12–30 MARCH 2027 · 19 DAYS

Steps to Grace

YATRA TO INDIA

Journey to the heart of the Self
through the heart of India.



Devotion · Sacred sound · Meditation · Seva

EARLY-BIRD AUD $4,550

Until 15 December 2026 · AUD $450 non-refundable deposit

THE SPIRIT OF YATRA

The Journey Within

More than a journey through India, an invitation to discover the sacred within yourself.

MANSHANT'S INVITATION

Our Steps to Grace Yatra 2027, is a curated combination of transformational experiences, designed to take you deep into the heart of India through the heart of self. Each step guides you closer to the true essence of what a spiritual journey, yatra, means, to orientate yourself firmly towards Isht – the Spiritual Altar of Self.

As we step through Mother India you will experience Punjab, the historic cradle of civilisation (Mohen Daro region) and spirituality where Sikhism and indigenous mystic traditions converge. Immersing yourself in the sound current of the Golden Temple, the divine touch of Guru Ram Das will open your heart. Traveling further east, our steps take us to Hola Mohalla, a vibrant Sikh festival that blends deep spiritual devotion with the martial readiness of the Khalsa to understand the nature of Guru Gobind Singh, and the Spiritual warrior in all of us.

Immersing further into Sikh spirituality we make our way underground, down a stone staircase of 84 steps, created by Guru Amar Das. Each one of the steps symbolically represents 100,000 of our life incarnations, compressing the entire evolutionary cycle of rebirth into a single physical path. It is said that completing the steps with a clear mind cleanses our karmic baggage and liberates our past and future. Our final steps lead us to Rishikesh, the yoga capital of the world, where glowing evening prayer ceremonies are held and meditating by the holy Ganges brings you closer into peace and grace.

If this sounds like your kind of soul adventure, this yatra is yours to take.

> **A journey of spiritual discovery**
>
> The reflections in this brochure express the spiritual traditions and personal perspectives shared by the Yatra team.

MORE THAN A JOURNEY

The Yatra Experience









Kundalini Yoga & Meditation

Create space for awareness and stillness through Kundalini Yoga, meditation and guided spiritual practices.

Gurbani Naad & Sacred Sound

Connect through Gurbani Naad, mantra, harmonium and the transformative experience of sacred music.

Seva & Sacred Rituals

Experience the spirit of selfless service through langar seva, alongside sacred traditions and opportunities for reflection.

Hola Mohalla

Witness the vibrant traditions of Anandpur Sahib, where devotion, courage and the spirit of the Khalsa come alive.

21 Stages of Meditation · Journey One

14th–15th: 21 Stages of Meditation- Stages 1-7 . Moving through the meditation stages of Upset, Boredom, Irritation, Frustration, Focus, Absorption and Crystallization of the Self. Our days begin early with japji practice, and we traverse the KRI certified two-day course to deepen our connection and set a steady meditative foundation for the yatra. (see 21 stages tab for more details on Journey One)

> **Optional programme · confirm before booking**
>
> Participation on 14–15 March is optional. Manshant's document lists the course (stated value AUD $750) as included. Please confirm with the organisers whether it is included in your booking and whether any additional fee applies.

PUNJAB · DEVOTION & LIVING TRADITIONS

Sound, Service & Sacred Steps



Ashram life & sacred sound

At the PARAV ashram enjoy Gurbani Naad classes, Kundalini mantra and harmonium classes, and seva at the Golden temple- serve in the great langhar and take ishnaan in the sarovar (sacred pool) that surrounds the temple. Bhangra and gatka demonstrations.

Goindwal Sahib & the 84 steps

Includes meditation at Goindval Sahib, place of the third Sikh Guru, Guru Amar Das. We meditate on the 84 steps of the sacred well (baoli). Each step corresponds to 100,000 of the 8.4 million life-form incarnations, and reciting the japji on each was given as a practice by Guru Amar Das to release the devotee from in the cycle of birth and death (freedom- moksha). https://www.sikhdharma.org/story-guru-amar-das-goindwal/

Visit to the meditation place of Bibi Bhani Ji, wife of Guru Ram Das.

