

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indiago Travels (P) Limited



A country of many contrasts, contradictions, spiritual and intense experiences. It is not their culture, nor the monumental beauty: it is their philosophy, the way of seeing life.

India is well known for its ancient practice and knowledge of Yoga and Meditation. Yoga is the art of transforming the inner body to the level of a vibrant mind to unite mind and body. Yoga helps in rejuvenating your mind and soul and brings out the best in a person. Yoga uses breathing techniques, exercise and meditation. It claims to improve health and happiness. Get ready for a life changing experience and achieve spiritual peace through our yoga and meditation package; where you will meet great yoga professionals in the different styles: Kundalini, Iyengar yoga, Power Pinyasa yoga, in the presence of spiritual masters, who will accompany you, and all combined with the History and Culture of India.

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indiago Travels (P) Limited

TOUR PROGRAMME.

DAY 01 ARRIVE AT DELHI INTERNATIONAL AIRPORT

Upon arrival at Delhi Airport, you will be met by our office staff, welcome by garland, an Indian tradition way and transfer you to your hotel for night stay. Rest of the day free. Night in Delhi. **NOTE: No meals are included today.**

DAY 02 IN DELHI (FULL BOARD)

Breakfast. Full day sightseeing of Delhi With an English speaks guide. You could include some of the following: Old Delhi, Red Fort (**visiting from outside**), the Jama Masjid Mosque, with a rickshaw ride through the Chandni Chowk visiting the Spice, Wedding and Silver Markets and then the Birla Temple, Parliament Buildings of Sir Edwin Lutyens, India Gate and Humayun's Tomb.

Start the morning with a visit to Old Delhi. Built in the first half of the 17th Century by the Mughal Emperor Shah Jahan this old city is still a dense network of overcrowded homes, markets and endless alleyways dominated by the enormous **Red Fort**.

Go by **cycle rickshaw through Chandni Chowk** (**closed on a Sunday**) a bustling thoroughfare of shops, craftsmen's workshops, mosques and temples. Continue onto **Jama Masjid** the largest mosque in India and then to the Red Fort (**closed on a Monday**) with its imposing appearance and towering entrance. Also visit **Rajghat**, the cremation place of Mahatma Gandhi.

Lunch AT CHOR BIZZARE (AUTHENTIC RESTAURENT)

Continue to visit the **Qutub Minar** complex housing an impressive 13th Century 72m victory tower. In the afternoon drive south to New Delhi designed by British architect Sir Edwin Lutyens in a combination of western and eastern styles. Proceed up to **Rashtrapati Bhavan** once the Viceroy's abode but now the official residence of the President of India and then across to the eastern end of the Rajpath to the imposing **India Gate**. This war memorial, designed by Lutyens, commemorates the Indian soldiers who died in the First World War, on the Northwest Frontier and in the Afghan War of 1919 and, most recently, in the Indo-Pakistan war of 1971.

Dinner and night stay in Delhi.

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indiago Travels (P) Limited

DAY 03 DELHI – MATHURA – VRINDHAVAN – AGRA (FULL BOARD)

Breakfast. Leave Delhi early morning for the 3hrs drive to Agra to discover the 7th Wonder of the World, the magnificent Taj Mahal in Agra.

LUNCH AT LOCAL RESTAURANT AT MATHURA. Before reaching Agra, we will visit the sacred Cities of Mathura and Vrindavan. This will be a once in a lifetime opportunity to visit the twin cities of Mathura and Vrindavan. Enter the spiritual atmosphere. In the proper consciousness, one can perceive that everything about Mathura and Vrindavan is spiritual. You will also get the opportunity to visit the birthplace of Lord Krishna. This tour also gives you the experience of a lifetime to explore the city of Vrindavan, where you can visit the Shri Bankey Bihari Temple which houses Thakur Ji, and a visit to Shri Krishna Balram Mandir. This day will be a spiritual experience you will never forget. **Dinner and night.**

DAY 04 AGRA – ABHANERI – JAIPUR (Bus,6h) (FULL BOARD)

We will visit the world-famous **Taj Mahal at sunrise** with an English-speaking guide. (**TAJ MAHAL CLOSED ON FRIDAY**) The tomb of Mumtaz, beloved wife of the emperor Shah Jehan and arguably the greatest monument to love, built by Shah Jahan as a memorial to his wife Mumtaz & a building world renowned for its power and beauty. The craftsmanship is outstanding with semi-precious stones inlaid into the marble in beautiful patterns, a process known as pietra dura, whilst the white marble reflects every change in light allowing the Taj to appear to change its hue according to the light & time of day. Return to hotel for breakfast. After breakfast, continue to visit the imposing **Agra Fort** on the banks of the River Yamuna which was established by the Mughal Emperor Akbar in 1565. This powerful imperial fortress dominates the centre of the city & the red sandstone walls enclose a vast area which comprises of palaces, impressive reception rooms and two very beautiful mosques.

