

## **Guided Spiritual Tour By Indian Spiritual Journeys**

*Experience guided yoga and meditation tours Powered Indian Spiritual Journeys*

**HAMBURG, Germany - June 17, 2013 - [PRLog](#)** -- The Practice of Yoga and Meditation is one of the most difficult process one need to divert all his thoughts towards supreme being. Yet there are many persons who has attained it and they are successfully practicing meditation. Yoga is the process which helps in guiding towards meditation which has been explained through the time honored methods of the Vedantic Sriptures directing every aspect of one's being to the Supreme Goal. This tour is specifically designed for a group of more than 15 persons. The group tour is accompanied by our company escort who take care of all the operations be it your accommodation, shopping, organizing Yoga and Meditation smoothly and all your worries. The program is suitable for a group of Family, Friends, Culture and Religion Explorer etc who are looking peace and calmness for their body, The meditation and yoga activities are undergone at a soothing place generally in the hilly areas of India which provided more positive and healthy outlook towards the way of life, the program is conducted by qualified expert who gives detailed information about the program before you start.

The below is one of the program which is promoted by our company

**Destination Covered:** New Delhi Rishikesh-New Delhi

**Duration:** 10 nights/11 days.

### **Day 01: New Delhi**

Upon arrival at Delhi International Airport you will be picked up from Airport along with the placard bearing your name. Transfer and check in to Hotel. You will be escorted to the hotel for overnight stay. Relax and spend your night in cozy of your room.

### **Day 02: New Delhi-Rishikesh (By Surface)**

Our Escort will pick you up from your hotel at 7:30 Am and drive to Rishikesh. En route brief stop for Tea and light snacks. Upon arrival at Haridwar visit to Shiv Murti. Continue your journey to reach Hotel. The Hotel will be located at the bank of River Ganges along with own Temple. Evening proceed for evening Ganga Aarti at Parmath Niketan. Later return to the hotel where you will be given orientation about the Yoga and Meditation. Overnight at Hotel.

### **Day 03:Rishikesh**

Morning Aarti in the temple after early Morning Prayers. Morning Yoga Session – 60-90 minutes of Yoga. Breakfast Free Time. **Optional** activities can be undertaken including Seva / Library Room / Nada Yoga Session / Yoga Nidra Session.

Evening Aarti by the holy river Ganga – Evening Prayers and Lamp Ceremony. Evening Meditation in the hotel Hall. Overnight at Hotel.

### **Day 04:Rishikesh**

Morning Aarti in the temple early Morning Prayers. Morning Yoga Session – 60-90 minutes of Yoga.

Breakfast. Later visit to Lakshman Jhula and Nilkhanth Mahadev Temple which is located 32 kms away from Jhula located at a height of 1330 metres. By Evening return to the hotel meditation and free time for **Ayurvedic Treatment (Optional)**. Treatment for a complete overhaul of mind body and soul

The treatment will be given by experience and qualified Ayurveds. Evening meditation in the hall. Overnight at Hotel.

#### **Day 05: Rishikesh**

Morning Aarti in the Hotel Temple for early Morning Prayers. Morning Yoga Session – 60-90 minutes of Yoga. Breakfast.

#### **Ayurvedic Treatment (Optional)**

Treatment for a complete overhaul of mind body and soul

The treatment will be given by experience and qualified Ayurveds.

Free Time for personal activities. Evening Meditation program in the Hall. Overnight at Hotel.

#### **Day 06: Rishikesh**

Morning Aarti and Prayers followed by morning Yoga Session – 60-90 minutes of Yoga. Later after breakfast proceed for sightseeing tour of Ashram Visit to Shivanad Ashram Complex, Parmath Niketan. Return to the hotel. After lunch free time for **Ayurvedic Treatment: (Optional)**. Treatment for a complete overhaul of mind body and soul. Rest of the day at leisure. Evening Meditation program. Overnight at Hotel.

#### **Day 07: Rishikesh (Excursion tour of Haridwar)**

Morning Aarti and Prayer at Hotel temple. Morning Yoga Session – 60-90 minutes of Yoga. Breakfast later proceed for sightseeing of Temples in Haridwar. Visit to Mansa Devi Temple by ropeway, Bharat Mata Devi Temple-Dedicated to Mother India, Maya Devi Temple, Chanda Devi Temple. Later during sunset our guide will assist you in having seat arrangement at Har-Ki-Pauri. Witness Har-Ki-Pauri live Ganga Arti and also worship of Ganga Devi. Evening Meditation Program. Return to the hotel for overnight stay.

#### **Day 08: Rishikesh**

Morning Aarti and Prayer in the hotel temple. Thereafter morning Yoga Session – 60-90 minutes of Yoga. Breakfast Rest of the day for personal activities or Ayurvedic Treatment. Later in the afternoon we will take you for Himalayan Darshan for Sunset view of the Himalayas. Our team will drive you to Kunjapuri about 27 kms from Rishikesh. From here, you get a vantage view of the Indian Himalayas. The team will coordinate on the more suitable option of sunset view of the Himalayas. Return to the hotel for evening meditation program. Overnight at Hotel.

#### **Day 09: Rishikesh**

Morning Aarti and prayers in the Hotel temple. Morning Yoga Session – 60-90 minutes of Yoga. After breakfast drive to Marine Drive from there we will commence our **River Rafting**: On the holy river Ganga. River rafting will not be conducted during the monsoon seasons. During these seasons, Religious

Sightseeing will be conducted. This trip would also include Triveni Ghat and other attractions in Rishikesh. By late afternoon reach Rishikesh. Transfer to the hotel for relax and Evening meditation program. Overnight at Hotel.

**Day 10: Rishikesh- New Delhi (By Surface)**

Morning Aarti and Prayers in the hotel temple. Yoga Session – 60-90 minutes of Yoga. Breakfast. Free time. Free time till lunch. Later in the early afternoon proceed to New Delhi. Upon arrival you will be assisted to check in to the hotel. Overnight at Hotel.

**Day 11: New Delhi**

After breakfast full day free for shopping. Later you will be transferred to International Airport for flight back to home.

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