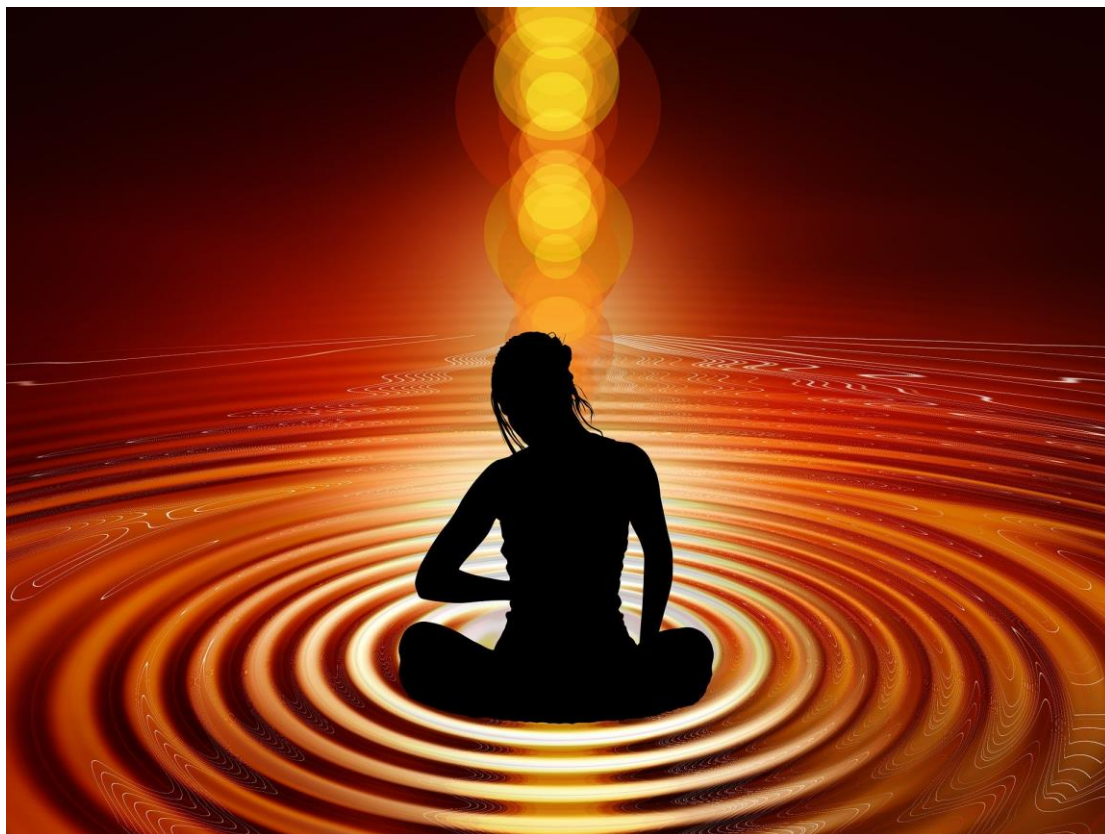


INDIA, YOGA FESTIVAL

07 Nights/08 Day



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.

Get ready for a life changing experience and achieve spiritual peace through our yoga and meditation package at International Yoga Festival. We are happy to assist you and plan your trip to India and beyond

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DAY 01: Arrive Delhi 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: Fly to Dehradun and drive to Rishikesh, 6 nights stay

Breakfast at hotel at leisure (Hotel check-out 1200 hrs) In time transfer to Delhi airport to connect flight for Dehradun. Arrive and transfer by road to Rishikesh and check-in at hotel (30 minutes' drive). Dinner & Overnight

Note: from 1- 6 March. Attend Yoga Festival (All meals at Venue) (the transfers to yoga place will be by Tuk Tuk)

THE YOGA PROGRAMME – International Yoga Festival is grounded in the authentic origin of Yoga. Practice and learn from masters from traditional yoga lineages of India, as well as Master of International Yoga schools & styles. During the one-week Festival, you will have the opportunity to participate in over 70 hours of Yoga classes from world-class Yoga teachers practicing multiple styles of Yoga including Kundalini Yoga, Power Vinyasa Yoga, Iyengar Yoga and Kriya Yoga.

The participants will also be blessed with the presence, Satsang and divine words of revered saints and spiritual masters from within India. While each day's class offerings vary from day-to-day, the general daily program includes:

- Daily classes start from 4am.
- Every day at 6.30am we hold a one-hour yoga class, followed by a simple breakfast.
- At 8.30am you can join one of several two-hour hour yoga sessions.
- At 11:00 am, before lunch, we have divine and inspiring lectures from revered saints and yogacharyas on a variety of uplifting and inspiring subjects.
- A traditional Indian lunch is served from 12.30pm to 1.30pm.
- The afternoon starts shortly after lunch with instructional classes, followed by three Yogasana classes from 3.30pm to 5.00pm.
- From 6.00pm to 7.00pm we attend the special light ceremony, Aarti, on the banks of the river Ganga.
- Dinner is served at 7.00pm followed by special evening programs of Satsang with our spiritual leaders, cultural song and dance events, campfires and more, finishing by 9.30pm

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07 Nights/08 Day



Day 08 Drive to Dehradun and fly to Delhi – final departure

Breakfast. In time transfer to Dehradun Airport for Delhi and connect international flight for next destination.

End of our services...

PLEASE NOTE:

1. The Tour can be modified as per your requirements
2. Being a Holy place, all the meals are vegetarian and very basic.
3. Your stay at the Ashram will be very basic. (No Luxury)
4. If you wish you can add Agra / Jaipur or both to this programme
5. If you wish you can stay less nights at Yoga festival.
6. Generally, each year the festival held from 1 -7 March in Rishikesh. (the dates are subject to change)