



THE HIMALAYAN AWAKENING **SOUL INDIA/ ATHARVA**

***Rishikesh – Rajaji national park – Rudraprayag – Chopta –
Auli, Uttarakhand- India***

A Sacred 11-Day Expedition of Spirit, Nature, and Inner Mastery Led by a Master
of Marma, Yogic, and Acupressure Therapies

This is more than a tour—it is a carefully curated transformational
journey through the Land of the Gods (Uttarakhand).

From the rhythmic chants of the Ganges to the silent, oxygen-rich peaks of the
high Himalayas, every step is supported by ancient wellness sciences, ensuring
that your body, mind, and spirit thrive at every altitude.

PHASE I: THE SACRED GATEWAY

Day 01 – Arrival in Rishikesh

Your journey begins in the yoga capital of the world. Upon arrival at Dehradun (DED) Airport, you are received by our private concierge and transferred to a boutique riverside sanctuary.

The remainder of the day is reserved for rest, allowing your body to attune to the sacred rhythm of the Ganga.

Day 02 - The Pulse of Rishikesh

Begin with Sunrise Yoga and Breathwork, designed to reset the nervous system after travel.

In the afternoon, explore hidden spiritual landmarks, including the historic Beatles Ashram.

As dusk falls, experience the powerful Ganga Aarti, a ceremony of fire, mantra, and devotion.



Day 3 - Into the Wild – Rajaji National Park

A private Jeep Safari through the Sal forests of Rajaji National Park, home to elephants, leopards, and rich birdlife.

In the evening, attend an Introduction to Marma Therapy, learning immunity-boosting pressure points essential for high-altitude travel.



PHASE II: THE SPIRITUAL ASCENT

Day 4 - The Confluence of Sages

Travel deeper into the Himalayas in premium SUVs. Meditate at Vashisht Cave, an ancient high-vibration site, followed by witnessing Devprayag, the sacred confluence forming the holy Ganges.

Overnight stay in Rudraprayag.



Day 5 - The Enchanted Forest of Chopta

Ascend into rhododendron forests and alpine meadows. At Chopta, known as the Mini Switzerland of India, participate in a Lower-Limb Marma Activation Session to enhance circulation and joint stability for the summit trek.

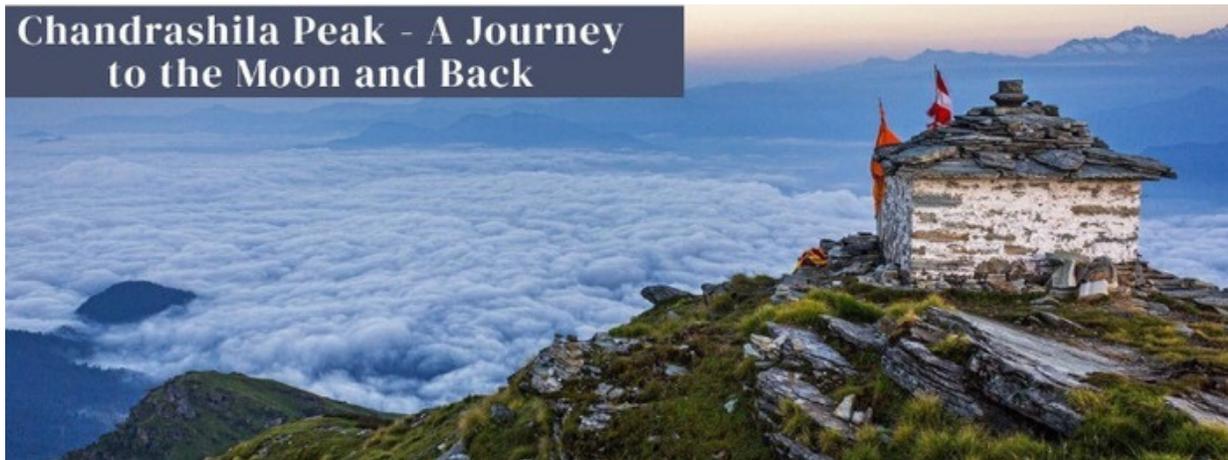


Day 6 - The Summit – Tungnath & Chandrashila



Trek to Tungnath, the highest Shiva temple in the world, and onward to Chandrashila Summit (12,110 ft). Witness awe-inspiring views of Nanda Devi and Trishul.

This is a journey of inner trekking—discovering stillness beyond physical effort.



PHASE III: ALPINE VISTAS & DEEP REPAIR

Day 7 - The Road to Nanda Devi – Auli

Drive to Auli, famed for its panoramic Himalayan views. Stay in a luxury resort overlooking India's second-highest peak.

Evening Satsang by the fire—spiritual discourse and integration.



Day 8 - Stillness in the Meadows

Gentle nature walks and outdoor meditation in Auli's alpine meadows.

Afternoon Yoga Nidra (Deep Sleep Therapy) to allow deep cellular repair and integration of high-altitude energies.



PHASE IV: INTEGRATION & RADIANCE

Day 9 - Descent to Rishikesh

Return to Rishikesh with reflective pauses along the Ganges.

Evening Spinal Alignment Yoga to release travel fatigue and restore balance.

Day 10 - The Day of Ancient Sciences

A day for personal exploration or optional private sessions in: Vedic Astrology & Numerology. Traditional Palmistry & Face Reading.

One-on-One Marma Consultations with the Journey Leader



Day II - Departure & Inner Renewal

Closing circle and breakfast, followed by private airport transfers.

You depart carrying not just memories, but ancient tools for lifelong well-being and your lasting Himalayan Glow.

NOTE:

“The Himalayan Awakening is not designed to escape life, but to return to it—grounded, radiant, and awakened.”

FACILITATOR

He is a master practitioner of Marma Therapy, Yogic Sciences, and Acupressure, with extensive experience guiding international wellness seekers through therapeutic Himalayan journeys focused on safety, transformation, and sustainable healing.

LODGING

Boutique riverside retreat in Rishikesh

Comfortable Himalayan lodges/camps in Rudraprayag & Chopta

Premium mountain-view resort in Auli

Twin or private rooms, Western amenities, heating where required

MEALS

Sattvic, vegetarian, organic meals

Herbal teas & detox hydration

Special dietary needs accommodated (vegan, gluten-free on request)



TRANSPORTATION

Airport Transfers

Transfer from Dehradun Airport to Rishikesh & Return

Included in your booking. Private, air-conditioned vehicle. The journey is approximately 1 hour by car.

The driver will be waiting for you in the arrivals area with a name sign. The driver will assist with luggage and ensure a smooth transfer to your accommodation.

Transfer from Dehli Airport to Rishikesh & Return

Not included in the standard package. Our company will gladly arrange a taxi for you upon request to ensure a seamless experience. The journey is approximately 4 hours by car.

The customer is responsible for paying the taxi fare directly to the driver at the time of service. The estimated rate for this transfer is between 3500 and 4500 rupees.

ESSENTIAL PACKING LIST

Therapeutic Gear:

Yoga mat

Small cushion or meditation pillow

Personal acupressure tools (if used)

Attire:

Layered clothing (warm & breathable)

Trekking shoes with grip

Light rain jacket

Personal Care:

Refillable water bottle

Personal medicines

Journal & pen

Sunscreen, lip balm, moisturizer.