

JUNGIAN ENCOUNTER WITH THE SACRED GROUND OF VEDAS
Sponsored by the C.G. Jung Foundation of New York
and the Chicago C. G. Jung Institute
Guest Faculty – Ashok Bedi M.D., Jungian Psychoanalyst and
Ami Bedi LPC NCC, psychotherapist
February 6 - 18, 2026

Join us on our 19th educational journey to India in February 2026, a Jungian passage to the dream like, archetypal landscape of India, including the splendid Ahilya Fort in Maheshwar and the wildlife of Satpura National Park in Central India. When experiencing India through an analytic psychology lens, these locations will create a space for reflection, dialogue and integration of our experiences in India and transmute them to reveal what often gets lost in the western ethos, and can be found mirrored by the mystery and majesty of India's archetypes, folklores, customs and traditions.

India is the ground of creation of Vedic scriptures and ancient gods including Indra, Varuna, Agni, Surya and Usha. **The Four Vedas**—*Rigveda*, *Samaveda*, *Yajurveda*, and *Atharvaveda*—form the spiritual bedrock of ancient Indian wisdom. Each Veda offers a unique lens into the sacred: the **Rigveda** venerates cosmic forces through hymns; the **Samaveda** channels these invocations into melodic chants for ritual; the **Yajurveda** provides precise formulas for sacrificial rites; and the **Atharvaveda** extends Vedic insight into daily life, healing, and philosophical reflection. Together, they weave a comprehensive vision of the divine, the cosmos, and human purpose.

Once part of the ancient Avanti kingdom, Madhya Pradesh bears the subtle yet enduring presence of Vedic culture. Sacred sites along the Narmada River—such as Ujjain and Omkareshwar—echo with hymns, rituals, and symbols that speak to both the outer cosmos and the inner world. This journey invites reflection on the deep archetypal currents linking place, myth, and psyche.



We will explore India and its timeless wisdom under the guidance of the quaternity of **Ashok Bedi, M.D.**, Jungian analyst, **Ami Bedi LPC NCC**, psychotherapist, **Usha Bedi** retired chef and cultural guide, and **Regine Oesch-Aiyer**, head navigator.

The Jungian Faculty for this journey is **Ashok Bedi, M.D.**, a Jungian psychoanalyst and a board-certified psychiatrist. A Distinguished Life Fellow of the American Psychiatric Association, he is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a training analyst at the Carl G. Jung Institute of Chicago. He is the liaison for the IAAP for developing Jungian training programs in India. He leads the annual “Jungian Encounter with the Soul of India” study group to several centers in India under the auspices of the New York Jung Foundation. His publications and upcoming programs may be previewed at www.pathtotheoul.com

Ami Bedi, LPC, NCC of Akhilanda Consulting is a Milwaukee-based psychotherapist with a specialization in trauma therapy. Over the past 15 years, she has focused on and elevated wellness and emotional self-awareness as forms of liberation and decolonization within the non-profit and private sector. As our culture has been facing the deep rooted impacts of systemic oppression and the long-term impacts of colonialism, Ami has helped people reconnect to collective wisdom as a cornerstone to healing and transformation, for individuals, families, communities, and culture.

This journey includes 14 CEs relevant to the theme of our journey and may be tax-deductible for mental health professionals to the extent the law allows. For more information or to reserve your space please write to regine@mindfuljourneys.com

We look forward to your participation in this new and refreshing journey, as Dr. Ashok Bedi amplifies and deepens Jung’s writings and teachings through his talks, lectures and dream groups in light of new research in psychology and neuroscience. We will also dialogue with local experts to let the boots on the ground perspective of the timeless wisdom of India.

The C.G. Jung Institute of Chicago maintains responsibility for this program and its content. Please note that the size of the group will be limited. Therefore, it is important that you register early in order to secure space for yourself and your friends. For more information on this special journey, please visit www.mindfuljourneys.com and write to regine@mindfuljourneys.com or call 212-203-1239 for more information. We will be pleased to have you join us for this special educational venture.



