

ADVENTURES IN BALANCE

Mystical India | October 9th - 22nd, 2019

Day 1

Arrival Day – Wednesday – Oct. 9th

| | |
|---------------|-------------------------|
| TBD | Airport Shuttle Pickup |
| 11 am | Check-in at Veda 5 |
| 11 am | Welcome Drinks & Snacks |
| 11:30 am | *Hotel Property Tour |
| 12:30–2:00 pm | Lunch |
| 12–4 pm | Free Time & Treatments |
| 4:30–6 pm | Evening Practice |
| 6–7:30 pm | Free Time & Treatments |
| 7:30–8:30 pm | Dinner |
| 8:30 pm | Bonfire & Storytelling |

*Optional visit to Ayurvedic doctor.

Day 2

October 10th

| | |
|---------------|-------------------------------|
| 5 am | Tea & Coffee in Restaurant |
| 6–8:30 am | Morning Practice in Yoga Hall |
| 8:30–9:30 am | Breakfast |
| 10–11 am | Fire Vedic Ceremony |
| 11–4 pm | Free Time & Treatments |
| 11:30–1:30 pm | Optional Morning Hike |
| 12:30–2 pm | Lunch |
| 4:30–6 pm | Evening Practice |
| 7 pm | Dinner |
| 8 pm | Bonfire & Live Music |

Day 3

October 11th

| | |
|--------------|---|
| 5 am | Tea & Coffee |
| 6–8:30 am | Morning Practice in Yoga Hall |
| 8:30–9:30 am | Breakfast |
| 10–8 pm | Full day in Rishikesh (Shuttle pick-up at 10am) <ul style="list-style-type: none">• Meditation in Vashistha Cave• Lunch by the Ganga• Laxman Jhula & Ganga Aarti at Triveni Ghat |
| 8 pm | Dinner upon Return |
| 9 pm | Bonfire / Tea / Hot Chocolate |

Day 4

October 12th

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|--------------|--|
| 5 am | Tea & Coffee |
| 6–8:30 am | Morning Practice |
| 8:30–9:30 am | Breakfast |
| 9:30–10 am | Hotel Check Out Airport Shuttle pick up from Delhi airport Drive to Agra Check-in Double Tree By Hilton Lunch on the way One night in Agra Evening Practice (Pool or Lawn) Dinner at Hotel |

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Day 5

October 13th

- 4 am Coffee, Tea, & Snacks
4:30 am See Taj Mahal at Sunrise
Drive to Vrindavan
Check-in Nidhivan Sarovar Portico
Breakfast / Lunch at Hotel
3-5 pm Visit Temples
5:30-7 pm Evening Practice
7:30-8:30 pm Dinner

Day 6

October 14th

- 5-6 am Tea & Coffee
6-8:30 am Morning Practice
8:30-9:30 am Breakfast Buffet
Shuttle Pickup for All Day Tour*
Lunch @ Ashram or Hotel
Sunset Boat Ride on Yamuna River
Fire Ceremony (Yamuna Artie
at the Ghat)
Night Visit Radha Vallabh Mandir or
Radharamana Temple
8 pm Dinner at Hotel

*Includes: Visit to famous Banke Bihari temple, Meditation Session by the Ancient Tree (Banshi Vat), Talk About Krishna Seva, Feed Cows, Peacocks & Nuns)

Day 7

October 15th

- 5-6 am Tea & Coffee
6-8:30 am Morning Practice
8:30-9:30 am Breakfast
10 am • Drive to Samode Bagh Hotel in
Jaipur for Welcome Reception
• Relaxation / Village Walk
• 1 Hour Yoga Class in the Gardens
• Gala Evening at Samode Palace
(Dinner Included)

Day 8

October 16th

- 5-6 am Tea & Coffee
6-8:30 am Morning Practice in Samode
Baghe Gardens
8:30-9:30 am Breakfast
10 am Hotel Check Out
10:30 - 2:00pm Shuttle to Ambettr Fort &
Elephant Sanctuary / Lunch
3:30 pm Check-in at Samode Haveli Hotel
5:30-6:30 pm Evening Practice in Yoga Room
7:30-9 pm Dinner at Haveli with live music



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Day 9

October 17th

- 5–6 am Tea & Coffee
- 6–8:30 am Morning Practice in the Gardens
- 8:30–9:30 am Breakfast
- 10 am Shuttle Pick-up for City Tour*
- 5–6 pm Relax / Swim @ Hotel
- 6–7 pm Evening Practice
- 7:30 pm Dinner at Haveli with Live Music

*Includes: All-day city tour of the Pink City including Palace of Winds, Observatory, City Palace, Shopping, & Lunch

Day 10

October 18th

- 6 am Tea & Coffee
- 6:30–9:30 am Walking Tour
- 10–11:30 am Morning Practice
- Breakfast
- Check-out
- Shuttle to airport to Varanasi
- Arrival & Shuttle to Suryodaya Hotel
- Hotel Check-in & Free Time
- 6–7 pm Evening Practice on the Rooftop
- 7:30–9:30 pm Courtyard Dinner with Live Music

Day 11

October 19th

- 5–5:30 am Tea & Coffee
- 5:30 am Boatride to see sunrise, Ghats, cremation site, & bathing rituals
- Walk to Kashi Vishwanath Temple
- 9–10 am Morning Practice
- 10–11 am Breakfast
- Free Time (Optional Astrology Meetings Available)
- 4–5 pm Late Afternoon Practice
- Guided Walking Tour along Ghats
- Ganga Arti Ceremony
- 8 pm Dinner at Hotel with Live Music

Day 12

October 20th

- 5–6 am Tea & Coffee
- 6–8:30 am Morning Practice on the Rooftop
- 8:30–9:30 am Breakfast
- Free Time*
- Evening Practice
- Dinner with Live Music & Dance
- Performance at Hotel

*Optional: Bathe in Ganga & take boat ride to other side. Explore the old city, get astrology readings, massage, rest and relaxation. Lunch is served at the hotel.



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Day 13

October 21st

5–6 am Tea & Coffee
6–8:30 am Morning Practice on the Rooftop
8:30–9:30 am Breakfast
10 am Hotel Check-out
Fly to Dheli & Check-in to the
Imperial Hotel
Free Time
Optional Spa Treatments
Farewell Dinner

Day 14

October 22nd

6 am Tea & Coffee
6:30–8:30 am Morning Practice in Yoga Room
8:30–9:30 am Breakfast Buffet
End of Retreat!

For those staying an extra night there's shopping in the Khan and Hauz Khas markets. Dinner is served at the Imperial (price not included). Hotel accommodations are extra cost.

Day 15

October 23rd

Extra day to sightsee, shop or fly
home. (Airfare not included)

