



Yoga and Meditation - 12 Days

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| Duration : | 11Nights/ 12Days |
| Price : | Price on request |
| Destination : | Delhi – Haridwar – Rishikesh – Shivpuri - Delhi |
| Region : | North India |
| Validity : | 15 April 2008 to 31 September 2008 |

Day 01 : Arrival Delhi

Arrive Delhi. Pick up and transfer to Hotel. 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. Also enjoy the sound & light show in the evening. Overnight at hotel.

Day 03 : Delhi - Rishikesh

After breakfast , drive to Rishikesh, 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. An international yoga week is being organized here every year by Uttaranchal Tourism between 02nd and 07th February. A few of the ashrams in and around Rishikesh are.

Muni Ki Reti Mahesh Yogi Ashram
 Parmarth Niketan Shankracharya nagar
 Swarg Ashram Parmarth Niketan
 Ved Niketan Yoga Study Center
 Shanti Kunj Maa Anand Mai ashram

Arrive and check in into one of the Ashram. Afternoon is to be spent on briefing of day routine

Day 04 to 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

Day 08 : Rishikesh - Shivpuri

Morning drive to Shivpuri, arrive & check in Nature camp resort. After a welcome drink & acclimatization briefing about the whole schedule. Later in afternoon jungle walk in the reserve forest around the Nature Camp Resort. Campfire followed by dinner & overnight stay.

Day 09 : Shivpuri

Early morning wake up for a Yoga class followed by relaxation of body & mind. After yogic breakfast 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. Lunch at nature camp resort. Free time for own activities. Evening meditation and relaxation followed by campfire & dinner at camp.

Day 10 : Shivpuri

Early morning wake up for one and half hour drive to Hindolakhil, arrive and start trek to Kunjapuri. The one hour trek goes through thick forest till we reach the top i.e Kunjapuri. After exploring the area for some time join the class for Asanas, relaxation & meditation. Witness the sunrise on Greater Himalayan peaks and afterwards trace your steps back

to Nature camp resort. Free time for own activities. After lunch drive to Chilla for a wildlife Safari. Arrive Chilla, briefing on jungle discipline, animal behavior & low impact eco friendly outdoors. Drive back to Nature camp resort for Dinner & night halt.

Day 11 : Shivpuri - Delhi

Early morning advance yoga class with question answer session helping in assessment of change in personality during the course. After breakfast we raft down from the Shivpuri to Rishikesh assessing leadership qualities, team spirit and training for rescue. Lunch at Brahampuri, after lunch drive to Delhi On arrival check in into hotel. Overnight at hotel.

Day 12 : Delhi – Departure

Transfer to International Airport or Railway Station for onward journey.



Hotels

| City | Budget Hotel | Mid Level Hotel | Luxury Hotel |
|---------------------|--|----------------------|----------------------|
| Delhi | <u>Garden View</u> | <u>Clark Heights</u> | <u>The Connaught</u> |
| Rishikesh | <u>Yoga Ashram</u> | | |
| Shivpuri | <u>Nature Camp</u> | | |
| Total Price | Price on request at the time of booking | | |
| Extra Person | | | |



Package Includes

- ⌘ Accommodation in well appointed rooms on twin sharing basis on the above mentioned hotels.
- ⌘ Daily breakfast in all hotels. All meals at yoga ashram.
- ⌘ Transportation and sightseeing as per itinerary by A/c Indica, Including all toll tax, parking charges and driver charges.

Note:

Incase you want to customize this above Itinerary either by Bus or Train.
Contact us.

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