **320 euros** surcharge for single occupancy of a vacation home
- **250 euros** discount on the total price when attending two retreats
- **500 euros** discount on the total price when attending three retreats
- **100 euros** per day trip to Dharamshala or to spiritual places of power (with guide, lunch included)

Additional discounts may be available in cases of hardship and for residents outside Germany and Switzerland. We recommend travel cancellation insurance.

Included

- Ten-day retreat with Dr. Shrikrishna
- Audio recording of the entire retreat as a free download
- One-on-one session with Dr. Shrikrishna (on request, no obligation)
- Airport transfers to and from Dharamshala Airport
- 10 nights’ accommodation in the selected category
- Vegetarian full board
- A caring German- and English-speaking tour guide 😉

Not included

- Airfare
- Visa fees and international health insurance
- Travel cancellation insurance
- Additional nights at the retreat center
- Individual excursions and activities
- Tips

Registration form (PDF)

Visa

- Apply directly via the official Indian e-visa portal: indianvisaonline.gov.in/evisa/tvoa.html
- German-language service: visumantrag.de/indien
  - Please select “Tourist Visa”.
  - Approx. 60 euros (including service fees), plus passport photo and passport scan
  - Processing time: approx. 1 week; expedited processing in 3 days for an additional fee
- English-speaking participants: indianvisaonline.gov.in

- Passport photo: please note that there are specific requirements for an Indian visa. You can order one online from a photo of your own, e.g. at passport-photo.online/de or photobooth.online/de.
- Reference address in India (required for the visa):
  - **Tushar Lakhani** (a friend of Shrikrishna's), Pune · Tel. 9821033665 · WhatsApp 8169669002 · tlakhani@hotmail.com

Venue

Antaraal Resort (antaraalresort.com) – at the foot of the Himalayas, near Dharamshala, the seat of the Dalai Lama and the Tibetan government-in-exile.

The center is run by a friend of Tushar's, who had additional vacation homes built especially for us and is making the center available exclusively to us.



Antaraal Resort



Single accommodation in a vacation home



Flight Booking

- Arrival and departure airport: **Dharamshala Airport (DHM)**, also known as **Kangra Airport** (via Delhi): goindigo.in – Dharamshala
- It is also possible to travel via **Amritsar**, including a visit to the **Golden Temple**; from there you continue to the resort by taxi (we can arrange this on request).
- Compare prices and book flights at, for example, skyscanner.de (cheapest option so far: 270 euros from Berlin to Dharamshala, 340 euros for the return flight).

Airport Transfer

We organize and cover the cost of the transfer between Dharamshala Airport and the resort in both directions:

- If possible, we meet the group at the airport's designated meeting point; individual transfers are also available.
- Alternatively, for anyone who prefers to travel independently beforehand: a detailed map of the resort's location in English and the local language, with key information and instructions for getting there by taxi on your own.

Please do not leave before the retreat ends – you may leave the center no earlier than the morning of the last day of the retreat.

Health

- Take out international travel health insurance (through your own health insurer, Ergo, ADAC, etc. for Germany). This is very important to us, and we require written proof from you before the trip.
- Carry a copy of your health record, allergy information, etc. in English.
- Electrolyte powder and charcoal tablets, especially for independent travelers (not needed at the resort so far)
- Insect repellent is not necessary because of the cool temperatures. For additional independent travel in warm regions: insect repellent and possibly a portable, treated mosquito net.
- Compression stockings for long-haul flights, if needed
- Vaccinations are not mandatory. For more information, including a travel first-aid kit, see tropeninstitut.de – Indien (in German; please don't let it scare you off 😉).

Packing Recommendations

- We provide yoga mats, seat cushions and blankets; please bring your own mat cover. If you would still prefer to use your own seat cushion or favorite mat, you are welcome to bring it (note: our cushions are relatively thick – pack a thinner one if needed).
- Antaraal provides bottles for filtered water; please bring your own thermos flask.
- Your favorite tea; otherwise the resort offers some tea free of charge, and more can be bought in the shop
- Towels and bed linen are provided, as is toilet paper (which isn't always a given in India 😉). You do not need to bring soap, shampoo or a hairdryer either.
- Loose-fitting, warm clothing, preferably made of breathable natural materials rather than synthetic fibers. Bring something for warmer periods as well, but please plan for cool temperatures overall (on average about 5–10 °C at night and 10–20 °C during the day; occasional frost is possible).
- Dress code, especially for independent travel (rules are more relaxed at our resort):
  - Women: shoulders covered and, if possible, long, loose-fitting pants – also under dresses
  - Men: shorts are generally discouraged, but not a problem at the resort
- Shoes that are easy to slip on and off (we wear socks in the seminar room)
- Waterproof shoes
- Slippers (optional)
- A hot-water bottle, if you like it really cozy
- Sunscreen (even in cooler temperatures, because of the UV radiation)
- Flashlight or headlamp (power outages last no more than a few seconds thanks to the emergency generator)
- Adapter plug (usually no longer necessary; only needed for German "Schuko" plugs)
- Umbrellas can be borrowed at the resort, but are rarely needed.
- eSIM for independent travelers; otherwise Wi-Fi at the resort

