# AADHYA YOGSHALA

YOGA & CULTURAL RETREAT IN INDIA

# 10-Day Yoga & Cultural Retreat

**10 Days / 9 Nights** | Delhi - Agra - Jaipur - Rishikesh

Discover the soul of India through a thoughtfully curated journey combining iconic monuments, royal heritage, colourful local markets, sacred traditions and authentic yoga experiences. From the timeless beauty of the Taj Mahal to the peaceful banks of the Ganges in Rishikesh, each day offers an opportunity to connect with India's culture, spirituality and way of life.

| HERITAGE | WELLNESS | CULTURE |
|---|---|---|
| Historic monuments and royal cities | Yoga, meditation and mindful living | Local traditions and spiritual discovery |

## YOUR DAY-BY-DAY JOURNEY

### Day 1 - Arrival in Delhi

*Overnight: Delhi*

- Meet your local representative at Indira Gandhi International Airport and transfer to your selected hotel.
- Hotel check-in, time to relax and recover from your journey.
- Welcome briefing and introduction to the retreat.
- Welcome dinner featuring Indian cuisine.

### Day 2 - Discover the Heritage of Delhi

*Overnight: Delhi*

- Begin with a gentle yoga and breathing session.
- Visit Qutub Minar, a UNESCO World Heritage Site.
- Discover the peaceful Lotus Temple.
- Explore Swaminarayan Akshardham, subject to opening hours and entry arrangements.
- Enjoy a guided introduction to Delhi's food, traditions and local life.

## Day 3 - Journey to Jaipur, the Pink City

*Overnight: Jaipur*

- Breakfast and drive from Delhi to Jaipur, with comfort breaks.
- Check in at the hotel and take time to refresh.
- Visit Hawa Mahal and enjoy views of Jal Mahal, depending on arrival time.
- Explore traditional markets and local handicrafts.
- Relax and enjoy dinner.

## Day 4 - Royal Jaipur and Rajasthan's Living Traditions

*Overnight: Jaipur*

- Morning yoga and meditation.
- Guided visit to Amber Fort.
- Explore Jaipur City Palace and Jantar Mantar's historic astronomical instruments.
- Browse artisan markets for textiles, jewellery and handicrafts.
- Enjoy a traditional Rajasthani cultural or folk-music experience, subject to availability.

## Day 5 - Agra and the Taj Mahal at Sunset

*Overnight: Agra*

- Breakfast and departure from Jaipur for Agra.
- Arrive in Agra and check in or leave luggage at the hotel, depending on arrival time.
- Visit Agra Fort, subject to the day's schedule.
- Experience the magnificent Taj Mahal in the beautiful light of sunset, subject to opening times, access rules and weather conditions.
- Return to the hotel for dinner and overnight stay.

**Planning note:** Sunset timing and Taj Mahal access should be checked for the travel date; the monument's opening schedule and rules may affect the visit.

## Day 6 - Early-Morning Drive to Rishikesh

*Overnight: Rishikesh*

- Early departure from Agra for Rishikesh after breakfast arrangements or a packed breakfast, as agreed.
- Enjoy the journey north with planned comfort and refreshment stops.
- Arrive in Rishikesh and check in at your accommodation.
- Rest and unwind after the long drive.
- If time and energy permit, enjoy a gentle evening walk or attend Ganga Aarti.

**Travel note:** The Agra-to-Rishikesh drive is long. An early start and realistic allowance for traffic and breaks are recommended.

## Day 7 - Spiritual Rishikesh and the Sacred Ganges

*Overnight: Rishikesh*

- Morning Hatha Yoga and pranayama, followed by breakfast.
- Explore Ram Jhula and the surrounding spiritual neighbourhood.
- Visit a local ashram or spiritual centre.
- Attend the evening Ganga Aarti.
- Return for dinner and a peaceful evening.

## Day 8 - Yoga, Meditation and Himalayan Serenity

*Overnight: Rishikesh*

- Morning yoga and guided meditation.
- Practice pranayama and relaxation techniques.
- Visit Beatles Ashram, subject to entry arrangements.
- Explore accessible forest paths and peaceful riverside surroundings.
- Enjoy free time for journaling, reflection or relaxation.

## Day 9 - Local Culture, Wellness and Leisure

*Overnight: Rishikesh*

- Gentle morning yoga and breathing practice.
- Explore local markets, cafés and handicraft shops.
- Optional Ayurvedic massage or wellness treatment at an additional cost.
- Optional visit to a nearby temple or riverside viewpoint.
- Farewell dinner and reflection on the journey.

## Day 10 - Farewell and Departure

*End of retreat*

- Optional gentle yoga or meditation, depending on departure time.
- Breakfast and hotel check-out.
- Transfer to the agreed departure airport.
- Depart with cherished memories of India's culture, heritage and spiritual traditions.

## Suggested Package Inclusions

The final inclusions should match Aadhya Yogshala's confirmed package and booking terms. The following is a suggested structure for the retreat page:

• **9 nights of accommodation** - Selected hotels or resorts across Delhi, Jaipur, Agra and Rishikesh.

• **Yoga and meditation sessions** - Guided practices designed to suit different experience levels.

• **Transportation** - Planned transfers between destinations and scheduled excursions.

• **Cultural sightseeing** - Guided visits to selected historic landmarks, temples and local markets.

• **Meals and local support** - Breakfast and dinner where specified, plus assistance from the local team.

### Not Included Unless Stated

International flights, visa fees, personal expenses, optional treatments and activities, and monument entrance fees not covered by the package.

## Experience India Beyond the Ordinary

Let the timeless beauty of India's monuments, the richness of its cultural traditions and the serenity of Rishikesh create a journey to remember. With Aadhya Yogshala, discover a meaningful balance of exploration, yoga, spirituality and personal connection.

**Your journey through India begins here.**

Enquire About This Retreat

**Planning note:** Please confirm hotel nights, the number of yoga sessions, meal plan, monument fees, transfer arrangements and airport drop-off before publishing or confirming this itinerary with guests. Opening times and access to attractions may vary.