



Sacred Journey to Northern India w/ Seane Corn!

**12 Nights / 13 Days
February 25 - March 8, 2024**

Delhi-Haridwar-Rishikesh-Vrindavan-Agra-Varanasi-Delhi

25 February: Arrive Delhi

Arrive at New Delhi International Airport. You will be met at the airport upon arrival and transferred to your hotel in Delhi (30-40 mins drive). Overnight stay in Delhi - 1 night.

26 February: Delhi – Haridwar (215 Kms/4-5 Hrs drive)

Early morning departure (5:15am- to beat traffic). Proceed to Haridwar, enjoy chai/ coffee & breakfast on the way at a local Indian restaurant. Upon arrival in Haridwar, we will check into our hotel and enjoy a delicious vegetarian/vegan lunch.

Later in the afternoon, enjoy a walking tour of Haridwar – **Hari dvar** 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.

27 February: Haridwar – Rishikesh (35 kms / 1 Hr drive)

Morning Yoga with Seane, followed by breakfast at hotel.

Drive to Rishikesh – stay in Rishikesh for 4 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 can visit the Laxman & Trimbakeshwar temples...and stroll around the local bazaars of Rishikesh. Lunch & Dinner – location & times TBD.

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 based on race, gender, nationality, religion, caste, or creed. Overnight stay in Rishikesh.

28 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! (Bring your bathing suit!) Butterflies of different species are seen fluttering around the wild flowers. Trek is approximately 3 hrs. roundtrip and is moderately challenging – everyone can go at their own pace (wear supportive walking/hiking shoes!)

In the evening, we will again attend the evening Aarti (prayer) at the Ganga. Lunch & Lunch & Dinner – location & times TBD. Overnight stay in Rishikesh.

29 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. Overnight stay in Rishikesh.

1 March: Rishikesh – Kunjapuri Temple Creek excursion.

Early morning (5 am!) we will drive to Kunjapuri Temple.

Kunjapuri Temple is a highly regarded temple located in a region of Rishikesh that sits at an altitude of 1676 meters above sea level. There are approximately 300 concrete stairs we must climb to reach the top of the temple. From there, we will experience a spectacular view of the snow-covered Himalayan peaks as the sun rises!

Our trek back down will include unspoiled nature, waterfalls, villages, and farms along the way. We will be back at our hotel in time for lunch and will have the afternoon “free” to enjoy exploring Rishikesh, treating yourself to a massage, or a reading with Chanchal!

Late afternoon yoga practice with Seane.
Lunch & Dinner time/location TBD - Overnight stay in Rishikesh.

2 March: Drive from Rishikesh to Vrindavan (400 kms / 7 Hrs drive)

Early morning yoga practice followed by breakfast. Today we check out of our Rishikesh hotel and drive to Vrindavan – we will have lunch on the way.

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 underserved children from this area), and **Food for Life**. an organization that provides food, water, and other resources to underserved people within India. Dinner – location & times TBD. Overnight in Vrindavan.

3 March: Vrindavan – Excursion to Kusum Sarovar

Early morning yoga practice with Seane, followed by breakfast. Today's excursion is to Kusum Sarovar, a sacred water reservoir with an imposing and enticing edifice as a backdrop. Kusum Sarovar is one of the key elements in the rich mythology surrounding Lord Krishna and Radha Rani. This natural pond was restored in 1675 as instructed by Raja Veer Singh Deo of Orchha. This area is associated with the playful moments that Lord Krishna and Radha Rani shared. As the name suggests, Kusum Sarovar is a place surrounded by beautiful flowers and trees. The story tells that Radha Rani would come here on the pretext of collecting flowers with her female friends or sakhis (companions). Over time, devotees have been coming here to receive the nectar of "Prem Bhakti" for their beloved Lord Krishna and Goddess Radha.

In the afternoon we will return to the Ashram for lunch. Later that afternoon we will visit the Cow Shelter (**Gau Shala**), where abandoned cows, bulls live, along with retired oxen and abandoned calves. Overnight in Vrindavan.

4 March: Vrindavan – Agra (85 Kms / 2 Hrs drive)

Early morning yoga practice with Seane.

8:30am departure to visit the **Sandipani Muni Charity School**, a school that provides education for 1500 underserved children from kindergarten to the end of Elementary School. This school is

exclusively for girls, although boys are allowed in kindergarten. Girls are prioritized because in the local culture at home boys are favored - girls get less food, less medical care and fewer schooling & educational opportunities in general.

In the early afternoon we proceed to Agra, where we will visit the Taj Mahal: one of the 7 wonders of the world! The architectural brilliance of this mansion is one of the World Heritage Monuments and attracts millions of visitors each year from around the globe. Upon our arrival in Agra, we will check into our hotel.

We will visit the Taj for sunset. Lunch & Dinner location & times TBD. Overnight in Agra.

5 March: Agra – Delhi for flight to Varanasi (200 kms / 4 Hrs drive)

Morning Yoga at hotel - after breakfast drive Delhi Airport for our 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 (palace) in Varanasi. **3 nights in Varanasi.**

Lunch & Dinner - exact location & times TBD

6 March: 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 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 to our hotel for yoga practice followed by breakfast.

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

Lunch & Dinner – exact location & times TBD. Overnight stay in Varanasi.

7 March: Varanasi - Sightseeing

Morning Yoga practice with Seane, 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. Overnight stay in Varanasi.

8 March: Varanasi – Delhi - Flight (1 Hr. 20 minutes)

This morning will be our final early morning yoga practice together, followed by breakfast and check outs. We will proceed to the Varanasi airport to catch our flight to Delhi. Upon arrival in Delhi, enjoy an optional Delhi ½ day 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 proceeds to international terminal in Delhi to catch flights to your further/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**

