

## You&Me Yogic Tour Itinerary

### Organization and travel Recommendation

#### Premise

In order to gather all the participants in the same place and be ready for the departure scheduled for 09:00 on the morning of March 3rd, we kindly suggest you reach New Delhi 1 or 2 days in advance.

This will give you the opportunity to rest from the Trip, visit the city and be ready to leave with the group.

This daily timetable presents a series of hypertext links, the first of which you find below is the one that takes you to the site of the reference hotel.

The Hotel is very nice, but also quite expensive, we are not interested in your staying here, but only in finding you all in a group on the morning of departure, we have chosen this Hotel, as it is located within the airport area.

This area is called Aerocity, considered one of the safest in India.

The Pullman hotel is just 2.8 kms away from the exit gate of the airport, can be reached by Taxi, Metro, Bus, and even on foot.

Here we will gather on the morning of March 3, 2024, for our first meeting, it is from here that we will all leave together for the Rishikesh Vault.

Also here is the place where everyone will be dropped off on the last day of our journey of this amazing Indian tour.

Everyone is called to organize themselves and make sure they are ready to leave in the proper time; In order to be able to respect a pleasant travel plan, our organization grants you a margin of delay of 30 minutes, time.

Latecomers will then be forced to reach the first half of Rishikesh independently.

The following is a plan of our trip that is meant to give everyone a daily schedule.

We ask you to take the following times, with some flexibility, as in India, for various reasons, it is very difficult to maintain the scheduled times

We suggest everyone to adopt a relaxed, holiday-like attitude, especially in terms of expectations, our punctuality can be decisive, but not everything will depend on us.

Shanti Shanti and have a safe and funny journey everyone

3 March 2023

09:30 Am - Meeting at the Pullman Hotel in Aerocity New Delhi

10:00 Am - Departure from the hotel, a stop is scheduled for a quick meal

05 to 06 Pm - Expected arrival in Rishikesh

05 to 06 Pm - Check-in at the Laxmana Hotel in Rishikesh

07:00 Pm - Dinner out (Street food)  
08:00 Pm - Exchange money and shopping for Yoga Matt and other useful things  
10:00 Pm - Back to the Hotel - Time to sleep

4 March 2023

07:00 Am - Wake Up  
07:30 Am to - 09:00 Am - Hatha Yoga class face to the Gange river  
09:30 Am - Breakfast  
11:00 Am - Visit to Tera-Manzil-Temple  
01:00 Pm - Lunch  
04:00 Pm - Yoga Class  
06:00 Pm - Free time to discover the areas  
07:00 Pm - Dinner Out  
08:00 Pm - Visiting the Rishikesh Market Possible Shopping Book in the Ashram  
10:00 Pm - Back to the Hotel - Time to sleep

5 March 2023

06:00 Am - Wake Up  
06:30 Am to - 08:00 Am - Hatha Yoga class face to the Gange river  
09:30 Am - Breakfast  
10:30 Am - Visit to the Beatles Ashram  
12:00 Am - Visit the Parmarth Niketan Ashram  
01:00 Pm - Lunch  
02:00 Pm - Free Time for visit the areas  
04:00 Pm - Yoga Class  
06:00 Pm - Parmarth Niketan Ashram (Ganga Aarti)  
07:00 Pm - Dinner Out (Pizza in Tapovan areas)  
08:00 Pm - Visit the Rishikesh Tapovan Market Possible Shopping  
10:00 Pm - Back to the Hotel - Time to sleep

6 March 2023

05:30 Am - Wake Up  
06:00 Am - Snack and Herbal Tea  
07:00 Am - Ready to go Abharanya Yoga Village  
09:30 Am - Holy Festival with Nice food  
01:30 Pm - Lunch at Abharanya  
02:00 Pm - End of Holy Festival  
05:00 Pm - Visiting to water fall  
06:30 Pm - Self Meditation (Silent Mode)  
07:30 Pm - Dinner  
08:30 Pm - Light Off Time to sleep

\*Once we'll reach Abharanya Ashram  
The management will give you a time schedule for your include massage

7 March 2023

05:30 Am - Wake Up  
06:00 Am - Jala Neti and Herbal Tea  
06:30 Am to - 08:00 Am - Hatha Yoga class  
08:00 Am - Pranayama

09:00 Am - Breakfast  
10:30 Am - Yoga therapy (Philosophy with Guru Ji)  
01:30 Pm - Lunch  
02:00 Pm - Free Time  
05:00 Pm - Yoga Class  
06:45 Pm - Meditation class  
07:30 Pm - Dinner  
08:30 Pm - Light Off Time to sleep

