



# Soul India

## Trip Highlights

Let's get the big picture of your trip!

## Budget Range

\$#####



## Accommodation Info

City	Location	Check-in	Check-out
Rishikesh, India	Near the descent of Ganges	March 22, 2026	April 01, 2026



## Why Rishikesh?

The ancient city of Rishikesh is the "yoga capital of the world", one of the main tourist and pilgrimage centers of northern India, where people come from all over the world to study yoga and spiritual knowledge. Rishikesh has many ashrams, some of which are recognized worldwide as centers of philosophical studies, yoga and other ancient traditions. The city is 250 kilometers from Delhi. It is easily accessible by car, bus or airplane. A favorite destination for spiritual seekers and yoga students, although the city has become very touristy in recent years, it retains its unique atmosphere. Once here, one marvels at the chaos and peace at the same time, the craziness of the Indian streets and the zen on the banks of the Ganga. Here the Ganga descends to the plain from the Himalayan mountains, creating a unique atmosphere of purity, softness and beauty. These places remember the spirit of the holy sages who practiced in these places. Pilgrimage routes to high mountain shrines start from here, and Rishikesh is the starting point, a kind of gateway to a more sublime experience.



## *Daily Itinerary*

Day	Main Focus	Key Activities
Day 1	Arrival & settling in	Arrival during the day, rest, self-guided practice as desired. Evening practice + welcome circle and introductions.
Day 2	Intention & Rishikesh walk	Morning yoga. Fire ceremony to set intention ( <i>sankalpa</i> ). Walking tour of Rishikesh + <b>Ganga Aarti</b> .
Day 3	Sunrise pilgrimage & river time	Sunrise visit to <b>Kunjapuri Temple</b> (“Place of the Heart”), Sun practice. Afternoon free time + optional bathing in the Ganga. Evening practice + <b>Ganga Aarti</b> at a ghat.
Day 4	Silence & meditation	Morning practice. Visit to <b>Vashishta Cave</b> (meditation, quiet time, optional ablution in the Ganga). Evening practice and rest.
Day 5-7	Mountains & sacred temples	Drive to the mountains. Visit <b>Tungnath Temple</b> (highest Shiva temple, part of Panch Kedar route). Optional climb to <b>Mt. Chandrashila</b> . Stops at <b>Devprayag</b> (confluence where the Ganga begins) and <b>Dhari Devi Temple</b> . Optional trek to <b>Deoria Tal</b> (time permitting).
Day 8	Rest & integration	Morning and evening practice. Free time and rest.
Day 9	Ashram visit	Morning and evening practice. Visit to <b>Maharishi Mahesh Yogi's Ashram (Beatles Ashram)</b> —a historic place connected with Transcendental Meditation.
Day 10	Closing rituals	Morning and evening practice. Afternoon free time. Evening fire ceremony, dinner, and closing circle.
Day 11	Departure day	Morning practice. Rest and shopping. Departure or continuation of the

Day 12-14 (optional)	Extension program	program. Additional program can be arranged based on participants' wishes.
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## ***Retreat Cost (included & not included)***

Retreat	Included	additional cost
11 Nights' Accommodation	yes	no
All yoga practices	yes	no
Transportation to the Mountains	yes	no
1:1 consultation	yes	no
sightseeing event	yes	no
tour organization for the program	yes	no
Airfare to Delhi or Dehraduh	no	yes
ground transport to Rishikesh	no	yes
Lunches and dinners	no	yes, average cost (\$3-10 dollars each)
Massages or other personal expenses	no	yes (massages ~\$20 dollars)

# *What to bring with you*

Passport & visa	<input type="checkbox"/>
Headwear	<input type="checkbox"/>
Power strip if needed	<input type="checkbox"/>
Outfits for 11 days (yoga clothing)	<input type="checkbox"/>
Personal Medications	<input type="checkbox"/>
Cash money	<input type="checkbox"/>
Comfortable walking shoes	<input type="checkbox"/>
Outdoor clothing for the mountains	<input type="checkbox"/>
	<input type="checkbox"/>