Hola Mohalla

23rd: Visiting Anandpur Sahib for Hola Mohalla Festival- Sikh mock-battle.This festival was established in 1701 by Guru Gobind Singh, the tenth and final mortal Guru. See the Nihang Singhs, the Sikh standing warriors, who visit this place each year traveling from all sacred places in South and North India. They come together to remind us of the mandate for protection of the Sikh Sanghat- with gatka (Sikh martial art), swordfighting and horsemanship displays.

Further reading supplied by Manshant: The story of Guru Amar Das and Goindwal.

THE PLACES WE WILL EXPLORE

Sacred Destinations



Amritsar

The sacred sound of Gurbani, the stillness of meditation and the spirit of seva at the Golden Temple.



Anandpur Sahib

Experience Hola Mohalla, Sikh heritage and the living traditions of courage, devotion and community.



Sri Goindwal Sahib

Visit the sacred Baoli and its 84 steps for deep meditation and quiet reflection.



Chandigarh

Explore the Rock Garden and enjoy a change of pace as the journey continues through northern India.



Rishikesh

Sacred waters, Ganga Aarti, Vashistha Cave and moments of stillness in the Himalayan foothills.



Haridwar

Experience Aarti in Haridwar and connect with the spiritual traditions of the sacred Ganges.

The daily programme also names Kiratpur Sahib, Gurdwara Santokhsar, Gurdwara Kaulsar and Yogi Vashistha Cave. Delhi is the onward travel and airport connection.

THE FINAL DAILY PROGRAMME · DAYS 01–05

The Journey Unfolds

The approved 19-day programme. All dates are in March 2027.

12 MAR · DAY 01

Amritsar

Airport pickup in Amritsar; transfer to Sangat Ashram. After settling in and lunch or dinner, group meeting, visit to Harmandir Sahib (Golden Temple) and evening meditation.

Transport: Cars

13 MAR · DAY 02

Amritsar

Amritsar local and city tour, followed by evening special music chanting together with musicians.

Transport: Walking tour

14 MAR · DAY 03

Amritsar

21 Stages of Meditation programme.

Transport: —

OPTIONAL PROGRAMME

15 MAR · DAY 04

Amritsar

21 Stages of Meditation programme.

Transport: —

OPTIONAL PROGRAMME

16 MAR · DAY 05

Amritsar

Early morning visit to the Golden Temple; after breakfast, walking city tour to Gurdwara Santokhsar; traditional music show after lunch.

Transport: Cars

The itinerary may be adjusted for local conditions and group needs. The 14–15 March programme is optional; confirm its inclusion and any additional fee.

THE FINAL DAILY PROGRAMME · DAYS 06–10

The Journey Unfolds

The approved 19-day programme. All dates are in March 2027.

17 MAR · DAY 06

Amritsar

Travel from Amritsar to Goindwal for deep meditation on the 84 steps; return to Amritsar for a Bhangra show and learning class.

Transport: Cars

18 MAR · DAY 07

Amritsar

Early morning Golden Temple visit; after breakfast, local city tour to Gurdwara Kaulsar; Gatka demonstration after lunch.

Transport: Cars

19 MAR · DAY 08

Amritsar

Visit Kiratpur Sahib for deep and silent meditation; return to Amritsar, visit a home and learn and practise traditional cooking.

Transport: Cars

20 MAR · DAY 09

Amritsar

Early morning Golden Temple visit; after breakfast, mantra meditation class; after lunch, cleaning seva at the Golden Temple.

Transport: Cars

21 MAR · DAY 10

Amritsar

Early morning Golden Temple visit; after breakfast, free day. Group meeting before dinner to share and say goodbye to Amritsar.

Transport: Cars

The itinerary may be adjusted for local conditions and group needs. The 14–15 March programme is optional; confirm its inclusion and any additional fee.

THE FINAL DAILY PROGRAMME · DAYS 11–14

The Journey Unfolds

The approved 19-day programme. All dates are in March 2027.

22 MAR · DAY 11

Amritsar → Chandigarh

After breakfast, drive to Chandigarh. After lunch, visit the World Rock Garden and a gurdwara.

Transport: Cars

23 MAR · DAY 12

Anandpur Sahib / Chandigarh

After breakfast, drive to Anandpur Sahib. After lunch, visit the World Famous Museum, a gurdwara and local market, and experience Hola Mohalla.

Transport: Walking tour

24 MAR · DAY 13

Chandigarh → Rishikesh

Early morning drive via Delhi to Rishikesh, with breakfast on the way. After lunch in Rishikesh, attend Ganga Aarti and tour the local market.

