



Yoga course in Rishikesh (7 days)

Spiritual India – 2007. Minimum 2 persons travelling together can have dates as per requirement. Rishikesh, the spiritual centre, famous for its yoga practitioners, offers peace through yoga and meditation. Hath Yoga helps to improve intake of oxygen and lung capacity, the release of muscular tension, to de-toxify the body and internal organs, to stimulate glands - balancing the quantity of hormones in blood, to canalise emotions, revitalize the nervous system and calm the mind. Performing breathing asanas properly and systematically gives subtle pressure on various glands, restores the proper secretion of hormones and gives emotional balances, will power, confidence, peace of mind and good physical health.

ITINERARY

DAY 01. One can take a train/drive to Rishikesh from Delhi. Arrive and transfer to High Bank Peasants Cottage. After a welcome drink and acclimatization briefing about the whole program, followed by introduction to the Yoga teacher. Evening dinner.& overnight guest House.

DAY 02. Early morning drive or walk to the yoga centre for yoga class followed by relaxation of body & mind. After relaxation learn about breath awareness exercise & stretching exercise. After yogic breakfast Evening in-house yoga & traditional meditation class with visiting instructor. Late evening visit the Ghats for Arti, dedicated to Goddesses Ganga. Overnight Guest House.

DAY 03. Early morning drive or walk to the centre. Today we will do relaxation, asana, followed up by yognindra. After nutritious breakfast, day free for own activities. Optional you can take rafting trip or can do temple tour for half a day. Evening followed by modern meditation. and class of suggestion therapy. Meals and overnight guest House.

DAY 04. Today we'll get training for PRANAVAM (advance breathing), Dynamic yoga. advance yoga postures. After breakfast drive up to Vashist Gufa. The entire drive is along the river Ganges towards the source for about an hour. Arrive and explore vashistha Goofa (cave), where famous saint Vasistha, meditated. A perfect place for transcendental meditation. Late afternoon drive back to resort. Evening meditation & lecture. Dinner and overnight at High Bank Peasants Cottage.

DAY 05. Early morning wake up for Pranayam & advance technique of Yoga. Evening followed by meditation and curative yoga. Meals and overnight. one can take optional trip to Devprayag, one of the five most important confluences of Garhwal Himalayas. Arrive and explore the area. Also visit 10th century old temple of Raganath ji.

DAY 06. Early morning followed up by VIPASANA class. Evening curative Yoga and meditation class. Dinner and Overnight Nature Camp Resort.

DAY 07. Early morning practice advance posture of yoga & vipasna. Day free for own activities. Evening meditation and question answer session. Evening the course terminates.

One can stay back / take Shatabdi Express back to Delhi or drive to onward destination.

Important : The yoga activities in the course are flexible and will change as per the requirement. The Package Cost are Includes: Accommodation (Twin Sharing for Double) at High Bank Peasants Cottage - All vegetarian hygienic meals during the entire stay at High Bank Peasants Cottage - Services of traditional Indian Yoga teacher and lectures on Hinduism and others by renowned saints of the area - Visit to ashrams and other places as per itinerary. Excursion to Vaisistha Goofa and sight seeing of Rishikesh with Arti with guide.

COST DOES NOT INCLUDE:

Items of personal nature e.g table-drinks, laundry, telephone, insurance & optional tours.

Transportation to and from Rishikesh, which can be arranged on additional cost.