



I AM HERE
17th JUNE
(WEDNESDAY)
Oaxaca

SOMETHING I HAD TO EAT / DRINK TODAY



→ PUEBLA → OAXACA
Chupitas (TINY TORTILLAS) with CORN & RED & GREEN SALSA



→ CHICKEN with **mole poblano**
(A RICH THICK SAUCE made with chocolate and 20+ other ingredients)



DINNER AT BIZNAGO: SALAD with **NOPALES** (FRIED CACTUS LEAFS), TOMATOES & FRESH CHEESE.



A LITTLE GIRL AT the BUS STATION...

SOMEONE I SAW OR TALKED TO TODAY



MEVE! PESITOS!
the **"ICE-CREAM" SELLER**

...with a **BALL-OON PRINCESS** ON A STICK.

SOMETHING THAT MADE ME SMILE TODAY

THE GERMAN TRANSLATION ON this sign at the BUS STATION.

Solo Personas con Boleros!



the **3D-JOGGING** "Go" sign IN the

SOMETHING I LEARNED / SAW TODAY



VESSEL in the shape of "HUMAN" AND ANIMALS



AN IDEA THAT HAD TODAY

SOME OF these pieces look so fresh & contemporary... GREAT SCULPTURES!



CREATE A **TRIANGULAR CHAIR**. IT WOULD NEVER Wobble and 4 CHAIRS WOULD FIT UNDER A TABLE.

OTHER THINGS THAT HAPPENED TODAY



WATCHED PIXAR'S **PLANES** on the 1 HOUR BUS RIDE to

A STRING WARRIOR



NON-AN CARRYING A VESSEL
A FACT ABOUT ME

I HAVEN'T SEEN MANY MOVIES. I ALWAYS



Sketchnotes

EINER WELTREISE





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EVA-LOTTA LAMM

Sketchnotes

EINER WELTREISE



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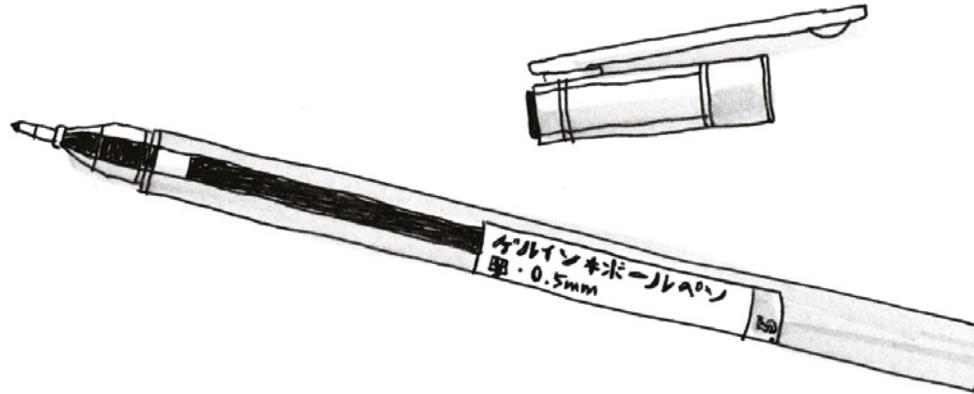
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LIEBE LESERIN, LIEBER LESER.

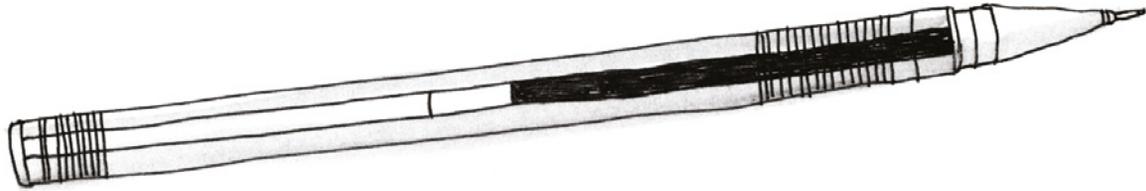


Eines schönen Herbstmorgens saß ich an meinem Schreibtisch im Büro und träumte von Urlaub ... und nicht nur von einer kleinen 2-Wochen-Auszeit, sondern von einer richtig langen Reise. Und plötzlich hatte ich diesen Gedanken im Kopf: »Warum nicht alles kündigen und ein ganzes Jahr lang auf Reisen gehen?« Am selben Abend erzählte ich meinem Freund Nathanael beim Essen von meiner Idee und er war direkt Feuer und Flamme!

