



Yoga And Meditation Tour

Duration : 14 Nights / 15 Days

Destinations: Delhi - Rishikesh - Shivpuri - Haridwar - Agra -
Jaipur - Delhi

Day 01: Arrival at Delhi

Our representative will receive you at New Delhi airport on your first day of Yoga and Meditation Tour with India Profile. You will be transferred to a good quality hotel for an overnight stay.

Day 02: Delhi

After breakfast, enjoy sightseeing tour of Delhi, the national capital of India, that will include visits to places like Qutab Minar, India Gate, the Red Fort, Raj Ghat, Birla Temple, Humayun Tomb, Jama Masjid, Parliament Area and the Government Buildings. Return to the hotel in the evening for a night stay.

Day 03: Delhi-Haridwar-Rishikesh

After a leisure breakfast you will be transferred to the railway station to catch a luxury train to Haridwar. After checking-into the hotel at Haridwar visit the major attractions of Haridwar including the ashrams that are popular due to their practices of yoga and meditation. Proceed to Rishikesh and check-in at one of the numerous ashrams located in the city. Major ashrams of Rishikesh where you can stay on your Agra Yoga and Meditation Tours are Muni Ki Reti Mahesh Yogi Ashram, Shanti Kunj Maa Anand Mai Ashram, Parmarth Niketan Shankracharya Nagar, Ved Niketan Yoga Study Center and Swarg Ashram Parmarth Niketan. After a briefing of the daily routine of the ashram, retire to your room for an overnight stay.

Day 04 : Rishikesh-Day 07 at Rishikesh (Ashram)

You will spend four wonderful days of your India Profile tours to yoga and meditation centers of India in the ashrams of Rishikesh. A typical day in the ashram begins at 5:30am with a one-hour session of meditation that is followed by a short break. From 7am-8am you can join the yoga class that is very helpful for attaining good health. Breakfast is at 8:15am and you can spend the hours till lunch, which is at 12, at leisure. A 45-minute enlightening lecture on the benefits of yoga and meditation from 3pm is followed by a tea break. From

4:30pm to 7pm there is another session of yoga and meditation. After a leisure dinner at 7:30pm you can return to your room in the ashram for the night.

Day 08: Rishikesh-Shivpuri

Drive to Shivpuri in the morning and check-in at the Nature Camp Resort. After relaxing for a while, take a walk in the reserve forest. Have dinner around camp fire return to the room of the Nature Camp Resort for a night stay.

Day 09: Shivpuri

A morning yoga class is followed by a nutritious breakfast. Drive to Byasi/Kaudiyala for a lifetime experience of rafting on the most exciting rapids of the Ganges. Return to the Nature Camp Resort for lunch. After a relaxed evening and dinner retire for the night to your room in the camp.

Day 10: Shivpuri

Drive to Hindolakhil early morning for a trek to Kunjapuri. You can explore the region before attending the classes for meditation and relaxation. Return to the camp for lunch. Proceed to Chilla for an exciting wildlife safari. Return to the camp for an overnight stay.

Day 11: Shivpuri-Delhi

On the morning of the eleventh day of your Yoga and Meditation Tour, you will spend a little time in assessing the benefits and changes in behavior as well as personality you have felt during the course. Raft down from Shivpuri to Rishikesh. After a leisure lunch at Brahampuri, travel to the railway station to board your train to Delhi. On arrival in Delhi, proceed to the Delhi hotel for a night stay.

Day 12: Delhi-Agra

Drive to Agra in the morning. Enroute to Agra you will also visit Akbar's tomb at Sikandra. Check-into the hotel and spend the day visiting the attractions of the city. You will be taken for a guided tour of the Taj Mahal, Agra Fort and Tomb of Itmad-ud-Daulah. Overnight stay at the Agra hotel.

Day 13: Agra-Jaipur

Stop at Fatehpur Sikri for a tour of this historic town during your morning drive to Jaipur. On arrival in Jaipur proceed to the hotel for an overnight stay.

Day 14: Jaipur

After breakfast, you will be taken for a guided tour of the royal city of Jaipur. Amer Fort, Hawa Mahal, City Palace, Jantar Mantar and the Bazar are some of the attractions of the city that you will visit before returning to your hotel for an overnight stay in Jaipur.

Day 15: Jaipur-Delhi

Drive to Delhi in the afternoon. Check into the hotel in Delhi. After resting for a while proceed to the airport to board your flight back home.

India Profile offers bookings for yoga and meditation tour and other tours to Agra. To book a tour, or for further queries, please fill up the form given