

Yoga & Meditation Journey – 12 Days

Delhi – Rishikesh – Shivpuri – Agra

Yoga & India

Yoga is a physical, mental and spiritual practice or discipline, which originated in ancient India.

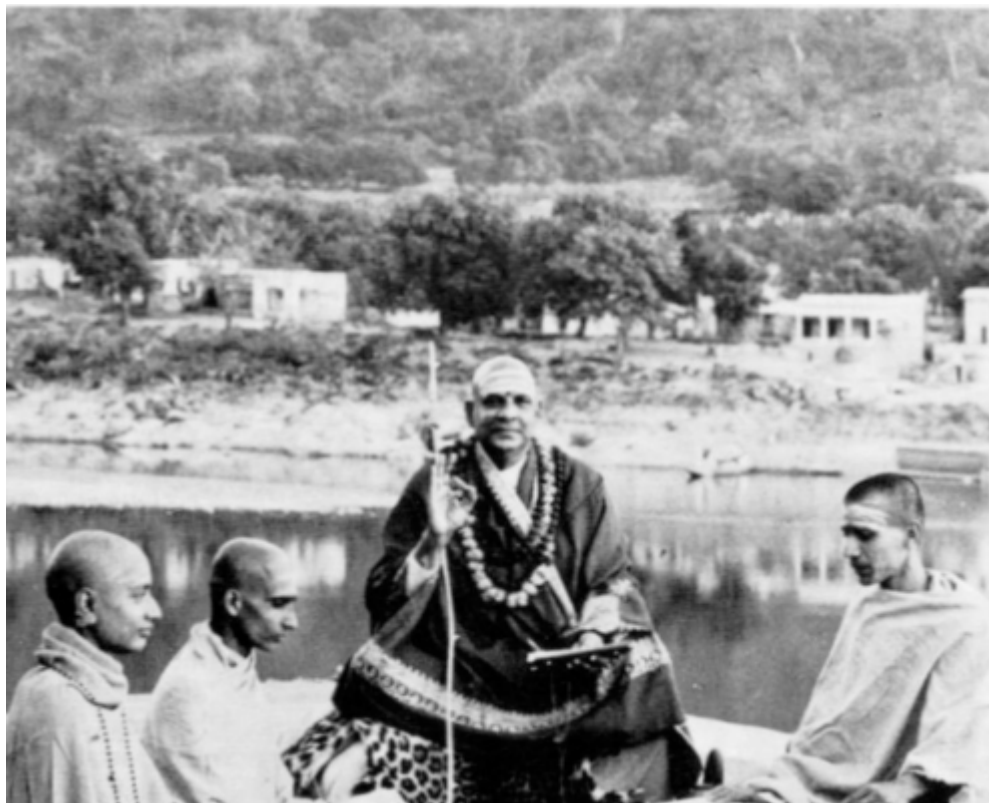
The origins of yoga date back to pre-Vedic Indian traditions, in the 5th & 6th centuries B.C, in ancient India's ascetic movements. The Yoga Sutras of Patanjali, date from the 1st millennium C.E. Yoga gurus from India, later introduced yoga to the west, following the success of Swami Vivekananda journey to USA in the early 19th century.

Yoga in Indian traditions, is more than physical exercise, it has a more a deep meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, and is closely related to Hindu philosophy...

About the Journey

This tour is specially designed to provide you the benefits of mental, physical and spiritual health wellbeing, as you learn about the way of yoga in India. A true way to align you on the path of wellbeing. We shall visit the holy cities of Haridwar, Rishikesh and Shivpuri, where the flow of holy water cleanses the mind and soul. Starting in new Delhi the trip takes us to the mighty Indian Himalaya, where we shall be staying amongst nature in beautiful Himalayan resorts We shall enjoy a daily programmes of yoga, meditation on our journey inclusive of extras such as Ayurvedic massage, nature walks, and Ganges River rafting.

This journey is an opportunity to expand your knowledge & awareness of yoga in the most spiritually awaken country on Earth India....