Von da an begannen wir, unsere große Reise zu planen. Wir entschieden, in Indien zu beginnen und von dort aus immer weiter nach Osten zu reisen, bis wir schließlich wieder in Europa ankommen würden. Wir entwarfen eine grobe Route und buchten Flüge für die großen Etappen im Voraus. Unsere genaue Route in den einzelnen Ländern und Regionen ließen wir aber offen, um vor Ort zu entscheiden, worauf wir Lust hatten, je nachdem, wie uns das Land gefiel, und abhängig davon, welche Tipps wir von anderen Reisenden und Einheimischen erhielten.

Wir kündigten unsere Arbeitsstellen und unsere Wohnung in London und verkauften einen Großteil unserer Habseligkeiten. Die wenigen übrigen Kisten lagerten wir in der Garage der Mutter meines Freundes. Am 24. September 2014 stiegen wir dann ins Flugzeug nach Neu-Delhi und die Reise konnte endlich beginnen.

Vor Beginn der Reise hatte ich überlegt, wie ich die ganzen neuen Eindrücke während der 14 Monate sammeln und festhalten könnte, und hatte mich entschlossen, dies in Form von täglichen Sketchnotes zu tun. Sketchnotes sind visuelle Notizen, die Geschriebenes mit kleinen Zeichnungen verbinden und dabei helfen, sich an Dinge besser zu erinnern. Ich hatte schon seit mehreren Jahren Sketchnotes verwendet, um bei Vorträgen und Arbeitstreffen mitzuschreiben, und war gespannt, wie sich dieses Format für etwas so Persönliches wie ein Reisetagebuch eignen würde.



Im Vorfeld machte ich mir Gedanken, welche Art von Momenten und Erfahrungen ich unterwegs sammeln wollte, und entwarf ein einfaches Musterblatt, das 9 verschiedene Überschriften auf einer Doppelseite verteilt enthielt, die mir dabei helfen sollten, mich an die einzelnen Dinge zu erinnern, die den Tag über passiert waren. Dann ließ ich mir drei Tagebücher mit den Überschriften auf jeder Seite drucken.

Während unserer Reise verbrachte ich zwischen einer und zwei Stunden pro Tag damit, eine Tagebuchdoppelseite zu füllen – manchmal machte ich das abends vor dem Schlafengehen oder am nächsten Morgen beim Frühstück. Das Schreiben und Zeichnen wurde zu einem schönen Ritual, um all die Momente und neuen Erfahrungen, die ich den Tag über gesammelt hatte, zu reflektieren, zu ordnen und Revue passieren zu lassen. Und es machte mich aufmerksamer und neugieriger, da ich während des Tages bewusst 'Material' für mein Tagebuch sammelte.

