



Sacred Journey through Northern India with Seane Corn!  
Tour Itinerary  
Delhi-Haridwar-Rishikesh-Vrindavan-Varanasi-Delhi

**11 February: Arrive Delhi**

Arrive New Delhi International Airport. You will be met at the airport upon arrival and transferred to your hotel in Delhi (30 mins). Overnight stay in Delhi - 1 night.

**12 February: Delhi - Haridwar** (Drive 215 KM/4-5 Hrs)

Early morning departure (5:30am- to beat traffic), proceed to Haridwar, enjoy chai, coffee breakfast on the way at local Indian restaurant. Upon arrival in Haridwar we will check into our hotel and enjoy a lovely vegetarian lunch.

Later in the afternoon enjoy a walking tour of Haridwar - Hari dwar stands for "Gateway of God". Visit Har-ki-Pauri, one of the most famous places in Haridwar, which is believed to be the exit point of river Ganges from the mountains and entry into the plains. Experience evening Aarti (prayer) ceremony at river Ganges. Enjoy Yoga w/ Seane after evening prayer ceremony. Overnight stay in Haridwar - 1 night.

**13 February: Haridwar - Rishikesh** (Drive 35 KM/1 Hr)

Morning Yoga with Seane followed by breakfast at hotel. Drive to Rishikesh...a small town resting at the foothills of the Himalayas, scenically located where the Holy Ganges River flows down from the Himalayas. Rishikesh catapulted to Western fame when the Beatles dropped by for a visit to Maharishi Mahesh Yogi's Ashram. Rishikesh is also known as the world's Yoga Capital, and is associated with **Lord Rama** and **Laxman**.

Upon arrival in Rishikesh we will check into our hotel. Later in the afternoon we will visit the Laxman & Trimbakeshwar temples...and stroll around the local bazaars of Rishikesh. We will stay in Rishikesh for 5 nights.

Additional activities TBD.

**14 February: Rishikesh**

Morning yoga practice & breakfast, followed by visit to Neelgadu Waterfall. Himalayan foothill trek (not strenuous) to this glorious waterfall through the jungle...the falls flowing from the natural rocky cliffs may tempt us to take a cool dip in this stream! Butterflies of different species are seen fluttering around the wild flowers.

In the evening, we will visit the Parmarth Niketan Ashram, famous for Ganga prayer ceremony which takes place daily both in the morning and evening. This Ashram also runs a school based program with traditional and cultural Indian customs. This Ashram is open for all, with no discrimination on the basis of race, gender, nationality, religion, caste or creed. Overnight stay in Rishikesh.

### **15 February: Rishikesh**

Morning yoga practice followed by breakfast. We will then proceed to the Vashistha cave - the ancient **Cave Ashram of Vashistha** where his descendants and followers reside at the river ashram and have darshan of Vashistha's Shiva deity.

Vashistha cave is an ancient cave where great sage Vashistha meditated for a very long time. As per Hindu mythology, sage Vashistha was son of Lord Brahma and one of the seven great sages. There is a small cave here, where people can meditate and can feel the vibrant energy of the space. Later in the afternoon we can either visit the "Beatles Ashram" or enjoy shopping in local the bazaar.

This evening we will go to Triveni ghat to enjoy evening Aarti ceremony on the bank of Ganges.

### **16 February: Rishikesh**

Morning yoga practice followed by breakfast. Today we check out from our downtown Rishikesh hotel and proceed to our Retreat Center, nestled in the powerful energy and natural beauty of the Himalayas! This evening we will be offered a talk on The History of Yoga. Overnight stay at retreat center.

### **17 February: Rishikesh**

Morning yoga practice with special guest/local teacher, followed by breakfast. Later in the afternoon we will enjoy a talk/class on Ayurveda offered by a local Ayurvedic Doctor. We may also wish to take a hiking trip to nearby Himalayan villages and mountain peaks through the local villages. Overnight stay at retreat center.

**18 February: Rishikesh - Vrindavan.** Fly to Delhi (50 min flight) - then drive to Vrindavan (Drive is 150 KM/3-4 Hrs.)

