



YOGA ASHRAM  
real yoga made easy



SUGARCANE  
ELEPHANTS  
Sweet Big Transformational Journeys



## **HIMALAYAN SOULFUL RETREAT IN YOG NAGRI - RISHIKESH = WITH SHASHANK & JAYA**

**Dates: 20<sup>th</sup> April – 25<sup>th</sup> April 2024 ( 6 days & 5 nights)**

**20<sup>th</sup> April : Arrive @ Jolly Grant Airport – Dehradun**

On arrival in Dehradun, you will be met by one of our representatives and will proceed on your journey to the resort by road. It will be a scenic drive along the Ganges, through the mountains with various interesting stops on the way.

Check in @ **Banyan by the Ganges** followed by Lunch

In the evening enjoy a warm cup of tea by the riverbanks and later set out for a scenic walk along the river beach up to the confluence of river Ganga & river Nayar. On our walk back we will visit the old temple at **Vyas Ghat**. It is believed that Rishi Vyas, wrote a part of “Vedas” at this point.

Yoga in the evening by the Ganges.

Dinner at the resort.



**Overnight:** Banyan by the Ganges  
**Meals:** Lunch & Dinner



## **21<sup>st</sup> April : White Water Rafting at Devprayag**

Sunrise chanting and yoga under a very old and sacred banyan tree.

After Yoga partake in a private Ganga Arti on the Ganges.

Breakfast and then we travel to Jyalgarh. on a scenic hill road for white water rafting. After safety briefing and rafting instruction by the instructors we will raft down from Jyalgarh to Devprayag, negotiating the rapids of Alaknanda river and crossing some mesmerizing views and landscapes. The rafting will conclude at Devprayag.

Return to the resort for a picnic lunch organized at a scenic spot along the river.

Evening Yoga.

Dinner followed by circle time under the stars by the bonfire.



**Overnight:** Banyan by the Ganges  
**Meals:** Breakfast, Lunch, Dinner

## **22<sup>nd</sup> April : Village Walk**

Sunrise Chanting followed by Yoga.

After Breakfast hike up to Naugaon, a quaint Garhwali village and familiarize to their way of living. Walk ahead and come down through a forest passing through Chaitur Village. A nice nature, birding and forest walk which will take between 1.5 – 2 Hours.

Finish the hike at a private waterfall with a pool of spring water. You can choose to jump into the pool or just enjoy the waterfall. Return to the resort for Lunch

Evening Yoga

Dinner and bonfire.



**Overnight:** Banyan by The Ganges  
**Meals:** Breakfast, Lunch, Dinner

**23<sup>rd</sup> April : Rishikesh**

Wake up for Sunrise chanting and Yoga.

After breakfast check out and travel to Rishikesh  
Check in @ Terracotta Resort and have lunch

In the afternoon we proceed for a guided tour of Rishikesh. We will visit the famous “Beatles Ashram” which showcases the time spent by the iconic Beatles in Rishikesh, Parmarth Niketan Ashram famous for its Yoga and international events along with its Ghat and Temple, Local market, Ram Jhula. We will conclude the visit with the Aarti and return to resort.

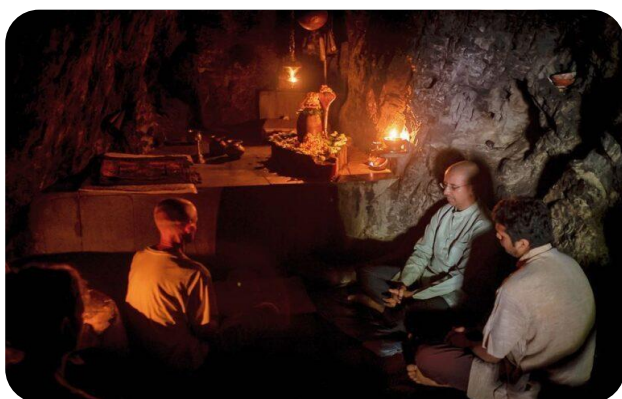


**Overnight:** Terracotta  
**Meals:** Breakfast, Lunch, Dinner

**24<sup>th</sup> April : Visit to Vashistha Caves**

Sunrise chanting and Yoga.

After Breakfast we will visit Vashistha cave which is dedicated with great sage Vashistha who was one of Saptarishis (The Seven Great Sages) in ancient India. The Rishi Vashistha is considered manas putra of Lord Brahma and the Guru of Lord Ram and the cave is located Approx. 25 KM from "the world capital of yoga" Rishikesh . It is believed that Vashistha Rishi meditated here for a long time. We will spend some time meditating here.



After Lunch we head out to Triveni Ghat for an evening of Bhajans and the famous Ganga Arti.

**Overnight:** Terracotta  
**Meals:** Breakfast, Lunch, Dinner

**25<sup>th</sup> April : Departure for Delhi**

Chanting and Yoga on the banks of Ganga. Followed by breakfast and some free time for shopping. Departure for Dehradun airport to get on flight to Dubai.



**Meals:** Breakfast



## ***Further Information on the retreat***

### **Investment**

Package for 6 days and 5 nights – All inclusive (as indicated)

|   |   |          |
|---|---|----------|
| Sharing per person on Double / Twin Occupancy | : | AED 4250 |
| Single Occupancy                              | : | AED 5200 |

### **Recommended Flights**

#### **Dubai – Delhi – Dubai**

**Airline : Emirates Airlines**

19<sup>th</sup> April : Dubai – New Delhi / 22.00 – 2.45am

25<sup>th</sup> April : New Delhi – Dubai / 21.50– 23.55

#### **Delhi – Dehradun – Delhi**

**Airline : Indigo Airlines**

20<sup>th</sup> April : Delhi – Dehradun / 6.35 am – 7.30 am

25<sup>th</sup> April : Dehradun – Delhi / 15.35 – 16.15

### **Inclusions in the package:**

- Chanting, Meditation and Yoga Sessions
- Accommodation for 6 days and 5 nights as indicated
- All meals from Lunch on Day 1 to Breakfast on Day 6 (as indicated)
- Airport Transfers
- Intercity Transfers
- Cost for River Rafting
- Cost of all entrance fees to sites mentioned.
- Services of a professional English-speaking guide
- Village and Nature Walk
- Rishikesh tour
- All activities as mentioned in schedule.

### **Exclusions in the package:**

- Expenses of a personal nature e.g. tips, portorage, laundry, drinks during meals
- Any extras incurred at the resort.
- Visa fees
- International Air Tickets
- Travel Insurance
- Entrance Ticket to Beatles Ashram