

India Yoga Retreat

October 28 to November 03, 2024



Would you like to visit India from the US, Europe, South America, the Asia-Pacific, Australia, New Zealand or Japan? This trip organised by Namah Shivaya Yoga has been a popular trip since 2008, where you can enjoy your Yoga with Namah Shivaya Yoga founder Tej Monga.

“My outlook on life has changed! It was one of the best countries to visit in the world” We have received this kind of wonderful feedback.

Do any of these describe your reason to visit Rishikesh :

- You want to come to India and stay in a safe and yoga-friendly environment
- You want to get away from everyday life and refresh your mind and body
- Visit Rishikesh, the world destination of yoga
- Enjoy yoga-filled days with your friends
- If you have previously been to India or Rishikesh, you want to make some discoveries and experiences.
- You would like to deepen your yoga practice

Spend a calming time in Rishikesh, the holy city where the Ganges River flows, the yoga destination of the International Yoga Retreat at Parmath Ashram and experience purification from within. It's a great opportunity to escape from everyday life, do something good for your mind and body, and enjoy the majestic sacred yoga place surrounded by Mother Ganges with some of your dear friends. Namah Shivaya Participants come from all over the world since 2008, so we have a rich experience in hosting like-minded people. We do our level best to ensure that you have a comfortable and worry-free journey and enjoy a unique and wonderful experience of yoga and the sacred city of Rishikesh.



Why stay at Yoga Niketan by Sanskriti

We recommend this Yoga friendly property which has a Spa for Ayurvedic treatments and massages.

What facilities are available at Yoga Niketan?

This is a famous Yoga resort in Rishikesh, built right on the Ganges River. You can enjoy a relaxing and holistic stay here with yoga practitioners from all over the world.

As you step outside the garden of the Yoga Niketan, you will be on the bank of the Ganges River, where you can see people offering prayers. With the Ganges River in front of you, you can do an early morning asana and meditation practice while enjoying the Mother Ganga's breeze.



Indian/Italian/ Continental and Pan Asian cuisine

Meals are buffet-style with a wide variety of options, from Indian home-

cooked dishes to pasta and pizza, which are delicious and friendly to people of all nationalities. Vegan and gluten-free options are also available, and variety of sumptuous desserts. A variety of drinks are also available, including fresh juices and chai.



You can enjoy wonderful detox treatments at the on-site Ayurveda Spa. They offer a range of treatments including Abhyanga massage, Shirodhara and a range of other wellness treatments.





Activities

Meditation on the banks of the Ganges, pranayama, yoga classes, silent walks to the Neer Gaddu Waterfall, visit the Shaktipeeth Goddess Temple at Kunjpura, participating in Evening Aarti and puja



Visit to the Taj Mahal

Experience one of the Seven wonders of the world, with a chance to see the beautiful Taj Mahal. Overnight stay at Agra, cost of Guide to explain the history of the Taj Mahal and entry fee to Taj Mahal are included in Retreat cost.

Retreat cost

Price per person in a shared room: 1649 USD

Price per person single occupancy: 2349 USD (Single occupancy option is available if rooms are available)

What is included in the price

- 6 Nights Accommodation at Hotel in Delhi/Rishikesh/Agra
- Three meals a day at the hotel
- Airport transfer from the Airport to Hotel upon Arrival
- Airport transfer from Hotel to Airport on Departure
- Domestic transportation between Delhi and Rishikesh and return
- Domestic Transportation from Delhi to Agra and return
- Overnight stay at Agra Hotel to visit the Taj Mahal, entrance fee to Taj Mahal
- Entrance fees for Temples
- Yoga and meditation class fees

Not included in the price

Air tickets between the Origin Country and India, meals and room service during free time, transportation expenses during free time, Ayurveda therapy cost, tips for Guide, staff etc.

Itinerary

October 28 Arrive in Delhi from the US/Japan

Stay overnight at Hotel in Delhi

October 29 Depart for Rishikesh- Stay at Yoga Niketan by Sanskriti (Ganges River view from balcony)

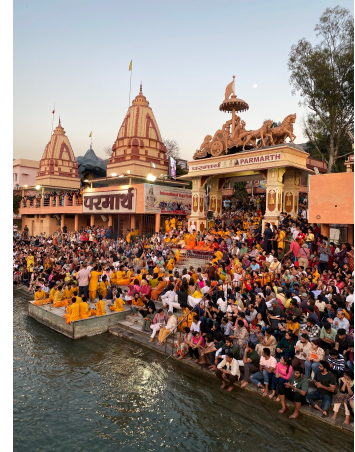
October 30 Yoga Retreat at Rishikesh

October 31 Yoga Retreat at Rishikesh

November 01 Yoga Retreat at Rishikesh

November 02 Transfer to Agra - overnight at Hotel in Agra

November 03 Morning; Visit Taj Mahal; **Afternoon** transfer to Delhi; **Evening/Night** Depart for USA



Cancellation charge

- **8 days** before Retreat start date: **Zero Cancellation fee**
- **7 days to 4 days** before Retreat start date: **50% refund** of retreat cost
- **3 days** before Retreat start date: **100% cancellation fee**,
No refunds will be given if cancelled up to 3 days before.

Application method

Fill out the application form below and reserve your spot :

<https://forms.gle/yT4MSooh5NwNo1M28>

Payment Details

May 01 - Last date to pay Booking fee: **200 USD**

September 01 - Last date to pay Balance Retreat fee

For Payment links and to book your spot please visit :

<https://www.nsyoga.org/rishikesh>