#### 8 March 2023 Holi Festival

05:30 Am - Wake Up  
06:00 Am - Jala Neti and Herbal Tea  
06:30 Am to - 08:00 Am - Hatha Yoga class  
08:00 Am - Pranayama  
09:00 Am - Snack and Herbal Tea  
09:30 Am - Ready for Down- Hill  
11:00 Am - Rishikesh Ganga Rafting  
01:30 Pm - Lunch  
02:00 Pm - Free Time  
05:00 Pm - Yoga Class  
06:45 Pm - Meditation class  
07:30 Pm - Dinner  
08:30 Pm - Light Off Time to sleep

#### 9 March 2023

05:30 Am - Wake Up  
06:00 Am - Jala Neti and Herbal Tea  
06:30 Am to - 08:00 Am - Hatha Yoga class  
08:00 Am - Pranayama  
09:00 Am - Breakfast  
10:30 Am - Visit to the Temple  
01:30 Pm - Lunch  
02:00 Pm - Free Time  
05:00 Pm - Yoga Class  
06:45 Pm - Meditation class  
07:30 Pm - Dinner  
08:30 Pm - Light Off Time to sleep

#### 10 March 2023

05:30 Am - Wake Up  
06:00 Am - Jala Neti and Herbal Tea, Snack and Ready to go  
06:30 Am - Down Hill  
07:00 Am - Departure for Rajasthan  
01:00 Pm - Stop for Lunch  
03:00 Pm - Stop visit to Fatehpur Sikri  
05 30 Pm - Departure fo Agra  
06:30 Pm - Check-In at the Hotel Clark Shiraz in Agra  
08:30 Pm - Ready to get out for dinner in town  
10:30 Pm - Light Off Time to sleep

11 March 2023

05:30 Am - Wake Up

05:45 Am - Herbal Tea

06:00 Am to - 07:00 Am - Hatha Yoga class

07:00 Am - Breakfast

08:00 Am - Ceck-Out

08:30 Am - Visit TajMahal

10:30 Pm - Visit Agra Fort

12:30 Pm - Lunch

02:00 Pm - Departure fo Jaipur

06:00 Pm - Arrival and Check-In to Hotel Shakun - Jaipur

08:00 Pm - Out for Dinner

10:30 Pm - Light Off Time to sleep

12 March 2023

05:30 Am - Wake Up

05:45 Am - Herbal Tea

06:00 Am to - 07:00 Am - Hatha Yoga class

07:00 Am - Breakfast

08:00 Am - Departure for the Jaipur tour

08:30 Am - Elephant ride and Visit to Amber Fort

10:30 Pm - Visit Jaipur City Palace

12:30 Pm - Lunch

02:00 Pm - Visit the Hawa Mahal (Wind Palace)

03:30 Pm - Visit the Jantar Mantar - Jaipur Astronomical Observatory

05:30 Pm - Visit Hanuman or Monkey Temple

07:30 Pm - Back to the Hotel Shakun - Jaipur

09:00 Pm - Out for Dinner

11:30 Pm - Light Off Time to sleep

One more kind message for our Yogies travelmates

This is the last day on the schedule, also here in Jaipur, we have many places to visit: Amber Fort on the back of Elephants, Jaipur City Palace, the Hawa Mahal (Wind Palace), Astronomical Observatory and the monkey temple.

We just would like to tell you that we will try hard, but without stress;

We want you to have fun... not making a marathon.

Knowing India...

We tell you that all these visits will be possible, in agreement and through many factors such as:

the time available, the luck of finding free roads, without stumbling into stupid setbacks, also finding the e ntrances to free sites, I mean without too much waiting in line.

The same factor that we need to consider is traveling in a group, which often turns out to be complicated, and with the hope that we are all good, ables to guarantee a certain pace without causing ourselves unex pected and unpredictable delays.

We underline this while determined to take you to each of the sites promised on the schedule, from the fir st to the last day...

But of course we have to be realistic  
Again Shanti Shanti

The Last day

13 March 2023

05:30 Am - Wake Up

05:45 Am - Herbal Tea

06:00 Am to - 07:00 Am - Hatha Yoga class

07:00 Am - Breakfast

08:00 Am - Check- Out and Departure for the New Delhi International Airport

01:00 Pm - Arrival in New Delhi International Airport

Time to say goodbye and thank You

With all our warm regards and kind support

Yours Timea & Davide