



# INDIA

Experience the Healing and Rejuvenating Power of India

Welcome to India

Haridwar | Rishikesh | Kerala

Embark on a transformative journey to India, guided by a Swiss-Indian Yoga Therapist, Ayurvedic Health Counselor, and Spiritual Explorer. This is more than just a holiday—it's an intimate experience of healing, learning, and exploring the spiritual heart of India. Discover the sacred Ganges in Haridwar and Rishikesh. Immerse yourself in the serenity of Kerala's lush backwaters, Ayurveda, and Yoga. Experience authentic spiritual practices, Ayurvedic therapies, and self-discovery.

## A Trip to Haridwar, Rishikesh, and Kerala

Choose Your Package: Per person

- 2-Week Trip: 06–20.09.2025, CHF 2,800
- 3-Week Trip: 06–27.09.2025, CHF 3,850

### WHAT'S INCLUDED IN THE PACKAGE

- Airport pick-up and drop-off
- Accommodation
- Breakfast, lunch, and dinner
- Local transportation
- Ayurvedic therapy (a personalized program tailored to your body type, including Ayurvedic meals)
- Yoga and meditation sessions
- Houseboat trip


### Who Can Join Us?

This journey is open to anyone seeking healing, rejuvenation, and a deeper connection with nature and themselves. You don't need prior yoga experience or a high fitness level to join, as this is not a physically challenging yoga or stretching competition. It's ideal for those looking to relax, rejuvenate, and explore the healing traditions of India. Enjoy a truly authentic experience with non-alcoholic, fresh, and wholesome food while embracing a lifestyle closer to nature. Heal and reconnect with your body, mind, and spirit in a tranquil and serene environment.



START PLANNING YOUR DREAM HOLIDAY TO  
HEAL AND REJUVENATE  
BECOME THE ULTIMATE VERSION OF YOURSELF!

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## **HARIDWAR (UTTARAKHAND) – GATEWAY TO SPIRITUALITY**

**Pick up from Delhi airport**

**06.09.2025**

**Arrival in Haridwar**

**07.09.2025**

**Stroll along the ghats and  
explore local market**

**Ganga Aarti at Har Ki Pauri**

**Visit - Temples**

**08.09.2025**

**Ashrams**

**Sapt Rishi Ashram**

**Kumbh Mela: (The place  
hosts a grand religious  
fair every 12 years)**

**Shantikunj Gayatri Parivar**



## **RISHIKESH -FOOTHILLS OF THE HIMALAYAS: WHERE EVERY JOURNEY BEGINS**

**Haridwar to Rishikesh (30-40 mins drive)**

**08.09.2025**

**Check-in at Ashram**

**Afternoon Activity :**

**Explore Laxman and Ram Jhula,**

**Evening : The Ganga Aarti at Parmarth Niketan Ashram.**

**Morning : A short trek to Neer Garh Waterfall**

**09.09.2025**

**Afternoon:Relax at a riverside café or indulge in a yoga/meditation session at an ashram.**

**Evening : Stroll around the local markets and explore spiritual shops.**



## **RISHIKESH: GATEWAY TO THE FOOTHILLS OF THE HIMALAYAS**

**Early Morning : Visit Kunjapuri Temple for a sunrise trek. Enjoy breathtaking views of the Himalayan foothills.**

**10.09.2025**

**Afternoon : The Beatles Ashram (Chaurasi Kutia)**

**Visit Vashishta Cave**

**Evening : Attend Yoga or meditation sessions/ Sunset**

**One day acitvity**

**11.09.2025**

**Nature and Relaxation**

**Visit Rajaji National Park for a jungle safari.**

**Evening Return to Rishikesh and relax by the river.**



## Your Perfect Getaway Awaits in Kerala – God’s Own Country!

✈️ Fly to Cochin Airport

**12.09.2025**

🚗 By Road to Alleppey

🌴 Experience Houseboats in  
Alleppey

🌟 Cruise through the magical  
backwaters, serene lagoons,  
and lush green landscapes.

🍃 Relish the Authentic Kerala  
Experience with a traditional lunch  
served on a banana leaf – a feast  
for your senses!



