

Yogic Pilgrimage Journey – 14 Days Kolkata – Varanasi – Rishikesh – Delhi – 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 Yogic Journey

This unique journey begins in Kolkata, known as the City of Joy and the capital of West Bengal. We travel from East to West, overland through the most famous Buddhist pilgrimage sites in the world, i.e. Bodhgaya, where Buddha reached enlightenment under the Bodhi Tree in 2500BC.

This tour is for people with a love of yoga and travel and a desire to explore some of the best spiritual sites in North India. Daily yoga and meditation, sightseeing transport and meals are included. A truly amazing journey.

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



Tour Itinerary

Day 1 – Arrive Kolkata – Days of the British Raj

- Group arrival from Australia at Kolkata International airport
- Tour leader to meet and greet and transfer group to hotel
- Evening supper and get to know your fellow travellers

Day 2 – Kolkata

- Morning yoga/meditation class followed by breakfast
- Orientation and trip preparation meeting with tour leader
- Afternoon sightseeing of Kolkata, including Mother Theresa Memorial, and Orphanage, Queen Victoria Memorial, Indian museum and Sunder St, Markets
- Evening meditation | yoga, dinner at local restaurant

Stay 2 nights Kolkata

Day 3 – Bodhgaya – Buddhism

- Depart after breakfast, to Bodhgaya (approx. 4-5hrs) the spiritual heartland of Buddhism, where Buddha reached enlightenment under the Bodhi tree 2500 years ago
- Arrive check into hotel, relax, evening yoga/meditation
- Evening visit Mahabodhi Temple light show

Stay 1 night in Bodhgaya

Day 4 – Varanasi – The Holy Hindu City

- Depart early for drive to Varanasi, (approx. 5 hrs) the spiritual heartland of Indian Hinduism & Yoga. Arrive by lunch. Check into hotel. Afternoon rest
- Sunset yoga & meditation class overlooking the Ganges River

Day 5 – Varanasi

- Sunrise yoga & meditation class and/or visit to Vishvananth Hindu “Golden Temple”.
- This is a very special experience, usually only devout Hindus are allowed to enter this temple, which houses the worlds oldest ‘Shiva lingam’
- Rest of day local sightseeing tour in/around Varanasi
- Sunset boat ride to witness Hindu Arti ceremony on Ganges
- Dinner at hotel or local restaurant

Day 6 – Varanasi

- Sunrise yoga and meditation | Visit Vishvananth Golden Temple
- Breakfast at hotel
- Rest of day local sightseeing excursion to Sarnath, where Buddha first preached the 4 Noble Truths to his disciples in the 5th Century B.C.
- Dinner at hotel or local restaurant

Stay 3 nights in Varanasi – 4* Hotel

Day 7 – Rishikesh – The Yoga Capital of North India

- Transfer to airport for flight from Varanasi to Dehradun via Delhi and transfer to Rishikesh
- Check into Resort, afternoon relax by pool and organic cafe
- Sunset yoga and meditation, dinner at resort.

Day 8 – 11 – Rishikesh – Yoga Retreat

- Commence Yoga Retreat daily programme (4 nights)

Example Yogic Programme – Rishikesh & Varanasi (can be adjusted)

- Morning & evening Yoga Classes daily (06:00am to 08:00am) & (5:30pm – 7:00pm)
- Traditional Ayurvedic Massage, acupuncture, healing sessions
- Satsang and Arti Fire ceremonies in evening
- Food /Cooking classes

5 nights in Rishikesh

Day 12 – Delhi

- Checkout of hotel and depart early 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 (approx. 3 hours)
- Arrive taxi pickup and transfer to visit Taj Mahal and Agra Fort
- Dinner and evening train transfer back to Delhi.

Stay 1 night Agra

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

Tour Includes:

- All transport in local vehicles/buses, including airport transfers
- All hotels with breakfast included
- Domestic one-way flight from Varanasi to Dehradun (Rishikesh)
- 2 Meals per day – breakfast + 1 main vegetarian meal per day (either lunch or dinner)
- 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
- All yoga & meditation classes with local Indian Yoga teacher in Rishikesh & Varanasi
- 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
- Indian tourist visas
- 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
- Single Room Supplement

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
- 2 months before departure final tour balance due

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

Package Tour Price – From \$3,495 per person (twin share)

Tiwari Travel

Enquiries +61 411 989 151
meredith@tiwaritravel.com

[Contact Us NOW](#)

Marketing Assistance for Yoga Teachers

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

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