



**THE TRUE
NORTH**

Your Guidance to Transcend and Transform



Program Details **Transformation Program 'From Chasing to Attracting'**

Venue : Dharamshala, Himachal Pradesh, India

Dates : 7th May – 3rd June, 2019

Check-in Date : 6th May, 2019 – Before 18:00 hrs.

Check-out Date : 4th June, 2019 – By 12:00 hrs.

Venue Details : Horizon Huts, Gallu Temple, TriundTrek Meeting Point, Dharamshala.

Expected Temperature :

The temperature during the day should be around 25-35 degree Celsius but by evening, midnight and early morning it goes minus. The weather during the day is a blend of sunshine and shower.

Travel Assistance :

Look below for Possible Routes and Map to arrive at the venue.

For travel assistance, you may contact the Program Coordinator

Mohit Champanerkar: Mobile: +91 82684 05555 - Email info@thetrueorth.in



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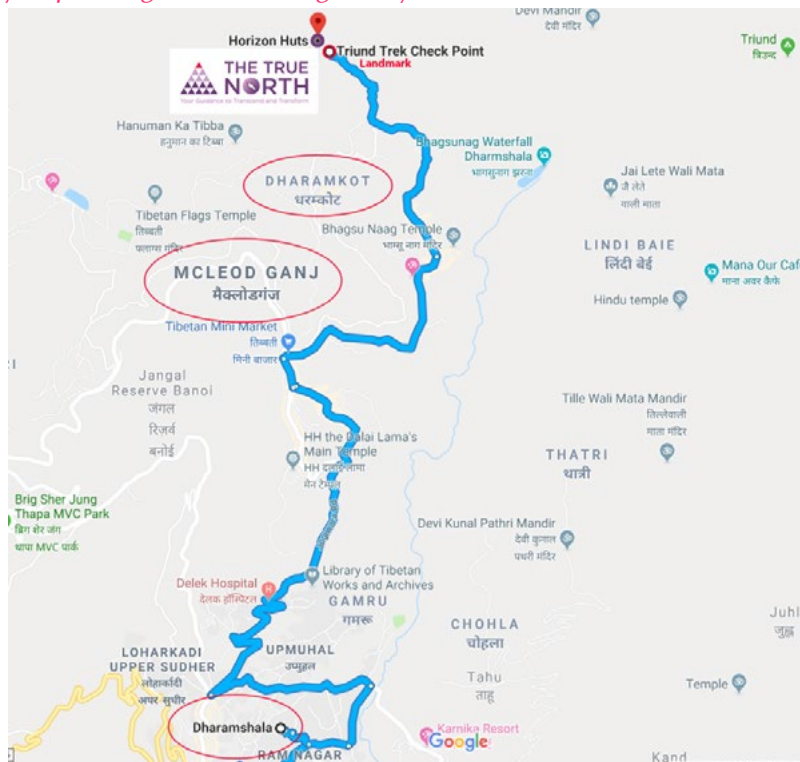
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How to Reach Program Venue					
Horizon Huts, Gallu Temple, Triund Trek Check Point, Dharamshala					
From	To	Mode of Transport	Distance	Approximate Time	Approximate Fare
Delhi (Airport or Railway station)	McLeodganj/ Dharamshala	Bus	480 KMs	10-11 Hours	INR 800 – 1,500/-
		Cab*		9 - 10 Hours	INR 8,000 – 11,000/-
Amritsar (Airport or Railway Station)		Bus	200 KMs	4 - 5 Hours	INR 600 – 1,000/-
		Cab*		4 - 4.5 Hours	INR 3,500 – 6,500/-
Chandigarh (Airport or Railway Station)		Bus	240 KMs	6 - 7 Hours	INR 700 – 1,200/-
		Cab*		5 - 5.5 Hours	INR 3,500 – 6,500/-
Pathankot (Airport or Railway Station)	Bus	90 KMs	3 Hours	INR 500 – 1,000/-	
	Cab*		2.5 - 3 Hours	INR 2,500 – 3200/-	
Kangra Airport (Dharamshala)	The True North Venue, Horizon Huts, Gallu Temple, Triund Trek Check Point	Only Cab*	20 KMs	1.5 – 2 Hours	INR 1,800/-
McLeodganj/ Dharamshala	The True North Venue, Horizon Huts, Gallu Temple, Triund Trek Check Point	Only Cab*	8-9 KMs	1 – 1.5 Hours	INR 800 – 1,000/-

Program Location – Possible Routes and Map

**Cab fare may vary depending on the car segment you choose.*



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Admission Formality

Admission shall be done on producing the following:-

- Reservation Confirmation Letter sent by The True North
- Valid personal identity proof like (original + 1 copy) – Either PAN Card / Aadhaar Card / Election Card / Driving License / Passport for Indian Participant.
- Foreigners / NRI / OCI / PIOS shall bring a photocopy of passport with visa entry and submit at the time of reporting as per Indian Immigration Act. This is mandatory, without which admission may be denied.
- Duly signed Declaration and Undertaking (draft as mentioned below).



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Declaration

I declare that I am physically, emotionally and mentally able to participate in the True North's 28 days Residential Transformation Program "From Chasing to Attracting".

I declare that I will keep the proceedings of this program CONFIDENTIAL.

I hereby declare that all information provided to The true north at the time of my application and submitted in the pre-program preparatory assignments is true to the best of my knowledge

Signature

Name of the Participant : _____

Date : 7th May to 3rd June

Place : Dharamshala



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Undertaking

I am participating in the True North's 28 days Residential Transformation Program "From Chasing to Attracting" at my own risk and at my own will and take full responsibility for my participation. I release "The True North" and all Instructors, organizers and assistant of this program from all damages whatsoever and waive rights to compensation of any injury. I agree to abide to all the program rules and regulations defined by The True North.

Signature

Name of the Participant : _____

Date : 7th May to 3rd June

Place : Dharamshala



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Checklist

The below checklist comprise of all the basic necessities. You are free to bring any other things as per your requirement but within the program guidelines/rules & regulations.

Clothing :

1. Comfortable Clothes
2. Woollens - Sweaters & Jackets, Shawls,

Accessories :

1. Yoga Mat
2. Hot Water Kettle
3. Water bottle
4. Torch
5. Face towels
6. Bathing towels
7. Umbrella
8. Backpack

Toiletries :

1. Dental Kit,
2. Shaving Kit,
3. Hand Sanitizer
4. Cold Crème,
5. Mosquito Repellent,
6. Bath soap,
7. Hand wash,
8. Toilet Roll,

Footwear :

1. Slippers
2. Walking/Trekking shoes– Socks



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Program Timetable

Time	Duration	Activity
7.00 – 8.00 am	60 Mins	Yoga and Meditation
8.00 – 8.30 am	30 Mins	Breakfast
8.30 – 12.00 Noon	210 Mins	Trainings, Group Session, Individual Assignments, One-on-one Sessions with Coaches, Healers, Trainers, Spiritual Mentors
12.00 – 12.45 pm	45 Mins	Lunch Break
12:45 – 3.30 pm	210 Mins	Rest, Personal Time/Assignments, Healings
3:30 – 3.45 pm	15 Mins	Tea Break
3:45 – 6.30 pm	165 Mins	Trainings, Group Session, Individual Assignments, One-on-one Sessions with Coaches, Healers, Trainers, Spiritual Mentors
6:30 – 7.00 pm	30 Mins	Dinner
7.00 – 8.00 pm	60 Mins	Circle of Sharing
8.00 – 10.00 pm	120 Mins	Assignments / Personal Time
10.00 pm		Lights out