



2nd Annual Sacred Journey to Northern India w/ Seane Corn!

**13 Nights / 14 Days
February 14-27, 2019**

Delhi-Haridwar-Rishikesh-Vrindavan-Jaipur-Varanasi-Delhi

14 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.

15 February: Delhi – Haridwar (Drive 215 kms/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 a Restorative Yoga practice w/ Seane after evening prayer ceremony. Dinner will be served at our hotel. Overnight stay in Haridwar – 1 night.

16 February: Haridwar – Rishikesh (Drive 35 kms/1 Hr)

Morning Yoga with Seane, followed by breakfast at hotel. Drive to Rishikesh – stay in Rishikesh for 3 nights.

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. Lunch & Dinner included – exact location & times TBD.

17 February: Rishikesh

Morning yoga practice w/ Seane, followed by breakfast. We will then depart hotel to visit the Neelgadu Waterfalls. A Himalayan foothill trek 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 to all, with no discrimination on the basis of race, gender, nationality, religion, caste or creed. Lunch & Dinner included – exact location & times TBD. Overnight stay in Rishikesh.

18 February: Rishikesh

Morning yoga practice w/ Seane, followed by breakfast. Visit to Vashistha cave, an ancient cave where great sage Vashistha meditated for a very long time. As per Hindu mythology, sage Vashistha was the 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. This evening we will go to Triveni ghat to enjoy evening Aarti ceremony on the bank of Ganges. Lunch & Dinner included – exact location & times TBD.

19 February: Rishikesh – Delhi (50 min flight), then drive to Vrindavan (150 kms / 3-4 Hrs)

Morning yoga practice followed by breakfast. Today we check out of our Rishikesh hotel and proceed to the airport for our flight to Delhi, once in Delhi we will then drive to Vrindavan – **2 nights in 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. Overnight in Vrindavan.

Lunch & Dinner included – exact location & times TBD

20 February: Vrindavan

*Early morning yoga practice with Seane, followed by breakfast.

8:30am departure to visit the Sandipani Muni Charity School, this school provides education for 1500 needy children from kindergarten to the end of inter school. The school children are girls only, boys are allowed in kindergarten. Girls were prioritized because in the local culture at home boys are favored - girls get less food, less medical care, fewer schooling & educational opportunities in general. Later today, we will visit the cow shelter, which is located just next to the school, this cow shelter maintains abandoned cows, bulls, retired oxen, and orphaned calves. Overnight in Vrindavan.

Lunch & Dinner included – exact location & times TBD

21 February: Vrindavan - Jaipur Drive (260 kms / 5 Hrs)

Morning Yoga at hotel - after breakfast drive to Jaipur. Jaipur is a fascinating Indian city known as pink city - the historic center of Jaipur is painted a terracotta pink color

and there is even a local law that instructs that all the buildings within Jaipur be painted this distinctive shade of pink.

Overnight stay at hotel in Jaipur (**3 nights in Jaipur**) Lunch & Dinner included – exact location & times TBD

22 February: Jaipur Sightseeing

Morning Yoga practice with Seane, followed by breakfast. Later, proceed to Amber fort. Visit the Amber fort and later return back to Jaipur city for sightseeing of other prominent monuments. Visit the Palace of Winds also known as Hawa Mahal, this elaborate building, now little more than a façade, is encrusted with delicate screens and carved balconies.

Also visit City Palace, where you can see Chandra Mahal, Shri Gobind Deo Temple and the City Palace Museum; as well as Jantar Mantar, a royal observatory with masonry astronomical instruments. Late afternoon we can visit Birla temple, Govind Dev ji temple and famous Hanuman ji temple in Jaipur. Overnight stay in Jaipur. Lunch & Dinner included – exact location & times TBD

23 February: Jaipur - Pushkar Excursion

Morning Yoga practice with Seane, followed by breakfast.

Today we can take an excursion to Pushkar, one of the most respected places for Hindus and referred as Tirth Raj or the king among places of pilgrimage. The town is situated around the beautiful Lake where people come to take a dip with deep religious faith rooted in their hearts. Later in afternoon, visit the world famous Brahma temple, Savitri Temple and enjoy prayer ceremony / blessings with local priests. Walk through the colorful market of Pushkar and enjoy sunset at Pushkar Lake. At night, return back to our Jaipur hotel. Drive from Pushkar to Jaipur is about 3 hours. Overnight stay in Jaipur.

Lunch & Dinner included – exact location & times TBD

24 February: Jaipur–Varanasi (Flight from Jaipur to Varanasi, 1 hr & 50 min)

Morning Yoga practice with Seane, followed by breakfast Later this morning, proceed to Jaipur airport to catch flight to Varanasi. Varanasi is picturesquely situated on the banks of 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. Overnight stay at a very special hotel in Varanasi. **3 nights in Varanasi.**

Lunch & Dinner included – exact location & times TBD

25 February: Varanasi

Sightseeing

Today we start our day with a **boat ride** on the river Ganges. Rise before dawn & step gingerly in the boat as the boatman starts rowing the boat. Witness the daily miracle that unfolds, as the sun appears triumphantly over the horizon. The sound of conches & temple bells add to the delicate pink fabric of dawn. 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. Later we explore the city by foot to get a feel for the oldest living city of the world. Return back to our hotel for yoga practice followed by breakfast.

In the evening, enjoy prayer ceremony at the famous Dashamash Ghat.

Lunch & Dinner included – exact location & times TBD

26 February: Varanasi

Sightseeing

Morning Yoga practice with Seane, this will be our final practice together, followed by breakfast. After breakfast, enjoy time off to explore the city.

In the afternoon, we can take 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. This evening, enjoy the famous Aarti (prayer) ceremony at the bank of river Ganges.

27 February: Varanasi – Delhi Flight (1 Hr. 20 minutes)

This morning, following an early breakfast and check outs, we proceed to Varanasi airport to catch our flight to Delhi. Upon arrival, enjoy an optional Delhi sightseeing tour - we will visit **Mahatma Gandhi Smriti**, the sacred place where Mahatma Gandhi's epic life ended on January 30th, 1948. Mahatma Gandhi had lived in this house for 144 days. In 1971 it was converted into a national memorial museum. The preserves include the room where Mahatma Gandhi lived, and the prayer ground where he held a mass congregation every evening. It was here where the assassin's

bullets felled Gandhiji. The building and the landscape have been preserved as they were in those days.

On display in the Museum are photographs, sculptures, paintings, frescos, inscriptions on rocks and relics pertaining to the years Mahatma Gandhi spent here. The meagre personal effects of Gandhiji are also carefully preserved.

Late afternoon, proceed to international terminal in Delhi to catch flights to your further/final destination.

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**