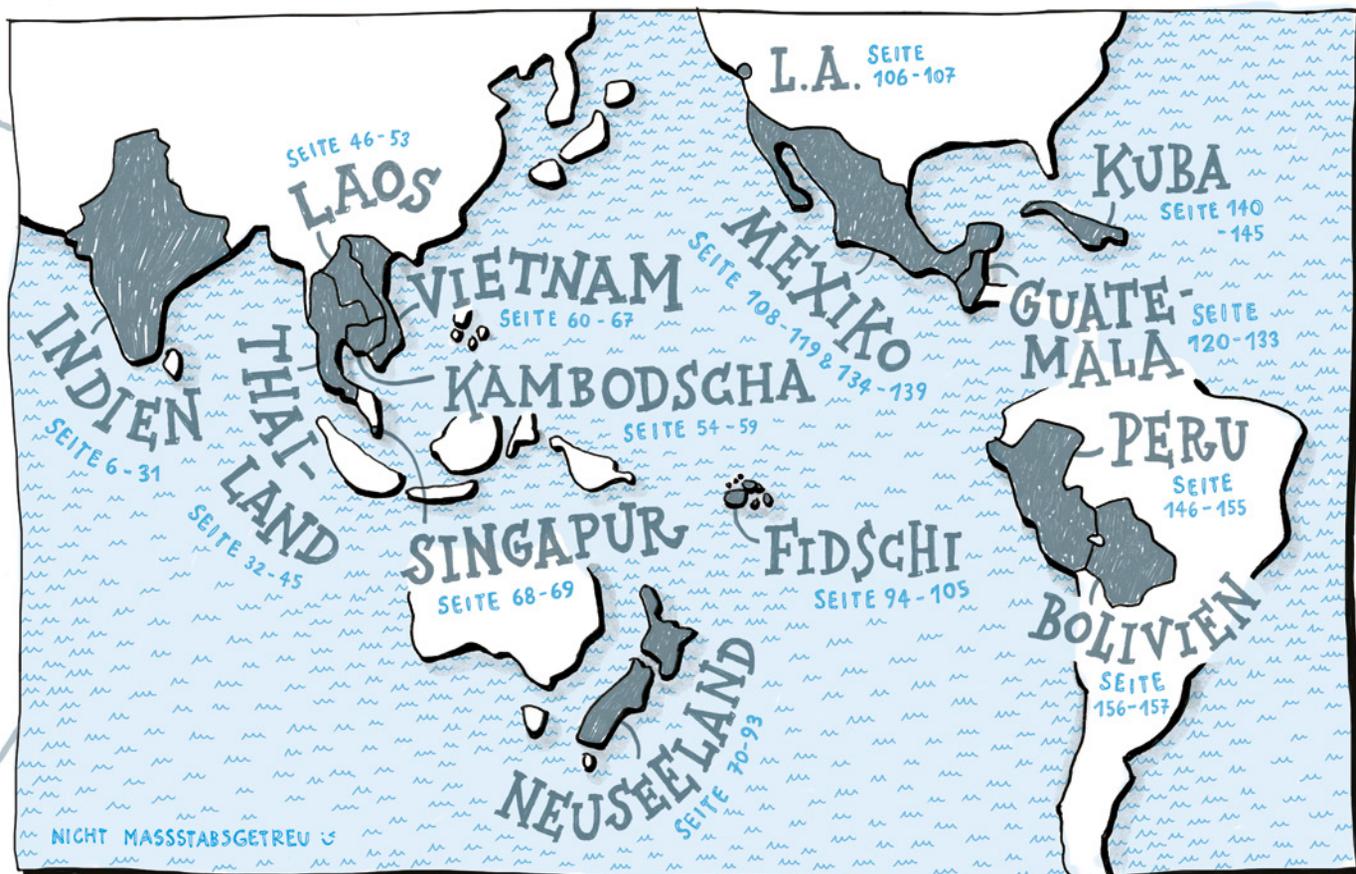
Das Buch, das du in den Händen hältst, ist eine Auswahl von 150 (von insgesamt über 300) Doppelseiten, die ich während der 14 Monate gezeichnet habe. Ich hoffe, die Geschichten darin nehmen dich mit auf eine interessante, lustige und manchmal auch sonderbare Reise um die Welt. Ich freue mich sehr, meine Erfahrungen mit dir zu teilen. Ich hoffe, ich kann dich ein bisschen zum Träumen verleiten, und vielleicht planst du ja auch schon bald deine eigene nächste Reise.

☺ evylotha





Unsere ROUTE um die WELT





TODAY IS...
THURSDAY
2ND OCT

I AM HERE
Kalpa

BUTTER

SOMETHING I HAD TO EAT/DRINK TODAY



LOCAL DISTILLED LIQUOR poured into your hand to drink (at the ceremony for the festival in town)

MUTTON MOMOS for lunch (+ skipped breakfast) at the little restaurant by the bus station

A bounna bought at the bazaar, munched sitting down in the apple orchard up the hill. Great little walk + view!

So so... sure we'll find some really nice one!



I AM SO GLAD TO MEET YOU!

the gentlemen from Kolkata with his whole family, being so OVERLY HAPPY to meet us. They even sat us down and took a video with us.

SOMETHING THAT MADE ME SMILE TODAY



WAKING UP into the orchard and sitting on a rock up there, watching the snow covered mountains and marveling how high they are.



SOMEONE I SAW OR TALKED TO TODAY

Playing with the little girl on the steps in the temple square while the ceremony was going on.



THE MOUNTAIN that looked like a blind-folded meditating monkey

SOMETHING I LEARNED TODAY

MUTTER = PEAS
BARF = ICE

AN IDEA/THOUGHT I HAD TODAY

men all wearing different colored belts.

THE BEST THING THAT HAPPENED TODAY

Stumbling upon the ceremony going on in Kalpa village.

If you isolated one of these big mountains and continued the sides all the way to the sea level, how wide would it be at the bottom? And how much area would it cover?

