

**YOGA TOUR FOR THE SPIRITUALLY MINDED  
DELHI - RISHIKESH – DHARAMSALA – AGRA - DELHI  
Sunday 27th February – Wednesday 16th March, 2011-18 Days**

**Arrive in Delhi by evening of February 26.**

**Hotel in DELHI**

**SUN Feb 27 - Day 1.** Arrive in Delhi late pm/early am, transfer to an airport hotel and have a sleep in. After an early lunch, enjoy a half day tour which includes the Bahai Lotus Temple, Mahatma Gandhi's Memorial and the Laxmi Hindu Temple. Back to the hotel for dinner and an early night. **Hotel in DELHI**

**MON Feb 28 - Day 2** – In the mid morning we fly to Dehra Dun near Rishikesh on the banks of the River Ganges. On arrival we register for the International Yoga Festival at the Parmath Niketan Ashram. Wander through this interesting town with its temples, ashrams, holy men and pilgrims. **Parmarth Niketan Ashram in RISHIKESH**

**TUES March 1 – Mon 7 - Day 3 - 9.** Participate in the yoga program available. **See: [www.internationalyogafestival.com](http://www.internationalyogafestival.com)**

By staying 7 days at Parmath Niketan Ashram, you will enjoy a total Yoga immersion experience. Yoga Swamis and teachers from all over India and the world are here teaching the different schools of yoga , awareness, healing, Ayurveda and meditation.

Join with many yoga devotees for the magical Hindu Aarti evening light ceremony on the banks of the Ganges River. Be inspired by the wisdom from many revered saints and spiritual masters.

**Ashram in RISHIKESH**

**Parmath Niketan**

**TUES March 8 – Day 10** – After an early check out, we drive first to Dehra Dun to see the massive Buddha statue, then on to Paonta Sahib Gurdwara ( Sikh Temple). Enjoy the drive through the hills to the British Raj era hill station in Kasauli where we will stay the night. **Hotel in KASAULI**

**WED March 9 - Day 11.** Leaving in the morning for a day of driving the scenic route through beautiful countryside to Mandi , also known as the “Varanasi of the Hills” where we will visit some ancient Hindu temples, Trilokinath, Bhootnath and Panchvaktar Temples. **Hotel in MANDI**

**THURS March 10 - Day 12** – After breakfast, we drive to Manali, alongside the Beas River set in the beautiful Kullu Valley. We will stop to look at the region's exquisitely

hand woven colourful shawls and clothing. Manali is set amongst imposing forests with a backdrop of high snow clad mountains and has been the backdrop of many Bollywood films.

**Hotel in MANALI**

**FRI March 11 – Day 13** - We continue driving through the picturesque Kangra Valley to Dharamsala – home of the Dalai Lama who usually is in residence at this time of the year. Immerse yourself in Tibetan culture in “Little Lhasa” with its red robed monks, colourful flags, spinning prayer wheels and Tibetan shopping in the bazaar. **Hotel in Mc LEOD GANJ**

**SAT March 12 - Day 14** - This will be a free choice day to either explore the surrounding countryside on the way to Dal Lake. Do a little light walking, have a cooking class, visit a Tibetan health professional, do some meditation. Daily yoga classes and massage are available at the Kailash School of Yoga.

**See website: [www.yogatribe.org](http://www.yogatribe.org)**

**Hotel in Mc LEOD GANJ**

**SUN March 13 – Day 15** - Today we have a full day tour sightseeing, visiting the Norbulingka Institute, dedicated to the preservation of Traditional Art & Craft of Tibet, Bajreshwari Temple, the colourful market of Kangra and Masroor Rock Cut Temples. Finish the day dining at an authentic Tibetan restaurant. **Hotel in McLEOD GANJ**

**MON March 14 - Day 16** – This remaining day here is your last chance to indulge in a little shopping, one last massage, or whatever you enjoy. We take a late afternoon flight back to New Delhi and have an early night. **Hotel in NEW DELHI**

**TUES March 15 – Day 17** - An early train to Agra – the home of one of the “Wonders of the World” the Taj Mahal. We visit the fascinating Moghul Agra Fort, then drive to the beautiful mosque at Fatehpur Sikri **Hotel in AGRA**

**WED March 16 - Day 18** - A sunrise visit to the breathtakingly beautiful Taj Mahal, as the first rays highlight the intricate detail of precious stones inlaid in white marble. We take a visit to the inspiring Agra Bear Rescue Sanctuary: the retirement home for dancing bears. **See [www.wildlifesos.com](http://www.wildlifesos.com)** before driving back to Delhi Airport to return home. **TOUR ENDS**