### **2 nights in Vrindavan**

Morning yoga practice followed by breakfast. Catch flight from Rishikesh to Delhi and then drive to Vrindavan. Vrindavan is a town in the Mathura district of Uttar Pradesh, India. It is the site where according to Hinduism, Lord Krishna spent his childhood days.

There are thousands of temples in this town; The **ISCKON** (Hare Krishna) temple is also there, along with an army of monkeys all around the town! Vrindavan is also home to the **Gau Shala** (cow shelter) and **Sandi Pani Muni School** (provides free education to poor children from this area), and **Food for Life**. an organization that provides food, water, and other resources to people in need within India.

### **19 February: Vrindavan**

Breakfast followed by 8:30am departure to visit the **Sandipani Muni Charity School**, this school provides education for 1500 needy children from kindergarten through elementary school. The school children are girls only, boys are allowed in kindergarten only - they've selected girls because within the local culture boys are favored and girls get less food, less medical care, less schooling, and fewer possibilities and opportunities in general. Later today we will visit the cow shelter, which is located just next to the school, this cow shelter houses and cares for abandoned cows, bulls, retired oxen, and orphaned calves.

### **Evening yoga practice.**

**Optional:** We may go to **Wildlife SOS**. Primary reason for the founding of Wildlife SOS has been to rescue and rehabilitate wildlife in distress in both urban and rural environments. Wildlife SOS rescues a number of orphaned, injured, and displaced wildlife found in cities and locations from wherever they work in India. Injured animals are given medical treatment and many are released back into the wild. When this is not possible, permanent homes are provided for the animals at one of their many rescue facilities. <http://wildlifesos.org/>

### **20 February: Vrindavan-Delhi** (Drive is 150 KM/3-4 Hrs.) We then fly from **Delhi to Varanasi. (flight time 1.5 Hrs)**

Early morning departure from our hotel in Vrindavan, then proceed to Delhi. Upon arrival enjoy early lunch in Delhi prior to heading for airport to catch flight to Varanasi. Evening yoga practice at our hotel in Varanasi.

### **Varanasi - 2 nights.**

Varanasi is picturesquely situated on the banks of the river Ganga. The city is the oldest living city of the world. Other than being a very holy city for Hindus, it also holds a very significant association with Buddha's life and Buddhism.

### **21 February: Varanasi**

Today we start our day with a boat ride on the river Ganges. Rise before dawn to witness the daily miracles unfolding, as the sun rises triumphantly over the horizon! The sound of conches & temple bells add to the delicate pink fabric of dawn. The formerly hushed murmuring of ancient Sanskrit Shlokas (hymns) now rise, in one voice, to a crescendo of unparalleled piety & joy. . Return back to hotel for breakfast. Later we shall explore the city by foot to get a feel for the oldest living city in the world.

In the afternoon we'll enjoy an excursion to **Sarnath**, the site of the deer park where Gautama Buddha is said to have given his first sermon about the basic principles of Buddhism. It has been a premier center for Buddhism & has a rich collection of ancient Buddhist relics & antiques comprising numerous Buddha & Bodhisattva images on display at the Archaeological Museum. In the evening, take part in the famous Aarti (prayer) ceremony at the bank of river Ganges. Overnight in Varanasi.  
Evening yoga practice.

**22 February: Varanasi - Delhi** (Flight is 1 Hr. 20 minutes)

Early morning breakfast followed by hotel checkouts. Proceed to Varanasi airport to catch flight to Delhi, upon arrival at Delhi airport, proceed to international terminal for your international flight. For those with late evening flight departures, we will arrange a sightseeing tour of Delhi.

**\*Please note this itinerary is subject to changes.**

**Additional activities & meals to be added as we know more, as well as while on the ground. It is important for us to remain spontaneous and flexible on this adventure! \***

**\*\*Please contact Satya Retreats for further questions at: [contact@satyaretreats.com](mailto:contact@satyaretreats.com)**

