

Soulful Adventures: First-Time Hosted Trip to India

Cost: \$1200

For Solo Travelers Only (Max 7)

Overview & Highlights

Embark on a 2-week soulful journey through India, blending wellness, culture, and adventure. Start with a rejuvenating **6-night yoga retreat** in the spiritual town of **Rishikesh**, nestled by the sacred Ganges River. This retreat offers daily yoga, guided meditations, sattvic meals, and a digital detox to help you reconnect with your inner self.

After this rejuvenating experience, immerse yourself in Rajasthan's royal charm as you explore the vibrant **Pink City of Jaipur**, the serene **City of Lakes in Udaipur**, and the magical **Golden City of Jaisalmer**.

- **Rishikesh:** Begin your journey with a peaceful yoga retreat to detox, heal, and unwind. Additional activities include **river rafting**, **temple visits**, and the iconic **Ganga Aarti**.
- **Jaipur:** Experience the rich history and culture of Rajasthan with visits to **Amber Fort**, **City Palace**, and colorful bazaars.
- **Udaipur:** Discover the romantic charm of the City of Lakes with its stunning **City Palace**, lush gardens, and serene **Lake Pichola boat ride**.
- **Jaisalmer:** Explore the breathtaking desert landscapes, **Jaisalmer Fort**, and enjoy a **camel safari** with a cultural evening under the stars.

This itinerary is designed to rejuvenate your body and soul while offering an authentic taste of India's heritage and spirituality.

Day 1: Arrival at Dehradun → Transfer to Rishikesh

- Arrive at **Dehradun Airport** (Jolly Grant Airport).
- Meet me at the airport and transfer to **Rishikesh** (approximately 1.5 hours by road).
- **Evening:** Settle into your peaceful retreat by the Ganges.
- Enjoy a welcome dinner and short group orientation.

Overnight in Rishikesh.

Days 2–7: Rishikesh (6 Full Days)

Focus: Healing, Yoga, and Spiritual Exploration

- **6-night yoga retreat** in a serene location by the Ganga River.
- Includes:
 - Daily **Hatha yoga, guided meditation, and mantra chanting** sessions.
 - **Sattvic meals** for nourishment and balance.
 - **Digital detox** to rejuvenate mind and body.
- Additional activities:
 - **Ganga Aarti** at Triveni Ghat.
 - Silent nature walks.
 - **Ayurvedic massage therapy.**
 - Adventure activities like **river rafting.**

Overnight in Rishikesh.

Day 7: Rishikesh → Jaipur

- Morning transfer via flight or train to Jaipur.
- Arrive Jaipur, check in to the hotel, and freshen up.
- Explore:
 - **City Palace** – the current residence of the royal family of Jaipur.
 - Iconic **Hawa Mahal** and **Jantar Mantar Observatory.**
 - Optionally visit **Lakshmi-Narayan Temple (Birla Temple).**

Overnight in Jaipur.

Day 8: Local Sightseeing of Jaipur | Explore the heritage city

- After breakfast, visit:
 - **Amer Fort** – a UNESCO World Heritage site.
 - **Jal Mahal** – a beautiful submerged palace.
 - **Nahargarh Fort** – enjoy panoramic views of Jaipur.
 - Markets like **Bapu Bazaar** and **Johari Bazaar** for shopping.

- Optional: Experience **Chokhi Dhani Village** for cultural performances and a traditional Rajasthani thali dinner.

Overnight in Jaipur.

Day 9: Jaipur to Udaipur | Welcome to the City of Lakes

- Check out from the hotel after breakfast and drive to **Udaipur** (approx. 5–6 hours by road or train).
- Check in to the hotel and relax.
- **Evening:** Enjoy a serene **sunset boat ride on Lake Pichola**.

Overnight in Udaipur.

Day 10: Udaipur (City of Lakes)

- Visit:
 - **City Palace** – a magnificent architectural marvel.
 - **Saheliyon ki Bari** – the Garden of Maidens.
- Explore local bazaars or relax at a lakeside café.

Overnight in Udaipur.

Day 11: Udaipur → Jaisalmer

- Morning travel to **Jaisalmer** (by road or train, approx. 8 hours).
- **Evening:** Check in and relax after the journey.

