

## Yoga Cultural Journey

A small group journey designed to combine yoga, meditation, cooking, Indian philosophy & sightseeing throughout North & South India. Travel in comfort in your own private vehicle with a local escort and Indian Yogi



### The Journey

Tiwari Tours & Travel are offering a unique "Yoga Cultural Journey" for all with a sense of adventure, love of yoga and spiritual pursuits. The tour offers the chance to witness all the splendor and magic of ancient North India, while working on your mind, body and soul with daily yoga/meditation practice with an Indian Yogi..

Some of what you will experience....

- Daily yoga and meditation classes with your own private Indian yogi
- Experience Ashram living at Buddha's birthplace.
- Sail down the Mother Ganges River in the Holy Hindu city of Varanasi
- Listen to Indian Classical music and dance
- Wander through ancient forts and palaces
- Learn how to cook traditional vegetarian Indian food
- Attend a Hindu Arti Ceremony on the Ganges River
- Feel the pulse of market bazaars and visit the Taj Mahal at sunrise
- Stay in an ancient "Havali" palace and watch the sunset over the desert

## Tiwari Tours & Travel

Incredible India

## North East India – Varanasi & Rajasthan



### Itinerary:

Day 1/2 – Tour begins in the "City of Joy" Kolkata. Orientation meeting with fellow travellers

Day 3/4 – Journey to the heart of Buddhism in Bodhgaya where Buddha reached enlightenment and stay in a Tibetan Ashram

Day 5/6/7 – The Holy Hindu city of Varanasi is next, sail down the Ganges while listening to classical Indian music

Day 8/9 – Overnight sleeper train to Agra, the home of the Taj Mahal and experience century old Moguls architecture

Day 10/11 – Jaipur, the "Pink city" and capital of Rajasthan shop for handicrafts and jewels in the market bazaars

Day 12/13 – Stay in an old palace in the quaint village of Mandawa

Day 14/15 – the might capital of India is next, wander Old Delhi Spice Markets and New Delhi's Connaught Circus

Departure Date: 12<sup>th</sup>  
September 2010 – 15 days

Cost: 15 days \$3,250 - includes, 3/4 star heritage hotels/guesthouses with breakfast, 1 main meal per day, minimum of 12 yoga/meditation classes, all transport, (private car, overnight trains, rickshaws, local taxis), Buddhist Ashram stay, boat trips on the Ganges River, cultural sightseeing, music events and much more...

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