Daily Itinerary

Day 1 Arrival Delhi

- On arrival in Delhi, private taxi pickup and transfer to hotel
- Evening supper is provided whilst you chat and get to know your fellow yogi travellers

Day 2 Delhi

- Sunrise Yoga & meditation class on rooftop followed by breakfast
- Tour briefing and preparation for our upcoming journey
- Depart to visit the beautiful Lotus Temple and experience a 30min guided meditation in this beautiful building
- After lunch additional local sighting such as Laxmi Narayan Temple, India Gate and a visit to Shri Aurobindo Ashram

Day 3 Delhi – Haridwar – Rishikesh

- Early breakfast /check out and depart to New Delhi railway for a scenic journey to Haridwar enroute to Rishikesh
- On arrival transfer to the Resort overlooking the Ganges River
- After lunch, local city tour visiting sites around Rishikesh
- Evening Arti satsang on the Ganges

Days 4 – 7 Rishikesh – Yoga Programme

A typical day schedule which is as follows:

5.30am to 6.30am	Meditation classes
7.00am to 8.00am	Yoga & meditation classes
8.15am	Breakfast
12.00 Noon	Lunch
15.00am to 15.45pm	Lecture
16.00pm	Tea Break
16.30pm to 19.00pm	Yoga & meditation class
19.30pm	Dinner (vegetarian)

Day 8 Shivpuri

- After breakfast depart for the nature reserve of Shivpuri
- Arrive and check into this beautiful resort overlooking the Ganges River
- Afternoon lunch and relax with a message
- Sunset Yoga | Meditation class | satsang

Day 9 Shivpuri

- Sunrise yoga & Meditation class
- Enjoy relaxing day of yoga, massages, general chilling out

Day 10 Shivpuri | Rishikesh

- Sunrise yoga & Meditation class
- After breakfast experience rafting from Shivpuri to Rishikesh
- Transfer to Dewa Resort, dinner hotel and relax

Day 11 Rishikesh

- Check into Dewa, enjoy an afternoon relaxing with an Ayurvedic massage or time around the pool and organic cafe
- Sunset yoga & meditation class
- Special final group dinner at hotel

Day 12 Delhi

- Checkout of hotel and depart at approx. 07:30am for drive back to Delhi
- Arrive Delhi hotel. Relax and dinner and local shopping in market

Day 13 Agra |Taj Mahal

- Early departure on train/drive to Agra
- Arrive taxi pickup and transfer to visit Taj Mahal and Agra Fort

- Dinner and evening train transfer back to Delhi

Day 14 Delhi | Fly back to Australia

- After breakfast checkout of hotel and group transfer back to Delhi or Delhi to airport. dependent on flight itinerary

Package Tour Price

From \$3,295 per person (twin share)

Tour Includes:

- All transport in local vehicles/buses, including airport transfers
- All hotels with breakfast included
- 2 Meals per day – breakfast + 1 main vegetarian meal per day
- Foreign currency exchange done by Tour Director on arrival in Delhi
- All bottled mineral water provided at meals times and whilst travelling in vehicle
- Local Tour Director in Australia – pre-trip planning, payments, marketing & bookings
- Local Indian Tour Director – fully escorted
- Local Indian Yoga teacher in Rishikesh
- All sightseeing excursions with Tour Director and/or local guides

Tour excludes:

- International Airline tickets – to be quoted
- Comprehensive Travel insurance (compulsory) Tiwari provides 25% off Aussie Travel Cover
- Indian tourist visa
- Any shopping or items of personal nature
- Any meals food or drinks outside included meals as per itinerary
- Entrance fees to sightseeing
- Tipping to local staff and drivers
- Any costs associated with changing of the itinerary, such as cancelling hotels and re-booking

Package Tour Price – From \$3,295 per person

Tiwari Travel

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[Contact Us NOW](#)

Marketing Assistance

- All marketing material will be arranged and paid for by Yoga School/teacher e.g. Flyers
- Tiwari assists with promotion & marketing off all tour, including advice and promotion through our database and websites

Tour Bookings

- Online tour bookings are available on the Tiwari website (retail only)
- Minimum 8 pax required to commence tours
- A non-refundable 30% tour deposit is required for bookings
- Approx. 2 months before departure final tour balance due

Group International Flights – Booked by Tiwari Travel

Discounted Travel insurance (compulsory) – Booked by Tiwari Travel

Local Indian & Sri Lanka Yoga teachers

Local Indian teachers are great opportunity for the group to experience local Indian teaching styles

- Will be provided in Rishikesh & Varanasi for most of yoga classes as per the itinerary
- This is to work alongside Australian Yoga teacher