

ADVENTURES IN BALANCE

Mystical India | October 9th - 22nd, 2019

Day 1

Arrival Day – Wednesday – Oct. 9th

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|--------------|-----------------------------------------|
| 11:00 am | Flight to Rishikesh |
| 1:00–1:30 pm | Check-in at Veda 5 and
Tour Property |
| 1:30 pm | Lunch |
| 2:00–4:00 pm | Free Time/Treatments* |
| 4:00–6:00 pm | Welcome Circle & Yoga |
| 6:00–7:30 pm | Free Time/Ayurvedic Treatments |
| 7:30–8:30 pm | Dinner |
| 8:30 pm | Bonfire & Storytelling (Optional) |

*Optional visit to Ayurvedic doctor.

Day 2

October 10th

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|----------------|---------------------------------|
| 6:00–6:30 am | Tea & Coffee |
| 6:30–8:30 am | Morning Practice in Yoga Hall |
| 8:30–9:30 am | Breakfast Buffet |
| 10:00–11:00 am | Fire Vedic Ceremony |
| 11:00–4:00 pm | Free Time/Ayurvedic Treatments |
| 11:30–1:30 pm | Optional Morning Hike |
| 12:30–2:00 pm | Lunch |
| 2:00–5:00 pm | Free Time/Ayurvedic Treatments |
| 5:00–6:00 pm | Evening Practice in Yoga Hall |
| 7:00 pm | Dinner |
| 8:00 pm | Bonfire & Live Music (Optional) |

Day 3

October 11th

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|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:00–6:30 am | Tea & Coffee |
| 6:30–8:30 am | Morning Practice in Yoga Hall |
| 8:30–9:30 am | Breakfast Buffet |
| 10:00 am | All-Day Guided Tour <ul style="list-style-type: none">• Beatles Ashram• Visit Vashistha Caves• Snacks & Optional Dip in Ganges |
| 6:00–7:00 pm | Ganga Aarti at Triveni Ghat |
| 8:00 pm | Dinner |
| 9:00 pm | Bonfire / Tea / Hot Chocolate
(Optional) |

Day 4

October 12th

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|---------------|----------------------------------------------|
| 6:00–6:30 am | Tea & Coffee |
| 6:30–8:30 am | Morning Practice |
| 8:30–9:00 am | Breakfast Buffet |
| 9:30 am | Check Out & Head to Airport |
| 12:20–1:15 pm | Flight to Delhi |
| | Bus Pickup from Delhi Airport |
| | Lunch & Pickup Extra Luggage |
| | Drive to Agra (4 hrs.) |
| | TBD Evening Practice upon Arrival |
| | TBD Dinner at Hotel Double Tree
by Hilton |

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Day 5

October 13th

4:30–5:00 am	Coffee, Tea, & Snacks
5:00 am	Bus Pickup for Taj Mahal
6:00–9:00 am	Visit Taj Mahal at Sunrise (6:16am)*
9:00–10:00 am	Yoga in the Gardens
10:00 am	Breakfast Buffet
11:00 am	Bus Pickup & Drive to Vrindavan
TBD	Check in and Lunch at Nidhivan Sarovar Portico
TBD	Temples Visits
6:00–7:30 pm	Evening Practice
7:30–8:30 pm	Dinner

*Wear bright colors and put on bug spray.

Day 6

October 14th

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice
8:30–9:30 am	Breakfast Buffet
10:00 am	Bus Pick-up for All Day Tour*
	Lunch at Hotel
4:00–5:00 pm	Boat Ride on the Yamuna Right Before Sunset
5:00 pm	Yamuna Artie at the Ghat
7:30–8:30 pm	Dinner at Hotel

*Includes: Visit to famous Banke Bihari temple, Meditation Session by the Ancient Tree (Banshi Vat), Dharma talk about Krishna Seva, Feed cows and peacocks, Visit at the Radha Vallabh Mandir or Radharamana Temple

Day 7

October 15th

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice
8:30–9:30 am	Breakfast Buffet
10:00 am	Check Out & Bus to Jaipur
2:00 pm	Lunch on the Way
TBD	Check in at Samode Bagh Hotel
TBD	Free Time
TBD	Yoga Class in the Gardens
TBD	Dinner

Day 8

October 16th

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice in the Gardens
8:30–9:30 am	Breakfast
10:00–4:00 pm	Free time (Optional Village Walk)
4:00–5:00 pm	Evening Practice in the Gardens
6:00–10:00 pm	Gala Evening at the Samode Palace (Wear Your Nicest and Brightest Outfit!)

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Day 9

October 17th

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice in the Gardens
8:30–9:30 am	Breakfast Buffet
10:00 am	Check Out and Bus Pickup
11:30–1:30 pm	Visit Amber Fort
2:00 pm	Check in and Lunch at Samode Haveli Hotel
5:30–6:30 pm	Evening Practice (in Yoga Room or Courtyard - TBD)
7:30–9:00 pm	Dinner at Hotel with Live Music

Day 10

October 18th

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice (in Yoga Room or Courtyard - TBA)
8:30–9:30 am	Breakfast Buffet
10:00–4:00 pm	Half Day Tour of the Pink City Jaipur
4:00–5:30 pm	Free Time
5:30–6:30 pm	Evening Practice
7:00 pm	Bus Pickup
7:30–9:00 pm	Dinner at Spice Court

*Includes: Palace of Winds, Observatory, City Palace, Lunch at Trident, and Shopping

Day 11

October 19th

6:00–6:30 am	Tea & Coffee w/ Fruit & Pastries
6:30–9:00 am	Walking Tour of the Pink City Jaipur
9:00–10:00 am	Morning Practice
10:00–11:00 am	Breakfast Buffet
12:00 pm	Checkout and Head to Airport for Varanasi flight
4:00 pm	Airport Transfer to Hotel
5:00 pm	Check in Suryaunday Haveli Hotel
6:00–7:00 pm	Evening Practice on the Roof
7:30 pm	Dinner in the Courtyard with Live Music

Day 12

October 20th

5:00–5:30 am	Tea & Coffee
5:30 am	Sunrise Ganga Boat Ride
	Walk to Kashi Vishwanath Temple or see Morning Wrestling
9:00–10:00 am	Morning Practice
10:00–11:00 am	Breakfast
	Free Time (Astrology Meetings if Interested)
TBD	Lunch
3:00–4:00 pm	Late Afternoon Practice
4:30 pm	Walk the Ghats to Aarti
6:00–7:00 pm	Ganga Aarti
7:30 pm	Dinner at Hotel with Live Music

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Day 13

October 21st

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice on the Rooftop
8:30–9:30 am	Breakfast Buffet
11:00 am	Check Out / Head to Airport
3:20–4:55 pm	Flight to Dheli
TBD	Check-in at the Imperial Hotel
TBD	Farewell Dinner

Day 14

October 22nd

6:00–6:30 am	Tea & Coffee
6:30–8:30 am	Morning Practice and Closing Circle in the Gardens
8:30–9:30 am	Breakfast Buffet
	End of Retreat!
	Airport / Hotel Transfers
10:30 am	Shopping in Delhi, Khan Market, and Hauz Khas
TBD	Lunch / Dinner not Included

*Times are subject to change due to unforeseen circumstances