

# *IVEDAS: The Leading Edge*



**I could Have done it by now but I didnt**  
**The Transformation**  
**Soul Search**  
**Holistic Healing**  
**Complete Being**



**IVEDAS**

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## Programme

Weekend Spiritual Retreat in the Virgin Mountains of Uttranchal, amidst the settings of orchards, camps, rivers and untouched settings of village. Experience a blend of meditation with adventure, healing in harmony of nature.

Our activities like trek, rappelling, along with meditations, held in the shade of hundreds of trees gently swaying in the soft breeze would invigorate you to partake of dishes made from fresh home grown vegetables, the cold natural water that you will quench your thirst with will surpass any mineral water. You will trek through forests, mountain roads where you can sip tea from 50 year old tea shops which have retained their charming quaintness, talk to villagers who live in so pure environment that coming down to plains make their eyes water.



## Our Main Focus

Combining spirituality with Fun, Adventure and active meditations taking you deeper into your oneness.

- Exploring your Inner Self
- Remembrance
- Exploring the source of Joy, The Annanda
- Relaxation
- Healing Relationships
- Patience
- Communication
- Concentration
- Rejuvenation



## Facilities

- The tents are pitched bang in the middle of the fruit orchard. Totally water proof and comfortable, you could choose between staying in 2-men or 4-men tents.
- Campfire
- Guide for Treks, river crossing and Rappelling
- Breakfast-lunch-Dinner

## Location and Directions for Traveling

The campsite is around 380 Kms from Delhi. From Delhi the shortest route to reach the camping site is:

Delhi - Gajraula - Hapur - Muradabad - Rampur - Rudrapur - Haldwani - Kathgodam - Bhimtal - Khutani - Padampuri - Dhanachula - Paharpani - Motiathar - Shamgad.

For other cities, once you reach Haldwani, situated in the foothills follow the above route. From Haldwani the campsite is around 90 Kms.

From Delhi, the following options are available for reaching the campsite:

<b>Train</b>	Ranikhet Express leaves from the Old Delhi Railway station in the evening for Kathgodam. The train runs every day. From Kathgodam private taxis, jeeps and buses are available till the campsite. Follow the route given above.
<b>Bus</b>	Every day, a deluxe bus leaves from Connaught place, New Delhi around 9 pm till Haldwani. For reservations you could contact <b>Mughal Travels</b> Phone number: (011) 23860055. The ticket is priced around Rs. 150. From Haldwani private taxis, jeeps and buses are available till the campsite. Follow the route given above.
<b>Private Vehicle</b>	If you prefer travelling by your own conveyance, or rent-a-car follow the routes above. The routes from Kathgodam till the campsite is very well maintained and the scenery is breath-taking.

**If you want us to arrange the traveling part too, in that case all the participating members will contribute equally towards the transportation cost as per actual.**

**Participation charges per participant:**

**3 days- 2 nights:** Rs 3500

**Arrival:** Friday morning at campsite. Candidates can choose to arrive on Thursday evening also. In that case they will have to pay Rs 750 extra per person.

**Departure:** Sunday evening from campsite

**Contact:** Manisha Bansal

**email:** mansybansal@hotmail.com

Each of you is invited.

Please send me the details and confirmations if you are interested, by sending across the advance payment in full or part.

***Curriculum For Weekend Spiritual Retreat***

**Day 1**

- 6:00 - 7:00 am: Introduction
- Pranayaam and Sun Gazing
- Break for 1 hour

- Breakfast and Discussion and explanation on What is Meditation
- Trekk and blessing
- Meditation
- Lunch and Rest
- Trekk River Crossing and awareness meditation
- Tea
- Inner self Meditation
- Dinner
- Campfire, evening satsang and interaction

## Day 2

- 6:00 - 7:00 am: Pranayaam and Sun Gazing
- Break for 1 hour
- Breakfast and Discussion and explanation on Healing
- Trekk and blessing
- Forgiveness Meditation
- Lunch and Rest
- Rappelling and This moment is the moment meditation
- Tea
- Loving oneself Meditation
- Dinner
- Campfire, evening satsang and interaction

## Day 3

- 6:00 - 7:00 am: Pranayaam and Sun Gazing
- Break for 1 hour
- Breakfast
- Who I am Meditation
- Break
- Dance, Laughter and Joyful Meditation
- Lunch and Rest
- Packing
- Feedback
- Tea
- 5:00 pm Return to Delhi

Though we have mentioned the program's broad outline, but the programme is subject to change as per the interaction of participants and group dynamics.