Overnight in Jaisalmer.

Day 12: Jaisalmer (Desert Adventure & Culture)

- Explore:
 - **Jaisalmer Fort** – a living fort bustling with life.
 - **Patwon ki Haveli** – a cluster of historical mansions.
 - **Gadisar Lake** – a tranquil spot to relax.
- **Evening:**
 - **Camel safari** at sunset in the **Thar Desert**.
 - Enjoy cultural performances and dinner under the stars.

Overnight in Jaisalmer.

Day 13: Jaisalmer → Delhi

- Travel back to Delhi via train or flight.
- Evening at leisure for rest or exploring Connaught Place.

Overnight in Delhi.

Day 14: Departure from Delhi

- Morning at leisure before transferring to Delhi International Airport for departure.
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Inclusions

- **Transfers:**
 - Airport/Railway Station pickup and drop-off as per your flight/train timings.
 - Comfortable and hygienic vehicle (SUV/Sedan/Tempo Traveller, tuk-tuk) based on group size for all travel within India.
 - **Accommodation:**
 - All nights' accommodation during the trip in India (hotels, retreats, and desert camps).
 - **Activities & Experiences:**
 - Camel safari in Jaisalmer's Sam Dunes.
 - River rafting in Rishikesh (optional, time permitting).
 - **Support & Assistance:**
 - On-call travel assistance throughout the trip.
 - Driver night charges, allowances, toll tax, and parking fees are included.
 - **Comprehensive Travel Costs:**
 - All travel and accommodation charges within India.
 - **Food**
 - Special sattvic meals during the yoga retreat.
 - **Entry Fees:**
 - Entry fees to all monuments and attractions.
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Exclusions

- Anything not mentioned in the inclusions.
 - Tips for helpers, cooks, guides, or any staff.
 - Any costs incurred due to natural calamities, unforeseen circumstances, or events beyond our control.
 - Food after the yoga retreat
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Things to Pack

- **Clothing:**
 - Warm layers for mornings and evenings (light jackets, sweaters, scarves).
 - Comfortable yoga outfits.
 - Lightweight and breathable clothing for daytime exploration.
 - Modest attire for temple visits and cultural sensitivity.
 - **Footwear:**
 - Comfortable walking shoes for sightseeing.
 - Slip-on sandals for the yoga retreat and casual outings.
 - **Accessories:**
 - A travel-size umbrella or rain jacket (just in case).
 - A hat, sunglasses, and sunscreen for daytime outings.
 - **Essentials:**
 - Personal toiletries and medications.
 - Power bank and universal adapter.
 - Reusable water bottle.
 - **Extras:**
 - A small daypack for carrying essentials during excursions.
 - A journal for reflection and note-taking during the retreat.
 - A camera or smartphone to capture memories.
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Details of yoga retreat



The Retreat is in a beautiful location which is close to Rishikesh. Here you will experience and live the Gurukul lifestyle which believes in simple and sattvic life.

The first few days of the retreat are more about simple Yoga and Yogic lifestyle. Fourth day onwards we intensify the program which will give you a chance to detoxify completely and connect with your inner spiritual self.

Internet connectivity may be a challenge but we prefer it that way because a digital detox is just as necessary and as the detoxification starts, you will feel the body and soul energizing automatically.

In our program, we would cover the following aspects :

- Morning mantra and meditation
- Silent Nature Walk

- Daily morning & evening Hatha yoga classes
- Daily mantra chanting, kirtans, and bhajans
- Daily guided meditation sessions
- Daily deep guided relaxation sessions
- Shat karmas (Cleansing techniques)
- Yoga Philosophy
- Accommodation for 6 days
- All your meals

What Makes This Retreat Special

The simple yet meaningful retreat is planned in such a way that people coming from different walks of life ensue themselves easily into the retreat and unconsciously become a part of the Yogic community. The Teachers are more like friends who are there to help you overcome your physical and emotional stress. This program opens you up to new concepts, new teachers, and new ways of learning.