Transport: Cars

25 MAR · DAY 14

Rishikesh

Mountain tour to Yogi Vashistha Cave for silent meditation. Enjoy the sacred Ganges beneath the mountains, followed by a free half-day.

Transport: Cars

The itinerary may be adjusted for local conditions and group needs. The 14–15 March programme is optional; confirm its inclusion and any additional fee.

THE FINAL DAILY PROGRAMME · DAYS 15–19

The Journey Unfolds

The approved 19-day programme. All dates are in March 2027.

26 MAR · DAY 15

Rishikesh

Free day in Rishikesh and an Ayurveda massage day. Treatments are an additional personal expense.

Transport: Cars

27 MAR · DAY 16

Rishikesh

Visit a waterfall and spiritual ashram in Rishikesh; free evening.

Transport: Cars

28 MAR · DAY 17

Rishikesh / Haridwar

Visit Haridwar and attend Aarti; return early in the evening.

Transport: Cars

29 MAR · DAY 18

Rishikesh

Rest day and free time, followed by an evening group meeting to say goodbye to Rishikesh.

Transport: Cars

30 MAR · DAY 19

Delhi

Drive to Delhi International Airport for the journey home.

Transport: Cars

The itinerary may be adjusted for local conditions and group needs. The 14–15 March programme is optional; confirm its inclusion and any additional fee.

YOUR JOURNEY, THOUGHTFULLY PLANNED

What's Included

Included

1. 21 Stages of Meditation course (value $750)

2. Yoga Shala and yoga classes, teachings, Gatka, Bhangra, instruments provided for music, music teachers and classes.

3. Three meals per day in Amritsar (made in the ashram kitchen especially for our group everyday). Snacks and tea during Amritsar stay, water bottle each day. Only breakfast is included in the other cities (lunch and dinner is paid by participants, sometimes we assist to arrange or guide where to eat).

4. Full accommodation in all locations and transportation by air-conditioned private vehicle

Not included

1. Room services

2. Ticket to enter temples or shows

3. Treatments/Massages

4. Laundry

5. Flights to India and internal flights

Personal purchases and meals outside the specified inclusions are also at your own expense.

Optional meditation programme

Participation on 14–15 March is optional. Manshant's document lists the course (stated value AUD $750) as included. Please confirm with the organisers whether it is included in your booking and whether any additional fee applies.

YOUR INVESTMENT

AUD $4,550

Early bird until 15 December 2026

AUD $450 non-refundable deposit

GETTING THERE & RESERVING YOUR PLACE

Travel & Booking

Booking your flights

Please contact Travel Agent Russell Pierce from Immersive Journeys on 0413 809 309 for assistance booking your flights to India from Australia. He is trusted to find the best prices for us, and make the bookings so that we will arrive together as a group, as much as practicable.

Russell Pierce · Immersive Journeys

+61 413 809 309

travel@immersivejourneys.com.au

www.immersivejourneys.com.au

Immersive Journeys will also arrange your Travel Insurance. This is essential for the yatra.

Payment & registration

Our Early Bird Price is valid until December 15th 2026- $AUD4550.

You can secure your price with a deposit of $450 (non-refundable). Payment plans and work exchange are also possible. Speak to Devpreet and we will work it out.

Please register on our system and sign the forms required.

Register & enquire →

Request payment instructions and confirm availability and booking conditions with the organisers before paying. Use the website to register and complete the required forms.

MEET YOUR GUIDES

Devpreet Kaur



Devpreet is a professional level teacher trainer and has been sharing the teachings of Kundalini Yoga for over 15 years. She was the Director of Kundalini Yoga Collective, the first not for profit kundalini association in Australia, is the Director of the Kundalini Yoga Festival Australia/ Australasia and created the Collective Healing Centre.

Her passion is to share the teachings of Kundalini Yoga to all, as she's experienced the profound positive change firsthand and feels to live with awareness and deeper truth of one's higher purpose is everyone's birth right.

In the past she was an artist, writer, film maker, X Matilda footballer, and studied many different spiritual modalities, Tantric Numerology, to Sat Nam Rasayan. She's a practicing Gestalt therapist. She has the heart of an artist, a philosopher's soul, constantly working towards a deeper understanding of our human condition and our infinite wisdom, to live with fierce grace, and reach Sat Nam.

