



## **Himalaya India Yoga retreat** with Ashwani Bhanot **3- 18 November 2012**

### **Day (1) 3 Nov – Arrival Delhi** (Stay at the Buddhist center)

“Heart of India” as it is lovingly called. Initially it might feel chaotic to be in the capital city of India but as one starts to explore one discovers the rich history of this walled city of the Mughal emperors.

- Pooja at Rajpur Extension at Ashwani’s Place
- Lunch at Rajpur
- Visit Chattarpur temples
- Dinner at Buddhist centre

### **Day (2) 4 Nov– Delhi**

Getting used to India and Indian food and climate. Small trip to Delhi city.

- Visit Humanyuns Tomb
- Visit Dilli Haat- shopping for Indian Handy crafts
- Music concert or Bollywood Movie

### **Day (3) 5 Nov– Delhi**

Visit Old Delhi Discover amazing street life of Chandni Chonk also visit old Sikh temple (Gurudwara- Sheesh Ganj).

- Visit Old Delhi
- Gurudwara Sheesh Ganj (Sikh temple)
- India gate

- Presidents palace
- Dinner at Buddhist centre

**Day (4) 6 Nov– Leave for Rishikesh** by train, 5 hours by train and one hour with taxi. (Stay at Parmarth Neketan Ashram).

Rishikesh is known as the “Yoga capital” of the world on the banks of holy river Ganga. This is a city of ashrams and sages.

- A small walk on the banks of Ganga.
- Ganga Aarti
- Dinner at Ashram

### **Day (5) 7 Nov – Rishikesh**

- A walk from Ram Jhula to Laxman Jhula (Swami Sivanada Sadhana hut on the way)
- Walk to the water fall and a chai at the small shop (3kms from Laxman Jhula)
- Small stop at the lovely Ganga beaches.
- Dinner at Ashram

### **Day (6) 8 Nov – Rishikesh**

- Visit NeelKanth Siva temple. By foot track 7 kms (3 hours) Start early in the morning.
- Pooja at the Shiva temple
- Chai at the small shop
- Return to Rishikesh by Shared Jeep
- Dinner at Ashram

### **Day (7) 9 Nov – Rishikesh**

- Visit Divine life society
- Swami Sivananda Kutir
- Ayurvedic massage at Parmarth
- Walk to Devraj café- Shopping in Rishikesh
- Ganga Aarti
- Dinner at Ashram

**Day (8) 10 Nov – Travel to Anandlok**, (Stay at Anandlok, ashram)

Anandlok ashram is a beautiful small ashram directly on the Ganges River, A perfect place to practice yoga and meditation. Anandlok is one hour drive with from Rishikesh.

### **Day (9) 11 Nov – Anandlok**

Yoga and meditation

- Morning Asana class at 8am-10am
- Evening Asana class 4-6 pm.

### **Day (10) 12 Nov – Anandlok**

Yoga and meditation

- Morning Asana class at 8am-10am
- Evening Asana class at 4-6pm

**Day (11) 13 Nov – Anandlok We celebrate “Diwali” this is the main festival for Hindu’s, this is the festival of lights.**

Yoga and meditation

- Morning Asana class at 8am-10am
- Evening Diwali Pooja followed by fireworks.
- Evening Asana class at 4-6pm

### **Day (12) 14 Nov – Anandlok**

Yoga and meditation

- Morning Asana class at 8am-10am
- Evening Asana class at 4-6pm

### **Day (13) 15 Nov – Anandlok**

Yoga and meditation

- Morning Asana class at 8am-10am
- Evening Asana class at 4-6pm

### **Day (14) 16 Nov – Anandlok**

- Morning Asana class at 8am-10am
- Evening Asana class at 4-6pm

**Day (15) 17 Nov – (Stay at the Buddhist center) Return to Delhi with Shatabdi express train with dinner on board to Delhi.**

**Day (16) 18 Nov – Last day in Delhi- Shopping etc.**

# Taj Mahal Trip

For people who are on the additional trip to Agra

**Day (16) 18 Nov-** Agra, Stay at Hotel Pushp Vilas (3 Star hotel)

- 8:00am -Breakfast (at Buddhist centre)
- 10:00am Leave for Agra

Leave for Agra with Air conditioned taxi, around 5-6 hours drive from Delhi, visit Red Fort Agra in the evening.

- Check in at Hotel Pushp Vilas
- 15:00 Visit Red fort

**Day (17) 19 Nov**

- 6:00am - Leave early in the morning for beautiful view of TajMahal
- 8:30- 9 am Breakfast Hotel
- 9:30 Return to Delhi

Leave early in the morning for Taj Mahal. Return the same day to Delhi. Taj Mahal is considered the beautiful most early in the morning around sunrise time.

**Total trip cost – 220 Euro, twin sharing room with breakfast. Ps. Note lunch and dinner are not included. Entry Fee to Taj Mahal and Red fort, along with a tour guide are included in the price.**

\*\*\*\*\*

**Kosten:** 1490 Euro im Doppelzimmer  
**Agra (TajMahal):** 220 Euro extra

**Einzelzimmerzuschlag:** 30/ Nacht (nicht ueberall moeglich)

Preis ohne Flug

## Inclusive

- Airport transfers mit dem Taxi
- Alle Reisekosten vor Ort mit dem Taxi
- Halbpension (Fruehstueck und Abendessen)
- Yoga mit Ashwani
- Eintrittsgelder

**Please note:**

\*The tour plan is subject to change.

\* Yogaonline is not a tour operating firm; we undertake this trip as a study tour and expect full cooperation from the group members to make this a memorable trip for all of us.

\*All members joining this trip undertake this trip at their own risk.

### **Anreise tag**

3 November- New Delhi

Versuchen morgen fruh im Delhi zu sein- Wir haben ein klines program am 3te abend.

### **Ruckflug**

18 November spate abend order 28 morgen

Leute wer interesse an

Taj Mahal zu schauen bitte den ruck flug an 19te November

abend order spater buchen.