Itinerary

February 6 - 7, 2026 U.S. to New Delhi

We arrive in New Delhi late evening of the second day where we are met by our VIP representative at the aerobridge to navigate us through immigration and customs, handing us over to Travel Scope, our tour operator, to be transferred to **Roseate House**

February 8, 2026 Delhi - Indore - Maheshwar

After resting from the long flights we take an early afternoon flight from Delhi to be transferred to Ahilya Fort Hotel <https://ahilyafort.com/> in Maheshwar.

Ahilya Fort: this 250-year-old fort is largely unchanged from the days when it was once the capital of one of India's most celebrated women rulers, Ahilya Bai Holkar. Perched on the edge of a cliff, enclosed within massive walls, Ahilya Fort has staggering views over the sacred Narmada River.

February 9, 2026 Maheshwar

After breakfast we meet for our introductory lecture with Dr. Bedi.

In the afternoon we explore this sacred city. Located on the banks of the river Narmada, Maheshwar is an important pilgrimage center, with temples and colorful festivals. The town is dominated by the Ahilya Fort with numerous shrines to Lord Shiva and cenotaphs, has been converted to a heritage hotel.



February 10, 2026 Maheshwar

After breakfast we take a drive to Omkareshwar, the home of one of India's most famous Shiva temples located on an island in the middle of the Narmada River.

In the afternoon we meet with Dr. Bedi before taking a sunset boat trip to Baneshwar temple. Dinner at our hotel.

February 11, 2026 Maheswar

After breakfast we visit the 15th century deserted citadel of Mandu. Enclosed within its winding parapet walls are palaces, mosques, lakes and waterfalls, pavilions built between 11th and 16th centuries by the sultans of Malwa and referred to it as the 'city of Joy'. We gather in the afternoon for a talk and discussions before our last dinner at Ahilya Fort.

February 12, 2026 Maheshwar - Indore - Bhopal

We depart after breakfast for Indore to board a train to take us to Bhopal, a 5 hour ride across the Indian countryside dotted with colorful villages and farmland, arriving early evening. We stay overnight at the beautiful Jehan Numa Retreat [Jehan Numa Retreat](#)

February 13, 2026 Bhopal - Bhimbetka - Satpura

Today after breakfast we visit **Bhimbetka, Rock Caves** – a UNESCO World Heritage site. It is an archaeological site, a one hour drive from Bhopal, that spans the Paleolithic and Mesolithic periods, as well as the historic period. We continue your journey to Satpura National Park and check-in at the Reni Pani Lodge [Reni Pani](#)

February 14 - 16, 2026 Satpura

The Satpura National Park region is part of the mosaic of the central Indian forests, and hosts a wide variety of biodiversity and provides a corridor between other stretches of forests for species like the Royal Bengal Tiger, the Asiatic Elephant, the Indian bison or gaur, the sloth bear, among others. The area is also a haven for bird life, with forest-dwelling and river-dependent species .

We enjoy three days of lectures, talks and discussions, jeep- and walking safaris, canoe rides on the Denwa river to explore the amazing wildlife. We will explore nearby villages and meet the residents.

We have a chance to reflect on our journey during daily leisure time, journaling, reading, swimming, yoga, or bird watching walks.

February 17, 2026 Satpura - Bhopal - Delhi

Mid morning we leave for Bhopal airport to fly to Delhi, arriving early evening to connect to our international flights leaving late night/early morning February 18, 2026.



Tour Cost

Jung Journey per person double occupancy \$9,250

Single room Supplement \$2,600

International economy Airfare New York/Delhi/ New York approx. \$1400*

*subject to change

**Suggested charitable Donation: C.G. Jung Foundation New York \$100
C.G. Jung Institute of Chicago \$100**

Land Cost Includes:

- Double/Twin accommodations in hotels mentioned in itinerary incl. taxes
- Breakfast, lunch and dinner daily at Ahilya Fort and Reni Pani.
- All ground transportation within India
- All sightseeing, entertainment and cultural activities listed or equivalent
- All group transfers within India
- English speaking tour escort
- Airfare Delhi - Indore and Bhopal - Delhi
- Most gratuities

Not Included:

- Visa processing and travel insurance
- International air tickets
- Items of personal nature
- Alcoholic beverages and meals not listed in the itinerary
- Early arrival and late departure transfers

Air and Insurance Information

For those interested in purchasing international airfare or travel insurance, please contact Maury Newburger at +1 347 497 1233 maury.newburger@protravelinc.com

Airfares are subject to the cancelation policies of the airline in effect at time of booking.