LUNCH AT LOCAL RESTAURANT NEAR ABHANERI.

After Red fort drive to Jaipur. Before reaching Jaipur, we will visit 16th century stepwells at Abhaneri, built by the order of King Chanda in the 800s. With its precise geometrical design and maze of steps, it's quite a captivating sight. Continue to Jaipur, the highly distinctive planned city of Jaipur, founded in 1727 by Maharaja Jai Singh II, is a colorful capital characterized by fine bazaars, intricately carved palaces and havelis as well as powerful forts. Inheriting the kingdom in a period of instability Maharaja Jai Singh II defeated the Maratha armies of Gujarat and Maharashtra and successfully forged diplomatic ties with the Mughal Emperor Aurangzeb thus achieving the political stability he needed to pursue his scientific and cultural interests. **Dinner and night stay.**

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indigo Travels (P) Limited

DAY 05 IN JAIPUR (FULL BOARD)

Breakfast. Whole day to sightsee with a With an English-speaking guide. Suggest you begin the day to visit Amber Fort Palace, to view the beautiful palace with its ornate mosaics, colored stone inlays, intricately painted murals, palaces, temples & cooling courtyard watercourses.

In the afternoon take a guided walking tour through the old city to explore the colorful markets & bazaars before continuing onto the **City Palace** complex that occupies the centre of Jaipur. Painted pink as a mark of welcome, the City Palace was completed in 1732 & houses the intriguing Armory Museum. **LUNCH AT LOCAL RESTAURENT**

Nearby is the **Hawa Mahal**, or Palace of the Winds, which forms part of the east wall of the City Palace complex. Built at the turn of the 19th Century this five-storied structure with its elaborate façade was built for the ladies of the harem and is best seen from the street outside. Further along is the **Jantar Mantar (Observatory)** the largest stone observatory in world. Jaipur is famous as a centre for carpet weaving – silk and wool – and for Jaipur blue pottery, but probably best known for its exquisite gems and jewellery.

Cooking demonstration and dinner with local family in Jaipur. (drinks do not include) It will be very interesting evening where we can talk to a typical Indian family, see how they make their living, customs, etc and share a meal with them. **Night stay.**

DAY 06 JAIPUR – DEHRADUN – RISHIKESH FULL BOARD. (Fly, Jaipur – Delhi: 1320-1435h/ Delhi-Dehradun: 1500-1600h)

Breakfast. In time, transfer to Jaipur airport for flight to Dehradun, hopping flight in Delhi.

LUNCH ON BOARD. On arrival transfer by road (2h drive) to Rishikesh, the land of **Yoga and Meditation**, where one can gain the knowledge of very old yoga and by frequently practice, yoga keep you healthy. Rishikesh measured as itself to be the yoga capital of the world. Yoga teacher training is offered several places. At the foothills of the Himalayas along the banks of the sacred river Ganges, lies the **city of Rishikesh**. The first city this holy river reaches on its well-mannered from the mountains. Rishikesh is home to lots of ashrams including Vivekananda and Sivananda etc.

Check in and rest of the day free. **Dinner and Night in an Ashram.**

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indiago Travels (P) Limited

NOTE. It is such a nice place to enjoy Ganga Aarti at Parmarth Ashram, so depending on time and schedule you can enjoy Aarti every day.

Evening enjoy Ganga Aarti.

The sunset during Ganga Aarti at Parmarth Niketan draws between hundred and thousands of visitors each day from all cultures and all religions and all walks of life. The power of the Aarti is universal. It transcends the borders and boundaries of all language and culture, diving straight into the heart and carrying to heaven.

DAY 07 IN RISHIKESH FULL BOARD.

Morning and Evening yoga session at the Ashram. **Night stay and all meals will be at the Ashram.**

DAILY ACTIVITIES AT THE ASHRAM:

- 05:00 – 06:00 am: Universal Prayer in Sanskrit & and lecture in Hindi at Satsang Hall
- 0630-0730 am: General Yogasana & Meditation – Yoga Hall
- 16-17h: General Yogasana & Meditation – Yoga Hall
- Around Sunset: Ganga Havan & Aarti – Main Ghat (on riverbank) (Yagna starts a half-hour before Ganga Aarti.

Click here to know more about the Divine Ganga Aarti and Yagna <http://www.parmarth.org/aarti/>

Immediately after Aarti Darshan & Satsang (30-45 minutes) in the Satsang Room in Pujya Swamiji's Reception area. It is to meditate, listen to live kirtan and ask any questions about the spiritual path.

