

Yoga Meditation In The Himalayan Ashram

Factbox	
Prices start from :	£ 1,685
Travel between :	14 Jun 24 and 14 Jun 24
Rating :	4 Star Icon
Board Basis :	As per Itinerary
Duration :	10 nights
Book by :	31 May 24
Includes :	Flights from London Gatwick with Emirates 02 Nights stay at Deventure Sarovar Portico Kapashera in a Double Room - Standard with Bed & Breakfast Basis 08 Nights stay at Swami Rama Sadhaka Grama Ashram, Rishikesh in a Double Room - Standard on Full Board Basis 7 Days Yoga Retreat program includes Yogasana, Silent Meditation, Seva Activities, Philosophy Class, Breathing Class, Ha-Tha Yoga, chanting, Satsang (spiritual discourse), or cultural performances Delhi - Haridwar Train fare Transfers from Haridwar to Ashram All Airport Transfers



Detailed Itinerary

Highlights: Delhi - Haridwar - Rishikesh

Please Note:

- ◆ In the Yoga Ashram, you will be served only vegetarian meals.
- ◆ Ashram rules must be followed during the stay in the Ashram.
- ◆ Smoking and Alcoholic beverages are strictly prohibited in the Ashram.

Value adds:

- ◆ International Yoga Day Celebration during the retreat.
- ◆ Stress Reduction: Yoga and meditation retreats in the Himalayas can significantly reduce stress levels and promote relaxation.
- ◆ Time of Reflection: Retreats offer a chance to disconnect from daily distractions, providing an opportunity for self-reflection on personal goals, values, and priorities.
- ◆ Personalized Guidance: Each participant receives personalized guidance throughout their stay, ensuring that their unique needs and goals are addressed. This guidance can help individuals deepen their practice and understanding of the teachings.
- ◆ Library in the Ashram: In addition to the structured activities, participants are encouraged to make use of free time for self-study and reflection. This allows individuals to integrate the teachings more deeply into their own lives and personal practice.
- ◆ Improved Physical & Mental Health: The retreat focuses on overall well-being, offering nutritious meals and fitness activities like yoga, and meditation to enhance both physical and mental health.
- ◆ Connect with Like-Minded Individuals: Retreats provide a platform to connect with people who share a similar passion for yoga and well-being, fostering a supportive community.
- ◆ Disconnect from Technology: Retreat locations often have limited cell phone services, promoting a break from technology and reducing exposure to electromagnetic radiation.

Hotel featured:

- ◆ Deventure Sarovar Portico Kapashera or Similar 4*
- ◆ SRSG Ashram

Itinerary:

◆ Sat 15 Jun 2024: Arrival in New Delhi
Meet the representative and receive a briefing on the 7-day yoga retreat program.

◆ Sun 16 Jun 2024: Delhi-Haridwar -Rishikesh(By Shatabdi Express Train)
0500 Transfer from Hotel to New Delhi Railway station
0645 Dep by Shatabdi Express Train
1135 Arrive Haridwar: Meet and greet at the Railway station and transfer to the Ashram in Rishikesh, the Yoga Capital.
Relax in the afternoon and get familiar with the surroundings.
Join the Ganges Arti in the evening.
Overnight at the Ashram, preparing for the Yoga program the next morning.
(breakfast + Lunch+Dinner)

◆ Mon 17 Jun 2024 - Sun 23 Jun 2024: Yoga Retreat in Rishikesh
5:30 AM - Morning Prayers: The day begins with morning prayers, setting a spiritual tone for the day and invoking a sense of reverence and connection.
5:45 AM - Joints & Glands Exercises (Yogasana): Participants engage in exercises designed to promote physical health and flexibility, focusing on the joints and glands of the body.
7:30 AM - Guided and Silent Meditation: A session of meditation is conducted, incorporating both guided and silent practice, allowing participants to cultivate inner stillness and awareness.
8:00 AM - Breakfast (In Silence): A nutritious breakfast is provided, which is consumed in silence, encouraging mindfulness and gratitude for the nourishment received.
9:00 AM - Seva Activities: Participants engage in seva, or selfless service, contributing to the upkeep and functioning of the ashram community. This practice fosters a spirit of humility and service.
10:00 AM - Philosophy Class: A class focusing on the philosophical teachings of the Himalayan Tradition is conducted, providing participants with

intellectual insights and understanding.

12:00 PM - Breathing Class: A session dedicated to the practice of pranayama, or breath control techniques, is conducted, promoting respiratory health and mental clarity.

1:00 PM - Lunch (In Silence): Participants enjoy a silent lunch, savoring the nourishing food provided and observing mindfulness in eating.

2:00 PM - Rest/Journaling/Relaxation: Time is allocated for rest, personal reflection through journaling, or simply relaxing, allowing participants to recharge and integrate their experiences.

4:00 PM - Tea: A tea break provides an opportunity for participants to socialize and refresh themselves before the evening activities.

4:30 PM - Ha-Tha Yoga: A session of hatha yoga, incorporating physical postures and breathing techniques, is conducted, promoting physical health and mental well-being.

6:00 PM - Silent Meditation: Another session of silent meditation is held, offering participants a chance to deepen their inner stillness and contemplative practice.

7:00 PM - Supper (In Silence): A silent supper is served, allowing participants to continue their practice of mindful eating and appreciation of the meal.

8:00 PM - Evening Program: An evening program is conducted, which may include various activities such as chanting, Satsang (spiritual discourse), or cultural performances, enriching participants' spiritual experiences.

9:00 PM - Evening Prayers: The day concludes with evening prayers, providing a sense of closure and gratitude for the day's experiences.

♦ Mon 24 Jun 2024: Rishikesh - Haridwar - Delhi

Morning breakfast at the Ashram Rishikesh and check out.

Sightseeing and Guided tour to Rishikesh, visiting Bharat Temple, Triveni Ghat, Thirteen Story Temple, Gita Bhavan, Swarg Ashram, Parmatn Niketan, Laxman Jhula, and Ram Jhula. In the late afternoon transfer from Rishikesh to Haridwar Railway Station

Dep by Shatabdi express Train for New Delhi (fully airconditioned) Dep Haridwar 1804

Arr Delhi 2050. Transfer from New Delhi Railway station to Hotel.

Overnight stay in Delhi

[Breakfast]

♦ Tue 25 Jun 2024: Departure

Prices and Departures:

Deposit £125pp

♦ Y38212 London Heathrow from £1725pp

♦ Y40598 Manchester from £1779pp

♦ Y40602 Glasgow from £1889pp

♦ Y40606 London Gatwick from £1685pp

♦ Y40612 Birmingham from £1889pp

♦ Y40785 Newcastle from £1889pp

♦ Y40782 Stansted from £1679pp

Exclusions:

♦ Anything not mentioned in the inclusions

♦ Any Visa fees

♦ Any Travel Insurance

Terms & Conditions:

Based on 2 persons travelling together 9 sharing a twin or double room

Subject to Availability