

The YOGA of Pilgrimage ~ INDIA
Varanasi ~ Rishikesh ~ Agra ~ Khajuraho
November 3-19, 2017

An Ojai Yoga Shala Adventure ~ Itinerary subject to reality!

Day 0-Fri Nov 3: In Transit

Depart LAX (or your origin) on the journey to India. You are in the time warp.

Sun Nov 5th-Day 1: Delhi to Varanasi

Arrive **Delhi** after midnight. Meet by our guides, Uschi & Rakesh. We will travel as a group by taxi to hotel and rest after the long journey. Breakfast at hotel and mid-morning check out. 1:30pm group **flight to Varanasi**. Arrive in Varanasi. Taxi to hotel and rest. Dinner. Walk along the Ganga. Goodnight.

Mon Nov 6th-Day 2: Varanasi

Morning Yoga. Breakfast. Tour the Old City. Full day of sightseeing - temples, Manikarnika (Burning Ghat), boat ride on the Ganga. Dinner. Ganga Arati. Goodnight.

Tues Nov 7th-Day 3: Varanasi

Morning Yoga. Breakfast. Durga temple. Meet local women from the village. Walk back along the Ghats. Dinner. Goodnight.

Wed Nov 8th-Day 4: Varanasi to Khajuraho

Morning Yoga. Breakfast. Hotel check-out at 12 noon. Shop in the markets. 5:45pm train to **Khajuraho**.

Thurs Nov 9th-Day 5: Khajuraho

Arrive in Khajuraho about 5:30am. Tuk Tuks to our hotel and rest. Meet in the lovely hotel restaurant for breakfast buffet. Touring all of the magnificent temples in **Khajuraho**. Dinner on the rooftop watching the sunset over the beautiful rural landscape.

Fri Nov 10th-Day 6: Khajuraho

Morning Yoga. 2 activities today: Optional bicycle tour to village to meet our friend Surendra's family, see a rural Durga temple and how people worship and live in this area, beautiful hand made homes of cow dung and wood. Chai with the family, bicycle back to hotel. Tuk tuk to the Panna National park to see the amazing volcanic canyon, waterfall, wildlife, and the ground is covered in quartz! Lovely dinner. Goodnight.

Sat Nov 11th-Day 7: Khajuraho to Agra

7am breakfast buffet, hotel check out by 8am, **train to Agra** at 9am from Khajuraho train station (super small and sweet!) Arrive in Agra in the afternoon, hotel check in. Relax on the rooftop with the view of the **Taj Mahal**. Dinner, goodnight.

Sun Nov 12th-Day 8: Agra ~ Taj Mahal

Breakfast buffet. **Taj Mahal!** Taj tour, lots of photos and fun inside. Some fancy shopping. Lunch at a fabulous Indian restaurant. Back to the hotel, resting on the rooftop with Taj View, optional swim in the pool or restorative yoga. Dinner. Goodnight.

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Mon Nov 13th-Day 9: Agra ~ Fatepur Sikri

Breakfast Buffet. **Fatepur Sikri**, seeing Moghul Emperor Akbar's palace and the incredible Sufi shrine. Enter the Dargah and make offerings, take in the sights on the plaza. Drive back to Agra, maybe a visit to SHEROES (the coffee shop run by acid attack survivors, if we have the energy). Relax on the roof, swim in the pool, restorative yoga. Dinner. Goodnight!

Tues Nov 14th-Day 10: Agra to Rishikesh

Early breakfast buffet. Depart hotel by 10am. Train from Agra to Haridwar (8hrs). Cars from the Green Hotel meet us in **Haridwar** and drive up the mountain to our spot in Rishikesh. Hotel check in. Dinner. Goodnight.

Wed Nov 15th-Day 11: Rishikesh

Morning Yoga. Breakfast. Walk through the Yogi forest to a special spot for bathing in the Ganga, reflecting time on Ganga beach. Walk back to hotel, snacks & chai. Ayurvedic treatments, henna, mala shopping. Rishikesh Ganga Arati. Dinner. Goodnight.
**Ayurveda appointments will be booked for & after today. Wonderful Dr and treatments center next door to the hotel. All Ayurvedic treatments are available and super reasonable.

Thurs Nov 16th-Day 12: Rishikesh

Morning Yoga. Breakfast. Council session. Walk to the Maharishi Mahesh Yogi Ashram for photos, and beautiful scenery. Afternoon restorative yoga/council. Dinner. Goodnight. **Optional Ayurveda appt. in the afternoon & evening.

Fri Nov 17th-Day 13: Rishikesh

Morning Yoga. Breakfast. **Neelkanth Temple** pilgrimage up the mountain via jeeps. See Ganga in all her glory and the gorgeous terraced hillsides. Darshan at the temple. Drop off in Laxman Jhoola for lunch at the Pumpernickel Bakery. Walk back to the hotel. Afternoon restorative yoga/council. Dinner. Goodnight. ** Ayurveda appt. in the afternoon & evening.

Sat Nov 18th: Day 14: Depart Rishikesh to Delhi

Morning Yoga. Breakfast. Some last moments- maybe a trip to Ganga or up the mountain for the view and a blessing song. Hotel check out at 12 noon.

* Guest can opt to take a **flight from Dehradun to Rishikesh (at an extra cost)** if they want to avoid the drive, but this will cost around \$100. Otherwise a shared taxi is included in the trip price. Taxi departures around noon, if peeps fly, a bit later.

Sun Nov 19th: Day 15- Depart Delhi

Depart Delhi after Midnight for the USA! Welcome Home