A FACT ABOUT ME

I LOVE the sound of PRAYER FLAGS flapping in the wind.
... AND the sound of the RIVER gushing
... AND the CRICKETS in the trees.

then the woman (lots)
sing + dancing in the town square terrace.

A little heart shaped pot hole in the road back to the guest house.

TODAY IS...
FRIDAY
3RD OCT
(HAPPY GERMAN
REUNIFICATION DAY!)

Thanks
ANIL
AND
PSSSST!

I AM HERE
Jibhi (DOLI GUESTHOUSE)
KALPA → REKONG PEO
→ RAMPUR → ANI → JELORI PASS
→ JIBHI (about 200km!)

the best place we
Stayed so far!

SOMETHING
I HAD TO
EAT/DRINK TODAY



MASALA
MUNCH
things that
Not bought in Ani.
the bags were almost
empty when we were
up on Jelori Pass
they basically taste like spicy
indian **MONSTER MUNCH**.



SOME WOMEN
WASHING
CLOTHES
AT A SPRING
NEXT TO THE
ROAD



SOME KIDS WALKING
DOWN THE ROAD
WITH A BASKET
FULL OF
**MASSIVE
PINECONES!**

SOMEONE I SAW
OR TALKED TO
TODAY

very tasty
welcome chai

Arriving at
**Doli
Guesthouse**

after
night FM, hearing
the gushing river
and having a
nice thali
in the cozy
garden under
a colourful
lantern



the very patient
GURU-Fly on the bathroom
wall in Kalpa. Ommmm.



AJAY going into
"NINJA-Mode" tying
his handkerchief as
a Bandana round his
head for the last few
kms going up
Jelori Pass.

SOMETHING
THAT MADE ME
SMILE TODAY



The eerie atmosphere
and reinforest smell when
going up JELORI PASS
around sunset time.
Thick forest + mist + slow
rough road.

SOMETHING
I LEARNED (NOTICES)
TODAY



Getting a
quick hole car
wash on the road by
Ajay pulling in where a fence
washed his truck and asked to
get a quick "shower" for the
car with a wave of the hand.

FIRST DUSSEHEE effigies
(to be burnt) up on the
town square in ANI.



the local kids
go through the
village in the
evening, playing
drums +
singing
for dussehra
festival.

AN IDEA/
THOUGHT
HAD TODAY



On a practical
level, it makes
a lot of sense
that in Indians
developed

Yoga

Gives you
strength for
all the walking,
carrying, moving...

flexibility
to fold + fit into
small spaces

the patience
and quiet
of mind to
deal with
all the hustle +
bustle!

THE BEST THING
THAT HAPPENED
TODAY



AJAY
AJAY'S MATE
ME
NAT

TEA in the
tiny dark
tea place on
Jelori Pass, just
as it got dark, sitting
round the fire with
Ajay, his friend and the
(old?) tea guy. Having
a special nice quiet moment
(and some nice chai and
biscuits)

JALORI PASS
HEIGHT 3135 Mtrs.
10281 FEET.

A FACT
ABOUT ME

I LOVE
watching
people



TODAY IS...
WEDNESDAY
8th OCT

I AM HERE
Old Manali

MANALI → ROHTANG PASS
→ MANALI

SOMETHING I HAD TO EAT / DRINK TODAY

BUS FOOD:

Crumbled Honey-Nut cake that Nat bought yesterday

LUNCH: Thali at 3390m in MARHI

SHOP N° 213 SNOWDRESS AVAILABLE

SOMETHING THAT MADE ME SMILE TODAY

LTG

the last few dates, I got from Nat's mum

orange cream biscuits

9.30H

HPDTC BUS TOUR to ROHTANG PASS today. We were the only westerners amongst Indian tourists.

The shops renting out snow overalls and rubber boots for

the tourists going up the PASS. they don't have names, just NUMBERS.

Half way up the pass, an army convoy in civilian trucks came down the opposite way, about 30 OR 40 TRUCKS, which meant almost 2nd standstill for 1 hour

Women picking apples in an orchard on the way down from ROHTANG LA.

while squeezing past the huge vehicles on the narrow road.

SOMEONE I SAW OR TALKED TO TODAY

Women picking apples in an orchard on the way down from ROHTANG LA.

SOMETHING I LEARNED TODAY



LA = PASS

(BEAS KUND IS ON ROHTANG LA)

KUND = SOURCE (OF 2 RIVER)



Indian tourists like Roasted corn cobs made on little coal pits on the pass.