## Important things one must carry

- Toilet essentials (Soap, Shampoo, Toothpaste, Toothbrush, Surf ETC)
- Medicines (Saridon, Actified, Rantac/ Zintec, Medicines that one is already taking as per doctor's prescription)
- Woolens
- Some Biscuits, sweets, chocolates, coffee powder
- Raincoat/ Umbrellas
- Trekking shoes

## **Manisha Bansal: New Age Visionary and Healer**

*Life is priceless  
Yor Worth underestimated  
Who has ever gained  
Knowledge, Bliss, Soulfulness  
Without treading the paths  
Of so called sorrows and pain?  
Life's journey never started  
Then why, you ever seek an end?*

Manisha Bansal is a young, energetic, spiritual Healer, New Age Visionary and an ambassador of Wholisitic Therapies. Through her work since a very young age, she has touched many hearts and attracts respect of every individual who has ever met or talked to her. She has been helping people with various therapies that she practices and teaches. Some of these therapies are:

**Reiki, Karuna Reiki, Earth Healing, Emotional freedom Technique, Guided Meditation & Relaxation, Spirit at Work, Divine Healing, Singing and Drumming the Blues Away, Counseling for distressed and depressed, Effective Visualization, Affirmation Therapy, Emotional Intelligence for Business, Be Rich: Live in Abundance, Purple Flame Healing, Creative Communication, Laughter he Best Medicine, Magnified Healing, Aura Healing, Relationship Counseling**

Healers seek unity in their lives, unity of body and mind, emotions and intellect, perhaps because they are likely to have a sense of inner division threaded through their lives. *Perhaps this is the reason that her quest for unity and bliss led to a never-ending goal of making other people realize their own soulfulness.*

*The knowing, 'I am a whole, complete, loving, happy, compassionate and healthy enlightened soul',* came during walking meditation one evening. She realized that this is what everyone needs to know. In the lack of awareness, we tend to live on earthly planes, in social circle, barely remembering who we are.

*'Who am I?'*, is the vital question and the answer to this question should be our motto. Self-realization is a stage that comes through wandering on this very question. Budhha, the enlightened one, achieved nirvana because of this very question. Through her work and specific techniques, she tries to make person come in contact with oneself.

*The truth is that one has to go beyond love and beyond meditation. One has to go beyond relatedness and one has to go beyond aloneness. When togetherness and aloneness have both disappeared, what is left? Nothing is left. That nothing is the taste of existence. You are neither alone nor together. In fact you are not. Ikkyu*

Her spiritual journey started at an early tender age of one, due to her family influence. She gained great understanding from the Arya Samaja, moving on to reading, hearing and understanding Osho (known as Bhagwaan Rajneesh then). Her major break in spirituality started with the learning of Usui System of Reiki Healing and Techniques of Guided meditation 7 years back. Since then it has been her constant endeavor to pursue the path of Spiritual Development, seeking the Truth.

Her focus is on organizing various workshops based on experience and knowledge she gains in meditative states, as well as from the enlightened masters. The emphasis of the workshops is on healing, Relaxation and Self-realization. These camps are well attended and have gained immense popularity in North, Central and West Delhi.

In the quest for the benefit of the people she is now conducting an open series of Earth Healing Meditations for Personal Transformation, regularly at Times Foundation. These workshops have also been conducted at/for Grand Hyatt, IFFCO and several Women's organization.

**At the end a small message by her:**

Through Light we See  
Our Guide is also Light  
Healing Comes through Light  
And Light is what we are  
Let us be our Divine Nature  
Light within Light  
And spread Light unto Light!!