

India tour „Roots of Yoga“

Our thirteen day tour to India will take us to some of the the most mystical places on earth. Come into contact with ancient, millenia old culture! Take a deep dive into a fascinating world, an enchanting new experience!



Delhi

The first two and the last day of our india tour we will spend in India's capital Delhi. Delhi is one of the oldest cities in the world, mentioned in the Mahabharata, a famous indian epic dated back 5000 years. Indraprastha (Delhis ancient name) was founded by the Pandavas, the sons of king Pandu.



Rishikesh & Haridwar

Rishikesh, the "capital" of Hatha Yoga, derives its name from Visnu in the form as "Lord of the senses". It is a well-known pilgrimage site closely connected to the Ramayana. It is said that meditation done here leads to liberation from the cycle of birth and death. Situated in the foothills of the Himalayas and surrounded by undisturbed nature Rishikesh is the home to prominent centres of hindu thought and great yoga institutes. Haridwar, the "Gateway to Heaven", serves as entrance to the pilgrimage routes in the Himalayas for millions of hindus every year.



Jaipur & Agra

Our tour continues to Agra and Jaipur. Both cities are "a must" on a visit to India. Agra offers many interesting places to visit such as the famous Taj Mahal and the Fort of king Akbar. Jaipur, the pink city, is the capital of the federal state of Rajasthan. It's name refers to the colour of the houses in the historic quarter of Jaipur, Rajasthan's traditional colour of hospitality.



Vrindavan

Vrindavan, the town of 5000 temples, is one of the Hindu's holiest places and fortunately unknown to big tourism yet. It is the place where the famous pastimes of Radha and Krishna take place. They represent the primordial form of the male and the female aspect of God in hinduism. We will travel back into time many thousand years and meet a unique community of sadhus, holy people who emanate a special spiritual energy.

Throughout most of the journey you'll reside in hotels that reflect India's unique charm and culture. Whilst in Vrindavan, you'll have the opportunity to stay in the magical Vrinda Kunja yoga monastery and experiment the extraordinary atmosphere of peace and tranquility within.

According to the number of travellers in the group you will be taken care of by one or two english speaking tour guides. They studied Bhakti-Yoga and vedic philosophy for many years and thus are able to grant you a deep insight into the background and history of Indian thought and spirituality. They will guide you through all different places on the trip and are there to help you with any problems or queries you may have.

Tour Plan

Delhi

- Day 1: - Arrival and check in
- In the afternoon we will walk through the breathtaking Swami- narayan Akshardham, a monumental temple made of white marble and red sandstone, following the ancient tradition of the northindian art of carving.
- Day 2: - In the morning we will go to the Gate of India, the grave of Mahatma Gandhi and the photo exhibition about his life.
- Then we visit the famous Lotus Temple, an interreligious meeting place which was build by the followers of the Bahai religion.
- In the late afternoon we will go to Rishikesh and check into our hotel.

Rishikesh & Haridwar

- Day 3: - After a relaxing sleep at the feet of the Himalaya we will climb up the hills through the djungle to the fantastic waterfalls where we will have the opportunity to take a bath in the fresh and crystal clear thunderous water from the mountains.
- Day 4: - In the morning we will visit the famous Swarg Niwas temple which is a goal and starting point for many pilgrims who travel to the many holy places in the Himalayas.
- In the afternoon we will walk through through the Parmarth Niketan Ashram which is situated outside the busy town of Rishikesh on the banks of the Ganges. It is one of the biggest and most well known ashrams. Every year the international yoga festival is celebrated there.
- Around six in the evening we will take part in the Ganga Puja, a very atmospheric ritual to worship Mother Ganges.
- Day 5: - In the next morning we check out from our hotel in Rishikesh and go to Haridwar.
- After the lunch we will take a relaxed break bargaining and small talk in those many small colourful shops at the main street.
- In the evening we will attend the huge Ganga Puja ceremony at the Har Ki Pauri Ghat where daily tens of thousands take part in the worship.
- Day 6: - After the check out from the hotel in Haridwar we will visit visit both temples of the goddesses Mansa Devi and Chandi Devi.
- In the afternoon we will travel by train from Haridwar to Jaipur.

Jaipur & Agra

- Day 7: - In the morning we will arrive in Jaipur, check in
- After the lunch we will visit the Hawa Mahal (Palace of the Winds) and the Jantar Mantar observatory in Jaipurs picturesque Old Town.
- In the evening we will take a stroll through the famous Choki Dhani Ethno Park which presents the Rajasthans folklore.
- Day 8: - Early in the morning we will set out for Galtaji situated at one of the hills around Jaipur. There we visit the sun temple, the monkey temple and a beautiful yoga monastery.
- In the afternoon, after the visit to the Birla Mandir we go shopping in the Jaipurs central markets and in the evening we will visit the famous Govindaji temple.
- Day 9: - In the morning we will visit the Amber Fort which is situated outside of Jaipur. Within its walls there is the old capital of the erstwhile hindu empire Rajasthan called Amber.
- On the way back we take a stop at a huge Ganesh Tempel at the hills.
- In spring-time the people of Jaipur celebrate the "Elephant Festival" which we will have the opportunity to attend in 2009.
- Day 10: - In the next morning we will enjoy travelling by car through Rajasthans steppe to the famous city of Agra.
- There we will visit world wonder no. one, the Taj Mahal.
- Afterwards we continue our journey to Vrindavan and arrive in our Vrinda Kunja Ashram.