MUNCH - MUNCH MUNCH

AN IDEA / THOUGHT I HAD TODAY

Another Reason why YOGA comes in handy in India: Engaging your BANDHAS is very useful on BUMPY BUS RIDES!



FIRST TUK-TUK RIDE (coming back from MANALI to OLD MANALI after the bus trip.

SOME THING THAT HAPPENED TODAY



HAVING A LITTLE DANCE on top of ROHTANG-LA. BOOM!

A FACT ABOUT ME

I WIN the e going without DIARRHOEA" CONTEST... NAT GOT IT FIRST!

TWO WEEKS DIARRHOEA FREE IN INDIA! ACHIEVEMENT UNLOCKED!

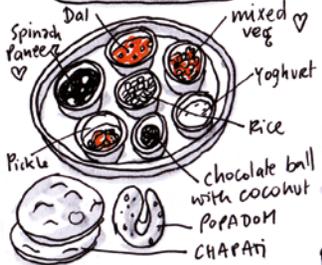
TODAY IS...
TUESDAY
14th OCT

I AM HERE
Rewalsar (LAKE)

MANALI → MANDI
→ REWALSAR

FIRST RIDE ON LOCAL BUS.

SOMETHING I HAD TO EAT/DRINK TODAY



AN EXTRA NICE VEG THAI @ KOMA COMMUNITY CAFE



SOMEONE I SAW OR TALKED TO TODAY

SOMETHING I NOTICED TODAY

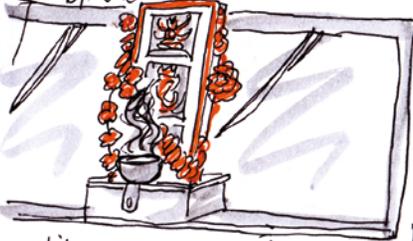


COWSTHIR PATTIES DRYING ON A STONE WALL BY THE ROAD



Rope on a shovel to help with shoveling heavy stuff. (ROAD WORKERS)

UMH... NO SPECIAL THOUGHTS TODAY
AN IDEA/THOUGHT I HAD TODAY



Little sheine in front of the bus to MANDI



Rope between front & BACK LEG preventing cloukey from walking away down the elevated place they stand on.

THINGS THAT HAPPENED TODAY



BUS CONDUCTOR
→ shouting out destination, gesturing and blowing his whistle to get busses moving...
THE PERSON TO ASK when trying to FIND the RIGHT BUS



MULTI-HOUR "DOG CONCERT" in the middle of the night...

A FACT ABOUT ME

I inherited the shape of my **FEET & TOES** FROM MY DAD AND I GOT ONCE COMPLIMENTED, that my **TOES** ARE VERY **EVENLY SPACED**.



two PUPPIES cuddling in front of the Art in Old Manali



GUY MAKING HIS PRAYER ROUNDS AROUND THE LAKE

SOMETHING THAT MADE ME SMILE TODAY

LITTLE BUDDHIST MONK PLAYING "MOTOR-CYCLE" with mother one on the way home to the monastery.



TRAFFIC WARDENS (also look a bit like CONDUCTOR PARK RANGERS)



"COZY INNERWEAR" ADVERTISING on the back of a bus in MANDI.

TODAY IS...
WEDNESDAY
15th OCT

I AM HERE

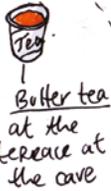
Rewalsar

REWALSAR → NAINA DEVI TEMPLE
NAINA DEVI → PADMASAM BHAVA
→ REWALSAR

SOMETHING I HAD TO EAT / DRINK TODAY



some "rest" nice coffee from branch Pen at KORA cafe



Butter tea at the terrace at the cave



Guy with bright orange hair (henna) walking up the hill



the buddhist monk at the cave who offered us tea.

SOMEONE I SAW OR TALKED TO TODAY

very tasty APPLE LASSI with a bit of cinnamon at the MIDWAY HOTEL.

which, by the way, also does internet, computer repairs, marriages, KITTY PARTIES (?) and your auntie's dishes.

THE **KUNG-FU HUTSLE** FILM ON TV.

SOMETHING THAT MADE ME SMILE TODAY

one of the weirdest



Films I've seen. **SMOKING KILLS** sign that comes on every time the fat body smokes on screen.

