

SPIRITUAL AND YOGA TOUR

Featuring - Delhi, Haridwar, Rishikesh

DURATION	GROUP SIZE	AIRPORT	PRICE STARTING FROM
7 Nights / 8 Days	22 People	New York (JFK/EWR)	Twin Occupancy Price Per person - \$1,999.00 Single Supplement Price Per Person - \$699.00

OVERVIEW

Get on a transformative spiritual retreat through some of India's most sacred and soul-stirring destinations — Delhi, Haridwar, and Rishikesh. Designed for travelers seeking both cultural depth and inner balance, this journey begins in the vibrant capital of Delhi, where modern energy meets timeless tradition. From there, travel to Haridwar, one of the holiest cities on the banks of the Ganges, where age-old rituals and spiritual devotion fill the air. Continue onward to Rishikesh, nestled in the foothills of the Himalayas and revered as the yoga capital of the world. Here, experience the peaceful rhythm of life along the river, daily yoga practices, serene ashram visits, and powerful spiritual ceremonies that offer moments of reflection and renewal. The retreat concludes with a scenic return to Delhi, allowing time to relax, reflect, and prepare for departure. Blending wellness, cultural heritage, and spiritual exploration, this journey offers a meaningful and unforgettable connection to the heart of India.

DEPARTURE

Start Date	End Date	Departure Gateway	Price Per Person
19 Jan, 2026	26 Jan, 2026	New York (JFK/EWR)	\$1999



INCLUSIONS

- ◆ 06 nights' accommodation on double/twin sharing at hotels as mentioned in the itinerary
- ◆ 06 buffet breakfasts
- ◆ Arrival and Departure Airport Transfers
- ◆ English-speaking guide for all sightseeing as per itinerary
- ◆ Transportation in Deluxe Tourist Vehicle
- ◆ All sightseeing with admissions
- ◆ Services of English-speaking driver & guide
- ◆ **International return airfare ex-New York (Please check with us for pricing from other cities)**
- ◆ All taxes and surcharges
- ◆ All local applicable taxes

EXCLUSIONS

- ◆ All other meals & other sightseeing or services
- ◆ Gratuities for meals, tourist guides, drivers
- ◆ Visa fee & Travel Insurance
- ◆ Personal expenses such as alcoholic and other beverages, telephone calls, and laundry
- ◆ Any other services or Items not mentioned above as included

ITINERARY

DAY 1 Depart - USA/CANADA - DELHI

Begin in the bustling capital of Delhi before journeying to the sacred ghats of Haridwar and the tranquil ashrams of Rishikesh. From yoga at sunrise to soulful Ganga Aarti ceremonies, this itinerary blends cultural exploration, spiritual experiences, and peaceful retreats for a truly rejuvenating journey.

DAY 2 ARRIVAL IN DELHI

Welcome to India! After arrival in Delhi, you will be met by our representative and transfer to your hotel. Spend the day at leisure to unwind, recover from your journey, or casually explore nearby areas like a local cafe or market at your own pace.

Overnight in Delhi

DAY 3 DELHI - HARIDWAR (Approx. 5-6 hours by Road) [B/-/-]

Following breakfast, you will travel to Haridwar by road. Upon arrival, check-in at a peaceful retreat or spiritual hotel. Guests can unwind or take a gentle walk along the ghats. In the evening, experience the Ganga Aarti ceremony at Har Ki Pauri — a powerful ritual where flickering diyas and chants fill the air with spiritual energy.

Overnight in Haridwar

DAY 4 HARIDWAR - SPIRITUAL EXPERIENCES [B/-/-]

After breakfast, the day starts with a guided yoga and meditation session at an ashram, introducing ancient practices in a serene setting. Later, guests can visit the Mansa Devi Temple by ropeway, offering panoramic views and spiritual blessings. The afternoon is set aside for visiting the Sapt Rishi Ashram (**Supplier can offer visit to any other place also**), located at a peaceful bend of the Ganges. (**Optional Ayurvedic treatments**) or light shopping at local bazaars can be arranged.

Overnight in Haridwar

DAY 5 HARIDWAR - RISHIKESH (ASHRAMS AND RIVER GANGA VIBES) [B/-/-]

In the morning after breakfast, a short drive brings the group to Rishikesh. Guests will check into a tranquil retreat by the Ganges. In the afternoon, visit the Beatles Ashram (Chaurasi Kutia), which blends spiritual graffiti art with historic yoga vibes. In the evening, join the soulful Ganga Aarti at Parmarth Niketan, known for its peaceful setting and international spiritual community.

Overnight stay in Rishikesh

DAY 6 RISHIKESH (HOLISTIC WELNESS AND EXPLORATION) [B/-/-]

Begin the day with a sunrise yoga session led by an experienced instructor. After breakfast, guests have the option to attend a sound healing or chakra balancing workshop, followed by a visit to local sites including Ram Jhula, Lakshman Jhula, and riverside cafes. The afternoon is free to rest, journal, or explore. For those interested in adventure, a short, calm rafting trip or guided forest walk can be arranged.

Overnight in Rishikesh

DAY 7 RISHIKESH - DELHI [B/-/-]

After breakfast, you'll drive back to Delhi, enjoying scenic views en route. Arrival will be in the late afternoon, with time to relax at the hotel. For those interested, a **(farewell dinner-Optional)** can be arranged at a rooftop restaurant featuring traditional music or cultural performances.

Overnight in Delhi

DAY 8 DELHI - DEPARTURE [B/-/-]

After a leisurely breakfast, you will be transferred to the Delhi International airport for your onward flight back home.



For More Information Visit
www.voyageshub.com



21087, 79 A Ave, Langley, BC,
Canada V2Y 0H6

Please call us on
Toll-Free: +1 888-969-2596
Email - info@voyageshub.com

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