

Following the Ganges Flow: Yoga Pilgrimage to India

Going with the Flow in India *by Erika Luna*

Welcome to the experience of India! My beloved India is such a vast and delicious land, full of incredible diversity at all levels. She is an open book of experiences ready to transform us deeply. She has in her streets: mountains, rivers and valleys, as well as a whole range of emotions and sensations to be experienced, which will change - for sure - any person's worldview! We cannot control her and we are better people for it.

While exploring this amazing piece of the world, it is useful to be open and ready for change, uncertainty, a bit of chaos here and there, as well as cows all over the place! ☺ In order to get the most out of this spiritual inner-adventure it is best to "travel light", not only physically but also mentally. This means leaving aside all expectations and demands that western society has planted in our minds. We must be clear that it is a totally different civilization, almost like a different universe with its unique ways of doing things and achieving results. India teaches us that there is a myriad of possibilities, all valid, all possible, and at the same time, all unbelievable!