Sells

SOMETHING I LEARNED TODAY



TREE SAP TRAPS ON the pine trees along the road down from the cave
metal canister with holes to sprinkle liquid tar



putting down fresh branches of leaves onto finished patches

THE BEST THING THAT HAPPENED TODAY



VISITING PADMASAMBHAVA'S CAVE and taking the beautiful walk down the hills and by the upper lake afterwards. GREAT VIEWS!

TO THWART TO PREVENT

1 LAKH = 100,000 RUPEES



WORKERS TARRING the ROAD

AN IDEA / THOUGHT I HAD TODAY

I'D LIKE TO UNDERSTAND WHAT THIS **KABADDI** SPORT IS ABOUT



plastic bags 25 shoe protection

I MISS

walking hand in hand & arm in arm

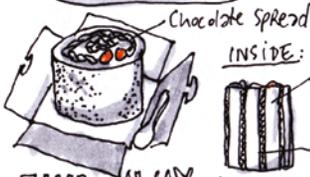
with NAT. or PUBLIC DISPLAY OF AFFECTION is NOT

really ok in this country. A bit sad. Men walk around arm in arm quite a bit and it's OK. I don't get the difference...

TODAY IS...
SATURDAY
18th OCT

I AM HERE
McLeod Ganj
(ABOVE DHARAMSHALA... HOME OF THE DALAI LAMA IN EXILE)

SOMETHING I HAD TO EAT / DRINK TODAY



Chocolate spread
INSIDE:
(TOO MUCH BORING) SPONGY CAKE
(NOT ENOUGH + NOT CHOCOLATEY ENOUGH) SUGAR CREAM
TAKE-AWAY Chocolate Cake THING from a stall on the main CHOWK.

(basically a swiss roll on its side)



TWO GERMAN BUDDHIST MONK LADIES having a chat on the terrace of the Italian Café.

SOMEONE I SAW OR TALKED TO TODAY



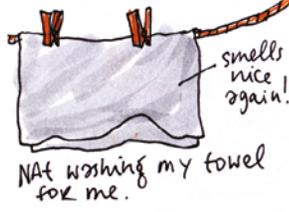
MONKS PRAYING on wooden boards at the DALAI LAMA temple

Sliding PADs this part all shiny from the sliding



FALLIN ASLEEP 222 IN NAT'S ARMS when we were talking on the bed after dinner. + OUR BEDDING:

SOMETHING THAT MADE ME SMILE TODAY



NAT washing my towel for me. smells nice again! MHHH!



SOMETHING I LEARNED / SAW TODAY

WE VISITED the Dalai Lama Temple

today, and it seems, that the BUDDHA is into sweet things as all the offerings in the temple were honey, cake, biscuits, juice, etc...



the two creatures on the TIBETAN FLAG are actually LIONS (not dragons) and are the same one we have seen on the buddhist temples in REWAIKAR.

AN IDEA / THOUGHT I HAD TODAY

WHAT is more important? the experience of the DANCER dancing or the AUDIENCE watching?

WEIRDEST THE ~~THE~~ THING THAT HAPPENED TODAY



WE WENT TO SEE A SHOW OF A Tibetan Performer

the Grand Finale: the guy PERFORMING a self immolation with a roll of toilet paper. The whole show was quite BIZARRE but also quite touching as the guy was really sincere + sweet

DOING SONGS and DANCES. The show got weirder as it went on, with the guy picking up audience members and swirling them around.

A FACT ABOUT ME

AND ALSO: NAT joined me for YOGA today, looking forward to doing more of that together :)

i had a short MOMENT of complete BALANCE & STILLNESS IN TREE POSE today :)

Bliss!



TODAY IS...
SUNDAY
19th OCT

I AM HERE McLeod Ganj

MCLEOD → DHARAMKOT
→ BAGHSU → MCLEOD GANJ

SOMETHING I HAD TO EAT / DRINK TODAY



Bollywood Banker:
"KA HUNGER SOLUTION!"
→ it's OK, but Masala Munch is still better! :)



Monks having a bath in the River pools below Baghsu waterfall. Also washing their ROBES and let them dry on the HUGE BOULDERS

TWO BUDDHIST MONKS at the tea stall. this one wanted his picture taken with NAT.



SOMEONE I SAW OR TALKED TO TODAY
MONK recording his chanting with his iPad at the tea stall next to the river

SOMETHING THAT MADE ME SMILE TODAY

little RAINBOW

where the water fall hit the rock pond.