On her first trip to India many years ago, she met Parvinder Singh on a yatra he ran for a group of Brazilians. He kindly invited her to join, she was deeply moved by the experience, touched by the compassion and depths of spirituality of Mother India. Ever since she has wanted to share the opportunity with others. This yatra is that dream manifesting into fruition, a chance to journey to the heart of self through the heart of India.

MEET YOUR GUIDES

Parvinder Singh Khalsa



Dedicated to the ancient wisdom of Gurmukhi, Japji, the Naad (the essence of sound), and sacred mantra, Parvinder delivers these teachings in a deeply moving and heart-opening way. Parvinder Singh Khalsa has extensive knowledge and deep compassion for humanity, and he serves as our music teacher and guide. His spiritual path was shaped by a meeting in Amritsar Sahib with Harbhajan Singh Yogiji, who encouraged him to join the Miri Piri Academy—where Parvinder subsequently taught for eleven years. Today, he travels globally throughout Latin America, Brazil, Russia, and Europe to share his insights. He regularly hosts international groups in Amritsar and across India to facilitate immersive, life-changing experiences in Sikhi and sacred traditions.

He is supported by an on-the-ground team who will provide us with accommodation and cook delicious meals, covering logistics during our time in India.

MEET YOUR GUIDES

Manshant Kaur Khalsa



Manshant has experienced India on various occasions now, and knows it as a magical place of transformation. The minute we arrive, the Mother greets us, and there comes a deep knowing that all will be for the highest development of the Self - in challenges and adjustment. Punjab is heaven on earth, walking the same lands as the Gurus walked, taught, and fought. Listening to the shabd guru (sound current) in the Golden Temple fills the heart with complete gratitude for the greatness given to us by the Creator.

Manshant has completed the Japji on the 84 Steps at Goindval Sahib, had the blessings to take ishnaan at Darbar Sahib (Golden Temple) many times and herself witnessed the festival of Hola Mohalla in the City of Bliss- Anandpur Sahib. This is a trip of a lifetime for a Kundalini yogi and spiritual seeker, and it is her honour to together offer this yatra with Devpreet Kaur and Parvinder Singh.

GOOD TO KNOW BEFORE YOU GO

Your Questions, Answered

When does the Yatra take place?

Steps to Grace Yatra takes place from 12 to 30 March 2027. The journey begins in Amritsar and concludes with departure via Delhi Airport.

Which destinations will we visit?

The itinerary includes Amritsar, the Golden Temple, Sri Goindwal Sahib, Chandigarh, Anandpur Sahib, Rishikesh and Haridwar.

What is included in the Yatra price?

Accommodation, air-conditioned ground transportation, scheduled yoga and sacred music activities, and specified meals are included.

Three meals daily are provided during the Amritsar stay. In other cities, breakfast is included.

Are international and domestic flights included?

No. International flights to India and internal flights within India are not included in the Yatra price.

For flight assistance, contact Russell Pierce at Immersive Journeys on +61 413 809 309 or email travel@immersivejourneys.com.au.

How much does the Yatra cost?

The advertised early-bird price is AUD $4,550, available until 15 December 2026.

Please confirm the final pricing and accommodation arrangements with the organisers before booking.

GOOD TO KNOW BEFORE YOU GO

Your Questions, Answered

How do I reserve my place?

A non-refundable deposit of AUD $450 is advertised. Contact the organisers to confirm availability, payment instructions and booking conditions.

Are payment plans available?

Payment plans and work-exchange opportunities may be available. Please enquire directly with the organisers to discuss your options.

Is the 21 Stages of Meditation programme compulsory?

Participation in 21 Stages of Meditation on 14–15 March is optional. The brochure lists the course (stated value AUD $750) as included, while also describing participation as optional. Please confirm the inclusion and any additional fee with the organisers before booking.

What additional expenses should I plan for?

Allow for flights, admission fees, personal treatments, room service, laundry and personal purchases. Lunch and dinner outside Amritsar are not listed as included.

Will the itinerary remain exactly as advertised?

The published itinerary outlines the planned destinations and activities. Contact the organisers for confirmation of arrangements before departure.