Vrindavan

- Day 11: - Early in the morning we will set out on a mystical morning walk through Vrindavan to the holy river Yamuna.
- After the breakfast we will visit some fascinating ancient temples around our Vrinda Kunja Ashram. After the lunch we will have some time for a relaxing meditation.
- Later we visit the beautiful Radha Madan Mohan temple and take part in the atmospheric Yamuna Puja ceremony.
- Day 12: - After the morning yoga we will attend an auspicious fire ceremony (Agni Hotra), a vedic ritual for the different steps in life which is thousands of years old.
- After lunch we will say good bye to Vrindavan and travel back to Delhi.
- Day 13: - return flight
- For those who like we offer the opportunity to stay in an ayurvedic spa for three days of fantastÃ-c wellness treatment. Besides this the spa offers yoga, meditation, massages, shirodhara and an excellent health consultation.

Dates:

2nd of March - 14th of March 2009
14th of October - 26th of October 2009

Price:

You can choose your price according to the following options:

- 1900 Euro incl. flight ticket (only when starting from Germany)
- 1400 Euro excl. flight ticket

The following standard services are included in the price (group travel):

- all transportations within India, private car, boats, train etc.
- full board, first-class vegetarian food
- all accomodation in hotels and our ashram Vrinda Kunja
- competent german and english speaking tour management
- entrance fees to all the places mentioned in the tour description
- all guides

Additional services also included in the price (group travel):

- daily yoga with instruction (beginners level)
- english information touching Indias history, Inbound Yoga and philosophy
- much more

What is not included in the price:

- visa and travel insurance
- personal expenses

Booking

Booking our tour just requires two steps:

1st. Please fill out the booking form and send or fax it back to us. The fax number is: +49 (0)30 37306566

2nd. To complete the booking please pay a deposit of 20% of the tour price. Payment is possible by direct transfer to our bank account or by paypal. The data of our bank account you find on the booking form. For paypal please contact us.

For any question please contact us by Email or telephone: +49 (0)30 37306563.

Booking - Inbound Tours

Tour name: India tour „Roots of Yoga“

Options: Single Room [] 3 days in Spa []

Tour date:

Comments:

1st Person		2nd Person	
Surname		Surname	
Name		Name	
Birth date		Birth date	
Address		Address	
Phone		Phone	
Mobile		Mobile	
Fax		Fax	
Email		Email	
Profession	Nationality	Profession	Nationality
Passport No.		Passport No.	
Contact in emergency cases		Contact in emergency cases	
Name		Name	
Address		Address	
Phone		Phone	

Hereby I declare that I book the above mentioned tour bindingly. I am informed about the current rules for visa and vaccination as well as the necessity for a sufficient travel insurance. I know and agree that I have to bear all costs resulting from a not sufficient insurance. I agree to the terms and conditions of the Inbound Yoga Club e.V.

City, Date, Sign 1st Person

City, Date, Sign 2nd Person

I declare myself responsible for all commitments of the persons mentioned above who did not sign personally.

How did you get to know about us?

friends or colleges

internet

travel agency or yoga center

advertisement in:

other:

Inbound Yoga Club e.V. - Invalidenstr. 145 - 10115 Berlin - Germany
 Phone: +49 (0)30 3730 6563 – Fax: +49 (0)30 3730 6566 – Mobile: +49 (0)178 6125150 – www.inbound-yoga.de
 Registration number: VR 26298 B, Amtsgericht Berlin Charlottenburg
 IBAN: DE45100700240070658000 – BIC / SWIFT-Code: DEUTDE33HAN – Deutsche Bank Germany

India tour "Roots of Yoga" – important advices

Alimentation and health: To enjoy the India tour as healthy and happy as possible we request you to only take vegetarian food and to follow the instructions of the authority for foreign affairs in your country regarding health etc.

Visa: For India a visa is required for tourist from most countries. A visa you get in the Indian embassy or consulate in your country. Please note that applying and receiving a visa sometimes takes up to eight weeks. We are not responsible for any problems due to delay in this process.

Money: You are not allowed to import or export Indian Rupees.

Insurance: We strongly recommend a full travel insurance including health insurance, accident insurance and travel cancellation insurance.

travel conditions

a) We carefully designed a schedule for the tour. You are obliged to follow it. Should there be any problem please talk to your tour guide as quickly as possible.

b) We will visit a lot of holy places. We request you to follow our behavioural rules which we give you before the tour starts.

c) There must be a minimum of five people in a group. If the tour cannot be made due to not reaching the minimum size of the group, everyone gets back the money completely.

Any questions? Just contact us via phone or email.

Your team of the Inbound Yoga Club e.V.