Please remember to buy changeable or refundable air ticket

Cancelation Fees

November 7, 2025, 25% of tour cost, December 7, 2025, 50% of tour cost and January 7, 2026 100% of tour cost. \$250 cancelation fees once deposit is received.

For more information, or to reserve your space, please e-mail:

regine@mindfuljourneys.com or call: **212-203-1239**

Please inquire about any special pre-or post-tour itineraries if interested in seeing other parts of India. We are happy to arrange it!

Participant Responsibility Agreement

I have visited the U.S. Centers for Disease Control website: <https://wwwnc.cdc.gov/travel/> and checked the U.S. Department of State Travel Advisories and Alerts website for the Tour destination(s): <https://travel.state.gov/content/travel.html> I have read further country-specific details on these pages that could affect travel, such as entry/exit requirements, local laws and customs, health conditions, transportation, safety, risks, and other relevant topics.

In consideration of this advice and reference, I/we hereby agree to hold the Tour Sponsors harmless from any and all claims for illness and/or injury, including loss of life, and any and all expenses related thereto, and any and all other losses sustained as a result of the pandemic impacting any aspect of this journey, including its cancellation.

Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC, (hereinafter "Tour Sponsors") are responsible only for assisting in making arrangements with respect to all transportation, hotels and other matters of reservations and tour operations and they do not represent or act as agents for transportation carriers, hotels or other suppliers of services connected with this tour. The tour sponsor assumes no responsibility for loss, damage, injury, accident, delay or other irregularity, expenses or liability caused by the defect of any vehicle or negligence or default or any independent contractors, their employees, agents, or representatives engaged in providing services in connection with the tour or for losses, expenses or delays arising from sickness, pilferage, labor disputes, machinery breakdown, quarantine, government restraints, war, acts of terrorism, weather conditions or such other causes. All such losses or expenses shall be borne by the tour participant. Baggage and personal effects are the sole responsibility of the owners at all times. It is understood that air tickets when issued shall constitute the sole contract between the passenger and the carrier concerned. All services are subject to the laws of the country in which they are rendered.

As a condition to acceptance of each participant, each participant represents that he/she has read the schedule of activities for this tour and recognizes and accepts any risks thereof and thereby agrees for and on behalf of himself or herself and his or her heirs, executors and administrators to abide by the conditions set forth above, and to release or hold harmless the tour sponsor from any liability, claims and demands, however caused, for delays, damage, loss, injury or death, occurring in relation to the tour, and for loss of or damage to his or her property, however occurring, during any portion of, or in relation to the tour. Prices and Dr. Ashok Bedi's participation are based on a minimum of 10 participants.

I have read the schedule of activities and responsibility for the Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC "Jungian Encounter with the Sacred Ground of Vedas" and accept all risks thereof. I understand and agree on behalf of myself, my dependents, heirs and agree to abide by the conditions set forth under Responsibility and to release and hold harmless Travel Scope (India) Private LTD, The C.G. Jung Foundation of New York and Mindful Journeys LLC from any liability for delays, injuries, or death or for the loss of or damage to, any property however occurring in relation to the Travel Scope (India) Private LTD "Jungian Encounter with the Sacred Ground of Vedas" February 6-18, 2026.

Signature.....

Date.....

Print Name.....

Signature.....

Date.....

Print Name.....

Participation Form

JUNGIAN ENCOUNTER WITH THE SACRED GROUND OF VEDAS February 6 - 18, 2026

Name 1 Please print your name as it appears on your passport

Name 2 Please print your name as it appears on your passport

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W/Cell) _____

Please circle one of the following choices:

Double/Twin room, rooming with

Single room

I would like a roommate, if not available, I agree to pay the additional charge of

I have read the "Responsibility" clause and agree to the terms therein and am returning the signed form along with my registration.

Enclosed is my deposit check for **\$2,000** per person

Final payment is due November 7, 2025

American Express, Visa or MasterCard are accepted for final payment

Check payable to: Mindful Journeys LLC

Return to: Mindful Journeys LLC

Regine Oesch-Aiyer

8 Copper Beech Lane

Great Barrington MA 01230