MANSHANT'S ORIGINAL JOURNEY NOTES

Planning Notes · Amritsar

Planning reference · use pages 6–9 for the daily schedule

The notes below preserve Manshant's original narrative in full. They are context, not a second confirmed itinerary. The final table places the Rock Garden on 22 March, travel to Rishikesh and Ganga Aarti on 24 March, and Vashistha Cave on 25 March. Earlier notes instead place Chandigarh on 24 March and Rishikesh travel from 25 March. For current day-by-day arrangements, follow pages 6–9.

12th March 2027: Group Arrives at Amritsar

Flights arrive from Delhi. Leave any heavy bags with the ground team to deliver for you and take a comfortable local flight to Amritsar

13th: Rest and introduction to Amritsar, visiting Harimander Sahib (Golden Temple) and Meditation. There will be time to see the tailor and organise clothing, settle into ashram routine

14th-15th: 21 Stages of Meditation- Stages 1-7 . Moving through the meditation stages of Upset, Boredom, Irritation, Frustration, Focus, Absorption and Crystallization of the Self. Our days begin early with japji practice, and we traverse the KRI certified two-day course to deepen our connection and set a steady meditative foundation for the yatra. (see 21 stages tab for more details on Journey One)

16th – 21st: Yatra begins in Amritsar, programs and activities

At the PARAV ashram enjoy Gurbani Naad classes, Kundalini mantra and harmonium classes, and seva at the Golden temple- serve in the great langhar and take ishnaan in the sarovar (sacred pool) that surrounds the temple. Bhangra and gatka demonstrations.

Includes meditation at Goindval Sahib, place of the third Sikh Guru, Guru Amar Das. We meditate on the 84 steps of the sacred well (baoli). Each step corresponds to 100,000 of the 8.4 million life-form incarnations, and reciting the japji on each was given as a practice by Guru Amar Das to release the devotee from in the cycle of birth and death (freedom- moksha). https://www.sikhdharma.org/story-guru-amar-das-goindwal/

Visit to the meditation place of Bibi Bhani Ji, wife of Guru Ram Das.

MANSHANT'S ORIGINAL JOURNEY NOTES

Planning Notes · Onward Journey

Planning reference · use pages 6–9 for the daily schedule

The notes below preserve Manshant's original narrative in full. They are context, not a second confirmed itinerary. The final table places the Rock Garden on 22 March, travel to Rishikesh and Ganga Aarti on 24 March, and Vashistha Cave on 25 March. Earlier notes instead place Chandigarh on 24 March and Rishikesh travel from 25 March. For current day-by-day arrangements, follow pages 6–9.

22nd: Traveling to Chandigarh, rest and meditation and stay

23rd: Visiting Anandpur Sahib for Hola Mohalla Festival- Sikh mock-battle.This festival was established in 1701 by Guru Gobind Singh, the tenth and final mortal Guru. See the Nihang Singhs, the Sikh standing warriors, who visit this place each year traveling from all sacred places in South and North India. They come together to remind us of the mandate for protection of the Sikh Sanghat- with gatka (Sikh martial art), swordfighting and horsemanship displays.

24th: Stay in beautiful Chandigarh and visit the rock garden, rest and integrate

25th-29th: drive to Rishikesh, begin programs and activities

Evening Ganga Arti, ashram

Visit to the Vashistha meditation cave, temples and waterfall

Markets, shopping and optional treatments (massage, ayurveda)

Visit to Hardiwar (God's Gate), sacred Hindu pilgrimage site, located at the mouth of the river Ganges

30th Checkout and drive to Delhi Airport

Arrangements to confirm

The original notes refer to PARAV ashram; the final table names Sangat Ashram. Confirm the accommodation name, any heavy-bag forwarding, tailoring arrangements and the visit to Bibi Bhani Ji's meditation place with the organisers. The original Haridwar description is retained as supplied in these planning notes; the scheduled visit is 28 March.

YOUR JOURNEY BEGINS HERE

Take the First Step

Some journeys take you to new places.
Others bring you closer to yourself.



JOURNEY DATES	EARLY-BIRD INVESTMENT	RESERVATION DEPOSIT
12–30 March 2027	**AUD $4,550**	**AUD $450**

Early bird until 15 December 2026. Deposit is non-refundable. Confirm all arrangements and programme inclusions before payment.

Begin your journey · register & enquire →

innerguru.com.au/steps-to-grace-yatra-to-india/