AADHYA YOGSHALA

GOLDEN TRIANGLE YOGA RETREAT IN INDIA

5-Day Golden Triangle Yoga Retreat

5 Days / 4 Nights | Delhi - Agra - Jaipur

Discover the essence of India through a thoughtfully hosted journey that blends traditional yoga and meditation with Mughal architecture, royal Rajasthani heritage and vibrant local traditions. From Delhi's historic landmarks to the timeless beauty of the Taj Mahal and the colourful palaces of Jaipur, experience India's rich cultural heritage in five memorable days.

HERITAGE	WELLNESS	CULTURE
Iconic monuments and royal cities	Yoga, meditation and mindful living	Local traditions and regional cuisine

YOUR DAY-BY-DAY JOURNEY

Day 1 - Arrival in Delhi | Heritage Welcome

Overnight: Delhi

- Arrive at Indira Gandhi International Airport and meet your local representative.
- Private transfer to your hotel, check-in and time to relax.
- Visit Qutub Minar, depending on arrival time.
- Explore the peaceful Lotus Temple, if time permits.
- Enjoy a welcome dinner and retreat orientation.

Day 2 - Delhi to Agra | Culture and Taj Mahal at Sunset

Overnight: Agra

- Begin with morning yoga and meditation.
- Breakfast and hotel check-out.
- Visit Swaminarayan Akshardham, subject to opening hours and schedule.
- Drive to Agra with a planned refreshment break.
- Enjoy a beautiful sunset view of the Taj Mahal from Mehtab Bagh, subject to access and weather conditions.
- Dinner and overnight stay in Agra.

Planning note: Check the Taj Mahal's official schedule and Mehtab Bagh access for the travel date. Sunset viewing depends on access and weather conditions.

Day 3 - Taj Mahal, Agra Fort and Journey to Jaipur

Overnight: Jaipur

- Early-morning visit to the Taj Mahal, subject to opening arrangements.
- Return to the hotel for breakfast and check-out.
- Explore Agra Fort with a local guide.
- Drive to Jaipur with planned comfort stops.
- Hotel check-in and relaxation.
- Optional gentle yoga or meditation in the evening.

Travel note: The Agra-to-Jaipur drive requires time for traffic and comfort stops.

Day 4 - Jaipur | Royal Palaces and Rajasthani Culture

Overnight: Jaipur

- Morning yoga and meditation.
- Visit Amber Fort.
- Explore City Palace and Jantar Mantar.
- Admire the architecture of Hawa Mahal.
- Stop for photographs at the Jal Mahal viewpoint.
- Explore local bazaars and traditional handicrafts.
- Enjoy a Rajasthani dinner or cultural performance, subject to availability.

Day 5 - Farewell and Departure

End of retreat

- Optional gentle yoga or meditation.
- Breakfast and hotel check-out.
- Free time for a short heritage walk or local shopping, if the schedule permits.
- Transfer from Jaipur to Delhi airport, or another agreed departure point.
- Depart with lasting memories of India's heritage and culture.

Departure note: Jaipur to Delhi airport is a substantial road transfer. Allow generous travel time for international flights or arrange an alternative departure plan.

Retreat Highlights

• **Iconic heritage** - Taj Mahal, Agra Fort and Jaipur's royal landmarks.

• **Yoga and meditation** - Selected guided practices woven into the journey where time allows.

• **Comfortable travel** - Coordinated transfers between Delhi, Agra and Jaipur.

• **Authentic culture** - Local markets, regional cuisine and Rajasthani traditions.

Accommodation and Meals

Accommodation: Four nights in comfortable 3- or 4-star hotels, selected to provide a pleasant stay and convenient access to the itinerary's destinations.

Meals included: Two meals per day — breakfast and dinner. Vegetarian and non-vegetarian options are available. Vegan meals can also be arranged on request; please inform us in advance.

Yoga: Selected guided yoga and meditation sessions.

Transportation: Private or group transfers as confirmed in the booking.

Sightseeing: Planned heritage visits and local guiding, as specified in the package.

Not Included Unless Stated

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

Discover the Golden Triangle with Aadhya Yogshala

Experience the blend of India's timeless monuments, royal heritage and mindful living. From the bustling streets of Delhi to the magical beauty of the Taj Mahal and the royal elegance of Jaipur, this five-day retreat invites you to experience India in a meaningful and memorable way.

Explore India. Embrace its culture. Reconnect through yoga.

Enquire About This Retreat

Planning note: Confirm attraction opening times, hotel arrangements, included meals, entrance fees and departure transfers before publishing this itinerary as a guaranteed schedule.