LOTS OF TINY BROWN & BLACK BIRDS, perfectly camouflaged on the earthy stoney ground on the way down from the WATERFALL.

SOMETHING I LEARNED TODAY
Learnt about the history and extent of the **TIBETAN CRISIS** at the **TIBET MUSEUM** at the DALAI LAMA temple complex



TIBET is about **2/3** OF THE SIZE OF **INDIA!!**

(Somehow, I didn't resize it was that big!)

4 RELIGIONS = ONE GOD

THE THINGS THAT HAPPENED TODAY



visited **MATA-TEMPLE** in BAGHSU. FULL CONCRETE, FULL COLOUR DISNEYLAND STYLE experience.

Entering the holy cave through the **MOUTH** OF a **LION**, COMING OUT OF a **CROCODILE!**



BOUGHT a PAIR OF **BAGGY PANTS** for 300 RUPEES (actually, 275 after haggling)



WATCHED **LITTLE BUDDHA** at the MUSEUM ("Documentary") and Learnt about **Siddhartha** and how he became **Buddha**

A [REDACTED] THOUGHT I HAD TODAY

A COUNTRY BASED ON THE PRINCIPLE OF **PEACE & NON-VIOLENCE** IS A PLACE I'D WANT TO LIVE.

(I hope **TIBET** will be free one day)



I like you, PUTEK, but I haven't really missed you so far...



A FACT ABOUT ME

I HAVE **NOT** turned on my computer since we left LONDON.

(I actually thought, I had lost my charger, but I found it again last week...)

TODAY IS...
MONDAY
20th OCT

I AM HERE

McLeod Ganj



MCLEODGANJ
→ DHARAMKOT → GALU DEVI TEMPLE
→ TRIUND → MCLEODGANJ

SOMETHING I HAD TO EAT / DRINK TODAY



EARLY BREAKFAST:

TSAMPA

(Tibetan porridge)

with bananas. It's not so nice or oat porridge. It's made from a flour and not rolled grains, so it's more like a **THICK SWEET SOUP**.

DINNER @ the DM HOTEL:

PIZZA!

which was nice, but in serious LACK OF SEASONING...



→ SOME KETCHUP AND SALT TO THE RESCUE.

SOMETHING THAT MADE ME SMILE TODAY

OUR little companion from DHARAMKOT to the GALU DEVI temple.
- lovely little chp.



TREKKING BREAK TEAS:

- 1 AT GALU DEVI TEMPLE (after 1h40mins)
- 2 AT "MAGIC VIEW" CHAI STALL (about 2/3s up)
- 3 AT A CHAI SHACK AT TRIUND (after the clouds had pulled in.)

SOMEONE I SAW OR TALKED TO TODAY



FANCY SIKH BOYS

ASKING FOR A PHOTO (even when NAR was not around)
We see getting asked for photos with Indian tourists all the time. Usually on the weekend when they are all wearing their fanciest outfit (and those sunglasses between makes to each look cool in the photo.)

SOMETHING I LEARNED TODAY

The early Trekker catches the Views!

When we arrived at the meadow (at around 12:30), we still had sunshine and some views with the clouds rushing up the hill from the valley. When we left on home (later, the whole place was in a thick cloud.



AN IDEA / THOUGHT I HAD TODAY



MAKE A LOCKABLE DRAWSTRING BUCKLE for trekking backpacks

SAW SOME PRETTY BIG EAGLES CIRCLING on the way up.



could be a special strong cord with metal wire in it, but not necessary.

THE BEST THING THAT HAPPENED TODAY



WALKING. BEING OUTSIDE. TAKING IN THE VIEWS. DANGLING THE FEET FROM THE ROCKS AT THE MEADOW. THE BIG BOULDERS. THE GREENNESS OF THE GRASS AND THE SNOOZING COW. LOVELY DAY!

A FACT ABOUT ME



IF I had to choose one type of landscape to spend the rest of my life in, it would be **THE WOODS!**

TODAY IS...
Diwali
23RD OCT

I AM HERE
Rishikesh

SOMETHING I HAD TO EAT/DRINK TODAY



DUM ALOO KASHMIRI

Filled potatoes in a creamy tomato sauce
GARLIC NAN

Some things we didn't have but asked about on the menu:

THUKPA: Tibetan NOODLE SOUP with thin noodles

TIMO: Fluffy Tibetan bread (actually had that @ Tibetan kitchen in Mcleod.)

