

## YOGA & MEDITATION

9 NIGHTS – 11 DAYS

Rejuvenate yourself, the most effective way, just as our saints and Sadhus have been doing for centuries. India is known as the country where Yoga & Meditation are a way of life. India, though taking impressive strides towards urbanization and industrialization, still has locales where the concepts of Yoga & Meditation are an integral part of human life. We will take you to the vicinity of Rishikesh, where luxury is blended with natural beauty and everything is in tune with nature.



### DAY BY DAY ITINERARY

#### **Day 01 Arrive Delhi:**

On arrival you will be met by our representative and transferred to hotel, where we will be holding the rooms on ready occupancy basis. Overnight at hotel.

#### **Day 02 Delhi:**

In the morning take a city tour covering Laxmi Narayan Temple - The Place of Gods, India Gate - The memorial of martyrs, Parliament House - The Government headquarters. In the afternoon take a city tour of Old Delhi covering Jama Masjid - The largest mosque in Asia, Red Fort - The red stone magic, Gandhi memorial - The memoir of father of the nation. Overnight at hotel. **(B)**

**Day 03 Delhi - Agra (04 hrs min. drive)**

After breakfast check out and drive to Agra. On arrival in Agra by afternoon proceed on half day sightseeing tour of Agra. Places to visit are Agra Fort, a visit to the fort in 'Agra' is must since so many of the events which lead to the construction of the Taj took place here, visit Itamadaullah - baby Taj Mahal.

Overnight in Agra. **(B)**



**Day 04 Agra - Delhi (04 hrs Min. drive)**

Sunrise visit Taj Mahal – a poem written in white marble, the most extravagant monument ever built for love. After the visit return to your hotel for Breakfast. After breakfast check out and drive to Delhi. On arrival check into hotel and overnight.

**Day 05 Delhi – Haridwar (Train) – Rishikesh**

Morning transfer to station to catch Shatabdi Express to Haridwar. On arrival transfer to hotel. Afternoon city tour followed by grand viewing of Ashrams, some of which are internationally recognized as Centre of Philosophical studies, Yoga and Meditation. Arrive and check in into one of the Ashram. Afternoon is to be spent on briefing of day routine. **(B, D)**

**Day 06 & Day 07 - Rishikesh (Ashram):**

**A Typical day at Ashram**

- 05.30 A.M. to 06.30 A.M. Meditation classes
- 07.00 A.M. to 08.00 A.M. Yoga class
- 08.15 A.M. Breakfast
- 12.00 Noon. Lunch
- 15.00 A.M. to 15.45 A.M. Lecture
- 16.00 P.M. Tea
- 16.30 P.M. to 19.00 P.M. Yoga & Meditation Classes
- 19.30 P.M. Dinner

Overnight at Ashram. **(B, L, D)**

**Day 08 - Rishikesh – Haridwar - Rishikesh(Ashram):**

- 05.30 A.M. to 06.30 A.M. Meditation classes
- 07.00 A.M. to 08.00 A.M. Yoga class
- 08.15 A.M. Breakfast
- 12.00 Noon. Lunch

After Lunch we drive to Haridwar for sightseeing and evening Aarti. Return back to Rishikesh for overnight. **(B, L, D)**



**Day 09 - Rishikesh (Rafting trip)**

Early morning after yoga and meditation session, drive to Byasi / Kaudiyala to start the rafting up to Shivpuri. Arrive Byasi briefing on safety, raft maneuvering, team spirit development etc. Today we exercise teamwork and hit the most exciting rapids on Ganges. After the rafting we return back to ashram for lunch.



Return back to Ashram for overnight. **(B, L, D)**

**Day 10 - Rishikesh – Delhi (06 hrs min. drive) and Departure**

After breakfast check out and drive to Delhi. On arrival straight transfer to IGI airport to board your onward flight journey. **(B)**

**END OF SERVICES.**

**HOTELS ENVISAGED AS UNDER OR SIMILAR:**

CITY	HOTELS	Website	Meal Plan	NIGHTS
Delhi	Royal Plaza	<a href="http://www.hoteltheroyalplaza.com">www.hoteltheroyalplaza.com</a>	Breakfast	02
Agra	Clark Shiraz	<a href="http://www.hotelclarksshiraz.com">www.hotelclarksshiraz.com</a>	Breakfast	01
Delhi	Royal Plaza	<a href="http://www.hoteltheroyalplaza.com">www.hoteltheroyalplaza.com</a>	Breakfast	01
Rishikesh	Ashram - basic accommodation	N/A	Full-Board	05

**Our cost includes the following services: -**

- Accommodation in hotels mentioned above or similar on bed & breakfast basis.
- Accommodation in Rishikesh in Ashram on full-board basis.
- Airport transfers with staff assistance.
- Garlanding on arrival at Delhi airport.
- Air-conditioned transport - AC Tata Indigo / Dzire / Etios.
- Services of Local English Speaking Guide during sightseeing in Delhi, Agra & Rishikesh during sightseeing.
- Rickshaw ride in Old Delhi in Chandni Chowk market.
- Rafting trip on river Ganges in Rishikesh.
- Yoga sessions in Rishikesh.
- Haridwar excursion from Rishikesh.
- Train fare for Delhi – Haridwar sector in AC Chair car.
- All currently applicable taxes.

**Our cost does not include the following services: -**

- Travel Insurance.
- Any entrance fee to the monuments.

- Expenses of personal nature such as drinks, telephone, laundry bills etc.
- Tips and porter charges.
- Any additional expenses incurred due to any flight delay or cancellation, weather conditions, political closures, technical faults etc.
- Any other service/s not specified above.

#### **NOTES**

- *Only Vegetarian basic meals are served in the ashram.*
- *Guests are required to dress modestly and soberly, in a way that shows respect for the tradition of ashram life. The Ashram request that no shorts, sleeveless shirts, or other revealing clothing are worn.*
- *It is prohibited to use playing cards, radios, or TVs.*
- *The following are strictly prohibited: smoking, drinking intoxicants, using drugs, eating egg or other non-vegetarian foods, playing cards, watching television, playing radios/cassette players loudly. The Ashram also recommends that you refrain from eating onions and garlic.*
- ***A PARTIR DE 1925,00 Euros.***