

Toursim India offers you details of the special Yoga and Meditation Tour to India. The Hindu concept and practice of Yoga has been in existence for time immemorial. Yoga consists of a system of exercises that help a human being to achieve the perfect balance in between the mind, body and the soul. Meditation involves praying and self-discipline. The main object of yoga and meditation is to gain complete control over ones senses and consciousness. The tourism industry in India is taking a lot of initiative to promote this traditional form of physical exercise; in fact the practice of yoga in India has become quite commercialized. In the olden times the yogis and sadhus practiced yoga and meditation as a way of life and as a means of attainment of self-discipline and salvation. So come and visit the mystic land of India and visit the ashrams where yoga and meditation still form an integral part of life. Tourism of India offers you tour packages that take you on a tour of the ashrams in India.

Delhi » Haridwar » Rishikesh » Shivpuri » Delhi » Agra » Jaipur

Yoga and Meditation Tour - Day 01

On the 1st day of the tour you arrive at Delhi, India. Once you reach Delhi you will be received by the India tourist and tour guide and then you'll be driven to the hotel. You check in at the hotel and stay there overnight.

Yoga and Meditation Tour - Day 02

On the 2nd day the tour package includes a morning tour of Delhi. You go on tours to several tourist destinations such as the Qutab Minar, Birla Temple, India gate and the Humayun's Tomb. In the afternoon the tour package includes a tour to places of tourist interest in Old Delhi. You visit the Gandhi memorial, the Red Fort and the Jama Masjid. You also enjoy the light and sound show at the Red Fort in the evening. You come back to the hotel and stay there overnight.

Yoga and Meditation Tour - Day 03

On the 3rd day the India tourist and tour guide drives you to the New Delhi railway station so that you can board the Shatabadi Express to Haridwar, India. On your arrival at Haridwar you check in to the hotel. In the afternoon the tour package includes a tour of Haridwar. After which the India tourist and tour guide organizes a tour to the ashrams in and around Haridwar. Some of these Ashrams are recognized internationally as important centers of meditation, yoga and philosophical studies. Some of the well-known ashrams in Rishikesh are the Parmarth Niketan Shankracharya nagar, Muni Ki Reti Mahesh Yogi Ashram, Ved Niketan Yoga Study Center, Swarg Ashram Parmarth Niketan and Shanti Kunj Maa Anand Mai ashram. Once you reach **Rishikesh** you can check in to any one these ashrams. You can spend the afternoon at leisure.

Yoga and Meditation Tour - Day 04 to Day 07

During the next three days you stay at the **ashram** in **Rishikesh**, Uttar Pradesh, India. At the ashram you have to follow a strict and disciplined schedule. After your early morning meditation classes you attend a yoga class and then go on and have your breakfast. You have the option to spend the afternoon at leisure and finally have a nutritious and delicious lunch. In the early evening you attend a lecture on yoga and meditation. You are served tea around 4 'o' clock in the evening after which you attend regular yoga classes till late evening and then finally you have your dinner and go to bed.

Yoga and Meditation Tour - Day 08

On the 8th day of the tour, the tour package includes a **drive to Shivpuri**. Once you arrive at Shivpuri you can check in to the Nature camp resort. You are given a brief introduction to the schedule that you will be following during the first half of the day and then you are taken for an afternoon jungle walk. After your walking tour you come back and join in the Campfire festivities and have dinner. You stay overnight at the Nature camp resort.

Yoga and Meditation Tour - Day 09

On the 9th day you go on early morning yoga class after which you do some exercises for the relaxation of the body and the mind. After your breakfast you drive to Byasi and Kaudiyala where you go on a **rafting tour to Shivpuri**. Once you arrive at Byasi you are given briefing on safety measures on river rafting and raft maneuvering, the importance of team spirit. Then you go on a rafting tour on River Ganges. You have lunch at the nature camp resort. Then you are free to spend your time at leisure. In the evening you join meditation classes after which you join the campfire activities and then have dinner and go to sleep.

Yoga and Meditation Tour - Day 10

On the 10th day the tour package includes a half hour **drive to Hindolakhhal**. Once you reach this place you begin your **trek to Kunjapuri**. During this one-hour trek you pass through a dense forest. On reaching Kunjapuri you are free to explore the region for a while and then join a special yoga class for Asanas. You enjoy the breathtaking natural beauty of region and later you trek back to Nature camp resort. On reaching the camp you relax and after your lunch the India tourist and tour guide **drives you to Chilla** where you go on a wildlife safari and wildlife tours. On reaching Chilla, you are given a briefing on jungle discipline, low impact eco friendly outdoor activities and animal behavior. You drive back to the nature resort, have dinner and stay there overnight.

Yoga and Meditation Tour - Day 11 - Shivpuri - Delhi

On the 11th day the tour package includes a early a early morning class on yoga along with a question answer session. After a nutritious breakfast you **raft down from Shivpuri to Rishikesh**. This rafting tour is especially designed to gauge your leadership qualities, training for rescue and team spirit. You **lunch at Brahampuri**. In the evening the India tourist and tour guide to the railway station so that you board the **train to Delhi**, India. Once you reach Delhi you check in to the hotel and stay there overnight.

Yoga and Meditation Tour - Day 12 - Delhi - Agra

On the 12th day the tour package includes a morning **drive to Agra**. On the way you **tour to Sikandara**. Once you arrive in Agra the India tourist and tour guide helps you check in to the hotel. The tour package includes an afternoon tour of the Agra city and you visit places of tourist interest like the Taj Mahal, the tomb of Itmad-ud-Daula and Red fort. You come back to the hotel and stay there overnight.

Yoga and Meditation Tour - Day 13

On the 13th day the tour package includes a **drive to Jaipur**, India. Once you reach Jaipur you check in to the hotel. You are free to spend the afternoon as you choose to. You stay overnight at the hotel.

Yoga and Meditation Tour - Day 14

On the 14th day the tour package includes a tour to the several tourist destinations in Jaipur, India. You visit the Amber Fort that is located on a hilltop. There are several palatial buildings located inside the premises of the fort. You also visit the City Palace, Royal Observatory and Hawa Mahal. You stay overnight at the hotel.

Yoga and Meditation Tour - Day 15

You are free to spend the morning as you choose. In the late afternoon the India tourist and tour guide arranges for a **drive back to Delhi**, India. After you freshen up at the hotel you are driven to the International Airport for your flight back home.

The tour ends.