NAVRATNA: Indian dish with 9 different vegetables.



CHOCOLATE + MASALA CARROT CAKE CHAI on the other side of Laxman Jhula with views of the River. →

ILYA FROM RUSSIA

slipping me a little note saying: "YOUR NOTES ARE ONE-SOME"



SOMETHING THAT MADE ME SMILE TODAY

after seeing me sketch from the table next to us. Turns out he's a UX designer as well (and looks a tiny bit like THORSTEN REHBERG).



FEEDING & PLAYING ON A ROOFTOP



2nd PERSON I SAW JOGGING in India. First one was in the nature park in MANALI.

SOMEONE I SAW OR TALKED TO TODAY



WANT TO HAVE ONE OF MY DRAWINGS... AND BUY ME A BOMB FOR that!

meaning as some Diwali FIREWORKS



GUY with a LADDER ON A MOTORBIKE.

SOMETHING I LEARNED/SAW TODAY



LITTLE DIWALI CANDLES in front of SHOPS and in ENTRANCES.



TRAFFIC ON RAM JHULA

LOTS OF CARTS SELLING DIWALI GARLANDS MADE FROM MARI GOLDS.



FIREWORKS & FIRECRACKERS GOING OFF ALL NIGHT! it's like a war zone!

AN IDEA/THOUGHT I HAD TODAY

FOOD IS SLOW HERE... BUT that's because it is MADE

Fresh WHEN YOU ORDER.



THE BEST THING THAT HAPPENED TODAY

the day already started lovely with a little chai on the way to YOGA. Then

a fantastic **Yoga** class with Gurinder, who is a lovely, calm, gentle person, who gives great subtle corrections and oozes calm positivity.



I AM A HUMAN

A FACT ABOUT ME

The saurus



...To IDEATE... to BRAINSTORM... to HYPOTHESIZE... YOU CAN CALL ME **Thesti!**

then yummy breakfast at OASIS CAFE, a (27) afternoon and nice long dinner at LITTLE BUDDHA. NICE! :)

TODAY IS...
SATURDAY
25th OCT

I AM HERE

Rishikesh

SOMETHING I HAD TO EAT / DRINK TODAY

FRESH BUTTER COOKIES FROM A CART BY THE ROAD. (5 ₹ a piece)
(Shared two with some guys from a store near our hotel who asked what I bought...)

BIG BELLYED BABA READING the NEWSPAPER at the CHAI SHOP before YOGA.

HOLDING a LITTLE INDIAN BOY in best WEEKEND STRIKE for yet another FOTO...

WEIRD PINK PAINTED FAT BUDDHA guy sitting in ENTRANCE of RESTAURANTS in RAM JHULA AS ADVERTISING

SOMEONE I SAW OR TALKED TO TODAY

POO-MAN made from Cow-dung in front of a house near RAM JHULA.

ribbons
Cotton balls
oil lamp
PAPPADS

LITTLE GIRL on one of the STONE BENCHES FIRING UP A TIN OVEN (probably FOR TOASTING POPPADOMS)

CAT + DOG snoozing side by side at PYRAMID cafe in the afternoon when I went up there to refill the water bottles (for 5 ₹ each)

SOMETHING I LEARNED TODAY

IF YOU WANT TO SEND A **BIG PARCEL** TO EUROPE, YOU NEED A **PHOTOCOPY** OF YOUR **PASSPORT**.

PRESS DOWN the FOOT + SHIN to...

... **REMOVE** PRESSURE FROM the **KNEE** in the LOW LUNGE.

THOUGHTS FROM YOGA TODAY

How to **STOP GOVS** FROM **LOUNGING** in front of your **SHOP**...

Stress: HARD WORK & no RELAXATION

Yoga: HARD WORK WITH RELAXATION

Breath is the CONNECTION BETWEEN **Body & Mind**

SHIVA SHAKTI (CAN'T BE SEEN) (MANIFESTATION OF SHIVA)

the **CENTER** is the **MOST IMPORTANT POINT** IN A **CIRCLE**, BUT WE CAN'T SEE it.

we try to Relax + focus to get to OUR center.

The guy with the **MASSIV DOT** on his forehead (who owns the shop next to our hotel) chatting me up when I got back from the Post office

A FACT ABOUT ME

I LOVE **OVERHEARING** RANDOM PEOPLE'S **CONVERSATIONS** IN A CAFE. ENTERTAINING & RELAXING.