## Kerala-Where Nature,Culture and Tranquility unite

☀ Morning in Alleppey – Kumarakom,  
Kerala Village 🌿

**13.09.2025**

🌊 Experience the Serene Beauty of  
Kerala's enchanting backwaters.

🌿 Marvel at the Lush Green Rice Fields  
and take in breathtaking views that  
soothe your soul.

🌸 Immerse Yourself in Kerala Ayurveda,  
embracing the healing traditions of this  
timeless paradise.

**14.09.2025**

## Ayurveda Cleansing & Rejuvenation, Tailored to Your Trip Package

**TWO WEEK TRIP-ONE WEEK AYURVEDA**

**14.09.2024-20.09.2025**

**THREE WEEK-TWO WEEK AYURVEDA**

**14.09.2024-27.09.2025**



## **Kerala - Ayurveda: An Authentic and Holistic Experience**

**Experience the Ayurvedic Journey with Panchakarma**  
**Embark on a personalized wellness journey designed according to your body type and health conditions. This holistic program includes cleansing and resetting your body using authentic Ayurvedic herbs, tailored to your unique needs.**

**Immerse yourself in the natural haven of Kerala, the Ayurvedic capital of the world, and benefit from the expertise of seasoned Ayurvedic practitioners. Discover the true essence of Ayurveda and embrace a rejuvenating, authentic, and holistic experience like no other.**

## Ayurvedic and Yogic Cuisine

Ayurvedic and yogic food is not spicy and is suitable for all palates. It offers a well-balanced nutritional profile, perfect for nourishing the body and mind. India, known as the vegetable and fruit capital of the world, provides an incredible variety of fresh produce. If you're looking to experience a wide range of vegetarian dishes and enjoy healthy, herbal, and flavorful drinks, this is the perfect option for you.



## Accommodation and Transport

- ☀️ **Clean & Comfortable Stay:** Enjoy 4-star facilities with air conditioning (AC), WiFi, a swimming pool, yoga sessions, steam therapy, and boating activities.
- 🏠 **Ashrams:** Stay in clean and comfortable individual rooms, featuring cozy beds and attached bathrooms. Experience breathtaking views amidst raw, untouched nature, offering tranquility and rejuvenation.
- 🚗 **Transport:** We provide private cars, taxis, and private buses with experienced drivers to ensure safe and seamless travel throughout your journey.





### Why Join?

A personalized journey with a small group (max.8 people).

Curated by an expert for insightful and meaningful experiences.

Explore India's healing traditions and cultural richness.

**Block Your Place Now!**

Spaces are limited—book early to secure your spot for this one-of-a-kind journey.

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### Special Note

- **Travel Assistance:** If you need help booking your travel visa and air ticket to join us on this journey to India, please get in touch with us immediately.

### Travel Itinerary:

- We will fly to Delhi from Switzerland, arriving on the 6th. We will stay overnight in Delhi to relax and reset from the long journey.
- On the 7th morning, we will take a domestic flight to Haridwar.
- If not, you can also arrive directly at Delhi International Airport on the 6th, and we will pick you up from there.
- We will handle all logistics, including airport drop-offs, from your arrival in Delhi to your return journey. Please note that the return flight will be from Cochin to Switzerland.

### Travel Requirements:

- Ensure you have travel insurance, including medical and accident coverage.
- This is a private and personalized trip, so flexibility is key.

### Important Notes:

- If you are on any medication, please remember to bring it with you.
- If you have any food allergies, kindly inform us in advance.
- As we are traveling in India, schedules may vary, but we will strive to keep you informed in advance.

### Packing Tips:

- Carry a yoga mat, trekking shoes, and a pullover for the chilly climate in the Himalayan region.
- In Kerala, cotton clothing is recommended, as it is comfortable and aligns with the cultural norms. You can also shop for affordable, high-quality clothing locally.

### Stay Connected:

For any additional queries, feel free to reach out to us via email, phone, WhatsApp, Instagram, or Facebook.

We look forward to embarking on this incredible journey with you!

## Contact

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**A Trip to Haridwar, Rishikesh, and Kerala,India**  
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