Program

Day 1

1:00 pm: Arrival time, check in and relaxation 1:30 pm: Lunch 4:00 pm: Tea & introduction
 5:00 pm: Evening yoga session 7:00 pm: Aarti (Evening Prayer) 8:00 pm: Maun (silence) for 1 hour
 8:30 pm: Dinner 9:30 pm: Retire to bed

Day 2

6:30 am: Morning Tea 7:00 am: Aarti (Morning Prayers) 7:45 am: Morning Yoga with group; Pranayama, Dynamic Hatha Yoga & Static Asanas 9:00am: Breakfast 12:00 pm: Meditation or Yoga Nidra practice 1:30 pm: Sattvic Lunch 4:00 pm: Tea & walk around the Ashram 5:00 pm: Evening yoga session 7:00 pm: Aarti (Evening Prayer) 8:00 pm: Maun (silence) for 1 hour
 8:30 pm: Dinner 9:00 pm : Chanting and kirtan 9:30 pm: Retire to bed

Day 3

6:30 am: Morning Nature Walk 7:30 am: Morning refreshing yoga session 9:00 am: Sattvic Breakfast 12:00 pm: Meditation 1:00 pm: Lunch (local food) 4:00 pm: Herbal Tea 5:00 pm: Evening yoga session 7:00 pm: Aarti (Evening Prayer) 8:00 pm: Maun (silence) for 1 hour
 8:30 pm: Dinner

Day 4

6:30 am: Morning meditation 7:30 am: Morning refreshing yoga session 9:00 am: Sattvic Breakfast 12:00 pm: Meditation 1:00 pm: Lunch (local food) 4:00 pm: Herbal Tea 5:00 pm:

Evening yoga session 7:00 pm: Aarti (Evening Prayer) 8:00 pm: Maun (silence) for 1 hour
8:30 pm: Dinner

Day 5 will be silent day

Day 5

7:00 am: Aarti (Morning Prayers) 8:45 am: Breakfast 9:30 am: morning yoga 1:00 pm: Lunch
4:00 pm: Tea & Satsang 5:00 pm: Yoga session 7:00 pm: Aarti (evening Prayers 8:00 pm:
Maun (silence) for 1 hour 8:30 pm: Dinner 9:00 pm: Retire to Bed

Day 6

6:00 am: Meditation & Mantra Yoga/Morning Sunrise Meditation & Silent Walk 7:30 am:
Hatha Yoga Practices 9:00 am: Breakfast 12:00 pm: Sound Bath & Yoga Philosophy Sound
immersion with ancient singing bowls, bells and yoga nidra 1:00 pm: Yogic Lunch 2:00 pm:
Check-out time

Please Note: Consumption of Alcohol and chewing of tobacco is strictly prohibited within
the premises and during the Retreat.

About me(The Host) and the Incredible India

Hi, I'm a passionate solo traveler who has explored diverse countries across Asia, including India, Sri Lanka, Indonesia, and Vietnam. But no matter where I've been, India remains closest to my heart.

During my travels, I've met countless people from Western countries who dream of visiting India but hesitate due to fears or misconceptions. Comments like *"I want to visit, but I'm scared"* or *"Maybe someday"* are all too common.

That's why I've created this trip—to show you that India is not only safe but also one of the most transformative destinations you'll ever visit.

India offers an experience unlike any other: a unique blend of **spirituality, vibrant culture, diverse landscapes, and mouthwatering food**. Every traveler I've met who's visited India agrees—it changes you in ways no other place can.

This trip is designed to ease your concerns while immersing you in the essence of India. From peaceful yoga retreats by the sacred Ganges to the royal splendor of Rajasthan, this journey is your introduction to a land that has so much to offer. And let's not forget the food—Indian cuisine is a feast for the senses, with each region offering its own delicious specialties.

Whether you're meditating by the river, exploring ancient forts, or simply enjoying the warm hospitality of the locals, you'll see India through a fresh, authentic lens.

This is just the beginning of your journey. India has countless wonders waiting to be discovered, and I'm here to help you take the first step. Let's explore the magic together!



Vikram (The host)

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Note:

There may be slight changes in the itinerary based on travel circumstances. These adjustments are made to enhance your comfort and ensure the trip remains enjoyable and stress-free.