



**A Yogi's Journey: An exploration of Northern India with Carrington Jackson!
Tour Itinerary, November 2-13, 2019
Delhi-Rishikesh -Varanasi-Vrindavan-Agra-Delhi**

2 November: Arrive Delhi

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

3 November: Delhi – Rishikesh (Drive is 250 KM/5-6 Hrs)

Early morning departure (5:30am- to beat traffic), proceed to Rishikesh.

Enjoy chai, coffee & delicious Indian breakfast on the way at local Indian restaurant at approximately 8am.

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.

Following lunch we will visit the Laxman & Trimbakeshwar temples...and stroll around the local bazaars of Rishikesh.

5:30-6:00pm – Arrive back at our hotel

6pm – Evening Yoga Practice with Carrington

7:30pm - Dinner.

We will stay in Rishikesh for a total of 5 nights. (three nights in town, Nov 3-6, & two nights at a Retreat Center in the mountains, Nov 6-8)

4 November: Rishikesh

7am – Coffee/Tea/Juice/Fruit available prior to yoga.

8:00-9:30am - Morning yoga practice w/ Carrington followed by breakfast @ 10am.

11am – We depart via bus (*approx. 20 min drive*) for our visit to Neelgadu Waterfall. 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. We will return to our hotel and enjoy lunch together – location & time TBD.

At 4pm, 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.

At approximately 5:30pm we will experience evening Aarti (prayer) ceremony. Dinner will follow at around 7pm. location TBD.

Overnight stay in Rishikesh.

5 November: Rishikesh

7am – Coffee/Tea/Juice/Fruit available prior to yoga.

7:30-9:00am - Morning Yoga Practice w/ Carrington

9:30am - Breakfast

10:15am - Departing our hotel, we will then proceed to the Vashistha cave via bus (approx. 45 min drive) – to 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.

2:00pm (approximately) - We will enjoy lunch together - location & exact time TBD.

We will then have the opportunity for swimming and/or story telling at the river. Later in the afternoon we can either visit the "Beatles Ashram" or enjoy free time for shopping in town.

This evening at 5:30pm, we will go to Triveni ghat to enjoy evening Aarti ceremony on the bank of Ganges.

Dinner is at 7:30pm, location TBD.

Overnight stay in Rishikesh.

6 November: Rishikesh

7am – Coffee/Tea/Juice/Fruit available prior to yoga

8:00-9:30am - Morning Yoga Practice w/ Carrington, followed by breakfast @ 10am.

11:30am – Depart for our 1 hr drive to our Retreat Center, where we will stay for 2 nights, nestled in the powerful energy and natural beauty of the Himalayas!

2:00pm - We will enjoy lunch together.

3:00 – 6:00pm – Free time for Spa treatments as desired, or to relax and enjoy the grounds.

7:00pm - Dinner

Overnight stay in Rishikesh.

7 November: Rishikesh

7am – Coffee/Tea/Juice/Fruit available prior to yoga

8:00-9:30am- Morning Yoga Practice with Carrington

9:45am – Breakfast

10:30am -1:00pm – Free time for hiking tour, spa treatments or to relax and enjoy the grounds

1:00pm - Lunch

2:00-3:30pm - We will enjoy a talk/class on Ayurveda offered by a local Ayurvedic Doctor.

3:30pm – Optional Visit to Khushi School.

3:30 – 7:30pm – Free time for spa treatments as desired

7:30pm - Dinner.

Overnight stay in Rishikesh.

8 November: Rishikesh to Varanasi (Flight approx. 1.5 Hrs)

Early departure for airport (drive approximately 1.5 hrs.) – fly to Varanasi. 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 Upon arrival, we will make our way by bus to the river in town, from where we then take a boat to our palace hotel!

Free time and evening Aarti (prayer) ceremony on the Ganges, followed by dinner at our hotel. Exact times TBD.

Evening yoga practice w/ Carrington, followed by dinner – exact times/location TBD.

Overnight in Varanasi.

9 November: Varanasi

6:30am - We start our day with a boat ride (approx. 1 hr.) on the river Ganges, followed by a 1 hr. walking tour. 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.

9:00am - Return back to hotel

9:00-10:30am – Yoga Practice with Carrington.

11:00am – Breakfast/Brunch at our hotel.

12:00pm - Explore the city by foot to get a feel for the oldest living city in the world.

In the afternoon we'll enjoy an (optional) excursion to **Sarnath**, located approximately 10 KM from the city's center. This is the site of the deer park where 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.

6:00pm – We will take part in the famous Aarti (prayer) ceremony at the bank of river Ganges.

7pm – Dinner at our hotel.

Overnight in Varanasi.

10 November: Varanasi to Vrindavan

(1.5 Hr. Flight to Delhi, then drive approximately 2 Hrs. from Delhi to Vrindavan)

Early morning yoga with Carrington followed by breakfast – exact times TBD.

Check outs, some free time to wander before our departure to Varanasi

Airport.

Lunchtime and location TBD.

Journey to Vrindavan...

Upon arrival, check into our hotel, attend evening Aarti at Hare Krishna Temple in Vrindavan.

Dinner at approximately 7:30pm – time and location TBD.

Overnight stay 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 some of the poorest girls from this area), and **Food for Life**, an organization that provides food, water, and other resources to people in need within India.

11 November: Vrindavan

7am – Yoga w/ Carrington, followed by 8:45am departure to visit the **Sandipani Muni Charity School**, this school provides education for 1500 children in need, from kindergarten through elementary school. The school children are primarily 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. We will attend and share in the school's morning assembly and eat breakfast with the children, followed by a tour of the school. Later today we will visit the cow shelter, which is located near the school, this cow shelter houses and cares for abandoned cows, bulls, retired oxen, and orphaned calves.

12:30pm – Lunch – location TBD.

Following lunch and prior to evening ceremony, there will be time to visit nearby temples.

6:00-7:00pm – Hare Krishna Aarti Ceremony

8:00pm – Dinner – location TBD.

Overnight stay in Vrindavan

12 November: Vrindavan to Agra (drive approx. 2+ Hrs)

Early morning yoga with Carrington, followed by breakfast.

Check out of our hotel and make our way via bus to Agra.

Lunch time and location TBD.

Arrive in Agra in the later afternoon, check into our hotel. Optional tour to visit Agra Fort, or enjoy our hotel's amenities.

Dinner at our hotel – exact time TBD.

Overnight in Agra.

13 November: Agra – Delhi (Drive is 200 KMS, approx. 3-4 Hrs)

Early morning visit to the Taj Mahal at Sunrise! The Taj was built by Shah Jahan as a token of his love for his deceased wife, and is undoubtedly the most romantic burial site in the world.

After experiencing the Taj, we will enjoy breakfast together at our hotel, followed by checkouts. Drive to Delhi airport to catch our flights home...

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

*****Please remember to practice non-attachment with regards to this itinerary!
Please remember to remain flexible and spontaneous during our adventures together, as travel in India can sometimes include delays and changes 😊***

Namaste!