In addition, there are frequent special cultural, Hindi, Music, Sanskrit classes and spiritual programs given by visiting revered saints, acclaimed musicians, spiritual and social leaders and others.

NOTE. BEING A HOLY PLACE, ALL THE MEALS ARE VEGETARAN IN RISHIKESH.

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indiago Travels (P) Limited

DAY 08 IN RISHIKESH FULL BOARD.

ALL MEALS AT ASHRAM. After morning Yoga session, we will visit Rishikesh, which includes visiting Laxman and Ram Jhula, Parmarth Ashram and Triveni Ghat.

Enjoy Ayurvedic Massage: Ayurvedic massage is a key part of Ayurvedic therapy. Just as a machine needs to be oiled, the body loves to have its largest organ, the skin, soothed, which is why oils are commonly used in Ayurvedic massage. Over 5,000 years of empirical research has refined Ayurvedic massage into a sublime art, and yet it is still unheard of by many. However, combining skilled knowledge of the body with knowledge of oils, music, and bodywork techniques has resulted in a profound art for balancing the body and mind through the medium of oil massage. **Night at Ashram.**

DAY 09 RISHIKESH – DEVPRAYAG - RISHIKESH FULL BOARD.

ALL MEALS AT ASHRAM. After morning Yoga session breakfast and will visit (2h by road) Devprayag, the birthplace of Ganga River, also known as Sangam, where **the** Bhagirathi river from Gaumukh and the Alaknanda river from Alkapuri glaciers north of Sri Badrinath meet and become the sacred Ganga. In the literal sense, Devprayag is the birthplace of the Ganga. It is a delightful and fascinating sight to watch the Bhagirathi, and Alaknanda mingling to form the Ganga that flows majestically through sculptured channels carved through the rocks.

These three great rivers i.e. Bhagirathi, Alaknanda and Ganga have carved out three angular blocks of land around the Sangam and the town is picturesquely set into these conical formations. The confluence area is extremely rocky, and the houses have been constructed with surprising ingenuity in this difficult land formation. Most interesting are the bridges that connect the three blocks of the town and the narrow lanes carved out of the rocks.

We will also visit a nearby village to witness the life of the locals in such a remote area.

PICNIC LUNCH WILL BE SERVED.

Return to Ashram for dinner and night stay.

INDIA, YOGA & MEDITATION

11 Nights/12 Day



Anglo Indiago Travels (P) Limited

DAY 10 RISHIKESH – HARIDWAR - RISHIKESH FULL BOARD.

After morning Yoga session enjoy breakfast and continue a day trip (1h drive) to Haridwar, literally Gateway to God, is one of the Hindu holy places in India and a center of Hindu religion and mysticism for centuries. Located on the banks of River Ganges (Ganga), at the point where the Ganges descends from the hills to the North Indian plains, **Haridwar** attracts many Hindu pilgrims from all over the world.

LUNCH AT A LOCAL RESTAURANT.

GANGA AARTI EN HARIDWAR: Ganga Aarti in Haridwar is one of the most famous in Haridwar. Visit to Haridwar is not complete if you have not seen its Ganga Aarti. It is organized at **Har Ki Pauri** Ghat. Average 3000 to 30000 or even more people come to experience evening ganga aarti. **Ganga Aarti** means prayer for River Ganga. Prayers are dedicated to gods and goddesses. River Ganga is not just a river in India, it is Divine Mother. River Ganga gives life in the form of water. The same water also removes sins when you take a dip in its holy water. River Ganga also gives liberation to souls. It's not just a river but whole culture itself. Historically millions of people are living on the bank of the river ganga. For agriculture her water is still precious for India. River Ganga is considered goddess which was originally living in heaven. **After enjoying Ganga Aarti return to Ashram in Rishikesh for dinner and night stay.**

DAY 11 IN RISHIKESH FULL BOARD.

Morning and Evening yoga session at the Ashram. Rest of the day free.

Enjoy Ayurvedic Massage. All meals will be at the Ashram. Night stay.

DAY 12 RISHIKESH – DELHI (BUS, 6H) – DEPARTURE

After breakfast, drive (6h in bus) back to Delhi. Lunch on the way in a local restaurant. (This will be a roadside restaurant, clean, but do not expect high cuisine)

On arrival at Delhi, check in hotel, near the airport. **The room is booked till 21h for wash and clean before final departure.**

Farewell Dinner, courtesy by Anglo Indiago Travels (drinks NOT included). After dinner drop at airport for next destination.

End of our services...