



PAKISTAN: THE SACRED INDUS VALLEY

"Pakistan Winter Tour: through Sacred Indus Valley": this experience will feature a deep diving inside spirituality, yoga and Islam, within the sacred perimeters of the temples of Pakistan: Mosques, Menhirs, Gurdwara, Buddhist Stupas, where we will be able to follow rituals of prayer and healing belonging to the greatest religions and ancient traditions. It is a journey of slowness, to deeply experience the experience of contact with people and places. A journey made with the intention of intensifying the process of inner connection, inspired by the ancient cultures of Asia.

DAILY PROGRAM

DAY 1	ISLAMABAD	Reception at the airport. Arrival and accommodation at the hotel, meeting session and presentation, visit to the Faisal Mosque and welcome dinner, at the Monal panoramic restaurant overlooking Islamabad.
DAY 2	TAKSHILA	Meditation at the Buddhist monasteries (Jaulian and Dharmarajika) of the ancient Valley of the Saints. Transfer to the "Orange" Resort on the banks of the Khanpur lake. Dinner in hotel.
DAY 3	BHAMALA STUPA	Meditation at the ancient Buddhist Stupa of Bhamala, the Place of the Saints. Lunch in the country houses with local families. Return to the Resort, sharing, and Relax.
DAY 4	ISLAMABAD - A SOUL'S SANCTUARY	Meeting with the teacher Shahnaz Minallah, the first Pakistani yogini to open a meditation center in Pakistan. Visit to the center, to the historic palace (hawali), and Yoga practice in the large meditation room.
DAY 5	KATAS RAJ	Yoga practice at the Hindu Temple of Katas Raj, built near a source of sacred water, where one of the oldest Lingams of the Indus Valley is preserved. Meditation into the ancient underwater caves, where the monks retired for yogic practices.
DAY 6	KHEWRA PINK SALT MINE	Excursion to the Khewra Himalayan Pink Salt Mine, the largest salt mine in the world, with Mantra Yoga and Vocal Harmonics Practice, in the afternoon drive to the city of Lahore.
DAY 7	LAHORE	Visit and meditation into the Great Badshahi Mosque of Lahore and the castle-fortress of

		the Mughals. Dinner at the Andaz Traditional Restaurant, with a night view of the Great Mosque.
DAY 8	LAHORE	Day dedicated to Philosophy and history of Yoga: visit the Archaeological Museum of Lahore, where the great works of art of ancient Indian culture are preserved, precious statues of Hindu deities, statues of the prophets of Jainism, works of Islamic calligraphy, and a large collection of valuable statues of the Buddha. In the evening, transfer to the Café Teatro Piru and dinner with Qawali, a show of traditional music.
DAY 9	LAHORE	Visit at the Shahi Hammam, and visit the Wazir Khan Mosque, one of the oldest and most fascinating mosques in Lahore, inside the Ancient City, at Delhi Gate. Dinner with local families.
DAY 10	LAHORE	A day full of colors at the Anarkali Bazar in Lahore, one of the oldest bazaars in Pakistan, to explore local traditions and discover scents and spices. Dinner with local families.
DAY 11	NANKANA SAHIB	Visit and Yoga practice into the beautiful Sikh Temple Gurdwara Nankana Sahib, a traditional shrine at the birthplace of the first Sikh guru, guru Nanak, with an overnight stay at the property.
DAY 12	MULTAN	Transfer to the city of Multan, the ancient city of the Sufi Saints. Visit and yoga practice inside the mausoleums of the Saints, with the typical blue and white ceramics.
DAY 13	MULTAN - LAHORE	Visit to the ancient Jain Temple, inside the old Multan Bazaar and practice of yoga. Return to the hotel in Lahore.
DAY 14	LAHORE	After breakfast, a circle of greetings, and, for those who want, a final spice shopping and departure.

Participants will be able to use the following services:

- Reception at the airport in Dubai or Islamabad, guided accompaniment with Giulia and Rizwan Ali Taji for all days of the Tour, until the departure.
- Travel around by private means of transport (minibus or private car with driver).
- Accommodation and meals in local structures, hotels and religious centers.
- "Art of Living" session with teacher Shanaz Minallah at "A Soul's Sanctuary" Yoga and Meditation Center in Islamabad.
- Participation in Qawali, a concert of ethnic and sacred music in Lahore.
- Special yoga session in the caves of Katas Raj temple and session of vocal harmonics in the Pink Salt Cave.

MEALS: Meals will be vegetarian. For those who are not vegetarians, in Pakistan they mainly consume chicken, goat and cow meat, very seasoned and spiced. It is highly recommended during your stay not to consume raw food and not to drink water that is not bottled. We kindly ask you to communicate all your food needs (allergies, intolerances, sensitivity to hot spices, intestinal problems) in time before leaving.

WEATHER & CLOTHING: In winter, the climate in Pakistan is mild and pleasant during the day and cold-humid in the evening. Comfortable clothes for walking are recommended, with long pants, long skirts and light scarves to cover the head for women, comfortable and closed shoes, a windbreaker and a heavy sweater for the evening. It is also advisable to bring a pair of open slippers for the shower. City streets in Pakistan are often unpaved and dusty, so we recommend that you wear closed shoes that are easily washable and that you don't wear clothing that can touch the ground.

ACCOMODATION: Accommodation will mainly be in selected hotels, generally in double rooms.

MONEY: 1 euro = 278 pakistani rupee. It is recommended that you exchange euros directly in Pakistan for your personal purchases.

VISA: The tourist visa can be applied easily online, on the official website of the Government of Pakistan, and costs around 32 euros. Please, ask us for any information upon booking, we will help you.

PRICE & BOOKINGS:

The price includes all meals, travels by car/van, entrance tickets to museums, hotels and offers to the religious centers and ashrams we will visit.

Air travels, visa and extras for personal expenses are excluded.

CONTACTS

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Asalamoaleikum! Namaste!

See you in Pakistan!

Giulia e Rizwan