Documents, Money & Insurance

- Biometric passport photo, copies of your visa and passport
- Sufficient cash, possibly also US dollars or traveler's checks (please check with your bank in advance whether you can withdraw cash in India; or have it activated beforehand)
- Money belt for passport and cash
- Travel cancellation insurance – in Germany compare options at check24.de; particularly affordable: adac.de

Excursions in the Surrounding Area

Day trips to Dharamshala and spiritual sites (optional)

… including a tour of the Dalai Lama's residence – and, if you are very lucky, an audience with him – as well as visits to other spiritual sites and shopping opportunities.

A very special opportunity is a visit to a highly skilled Tibetan woman doctor (on a donation basis; medication can be purchased at the adjacent pharmacy).



If you do not wish to take part in the pre-retreat program (which is also offered after the retreat for groups 1 and 2), please still arrive in India at least one day early so that you do not start the retreat exhausted or jet-lagged. Arriving at least two nights early would be even better.

We are happy to give you tips on organizing additional excursions on your own in small groups. The region offers numerous impressive sights and wonderful nature with hiking trails and trekking tours.

Tips for Independent Travel Before or After the Retreats

- For accommodation bookings we still recommend booking.com.
- For travel connections on the way: rome2rio.com
- You can get by very well with English (much of the education system is still in English). In very rural areas, a digital translation tool may be helpful.
- Check your mobile coverage in advance. Roaming charges from European providers can be very high, so it is best to get an Indian SIM card or eSIM for internet access beforehand. Wi-Fi (for internet, WhatsApp, etc.) is widely available, including at our retreat center.
- Beware of traveler's diarrhea (not at the resort – we have not had a single case!). The standard rule is: "Cook it, peel it, fry it, or forget it!" Eat raw food only if you know it has been washed with filtered water (preferably by yourself 😉), wash your hands before every meal, drink only from unopened, factory-sealed bottles (check them when buying), and use bottled water for brushing your teeth and washing dishes as well. Be cautious with yogurt and dairy products as well as with dips and chutneys served as side dishes.
- In our opinion, an international driver's license is not necessary – cars with a driver are usually cheaper than without and definitely safer.
- If you like, you can register your independent trip with the German Federal Foreign Office and read its travel and safety advice: auswaertiges-amt.de – Indien (in German; please don't let it scare you off – it is much easier and safer than it may seem there 😉).

Liability & Cancellation

We do everything in our power to organize a safe, relaxing and hassle-free trip for you. However, some things are beyond our control, and we therefore cannot accept liability for external contingencies. If we have to cancel the trip in whole or in part, we will refund the fees we have charged accordingly, but not additional costs such as flights.

Under "Documents, Money & Insurance" above you will find a link for choosing travel cancellation insurance. This insurance also reimburses your travel costs in the event of cancellation.

Please book your flights only once we have reached the minimum number of participants and have confirmed the dates to you.

Inshallah – we assume that, as in the past, there won't be any problems 😊.

Registration, Questions, Requests

The trip is booked once you have returned the completed and signed registration form to us. Please do not pay the fee until we have sent you the invoice – which is expected to be sent at the beginning of 2027.

Feel free to contact us at any time if you have further questions or requests:

- maya@rosenwaldhof.de
- +49 33207 5668-24

About 4–6 weeks before the trip begins, we will organize another group Zoom session to go over the final details and give you a chance to get to know each other in advance. We will also offer several opportunities for online discussion following the Sunday meetings.

Shrikrishna was – and still is – visibly happy to welcome us with open arms and to be able to teach us in person, especially in his home country and in the Himalayas, at the source of yoga.

Here's to an inspiring and fulfilling time together in India!

Warm regards & Namasté

Yours, Martina