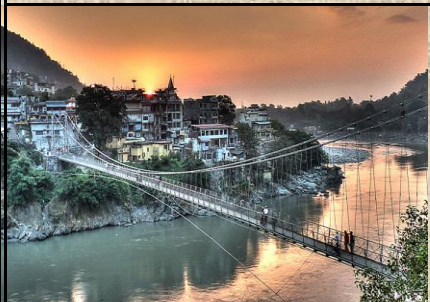






3days WELLNESS & YOGA Tour - Delhi / Rishikash/ Haridwar

Day	Activity
	<p>DAY 01</p> <p>Departure by car for Reshikesh at 0700 hrs. from Delhi .Arrival at Rishikesh & Transfer to hotel Rishikesh. Evening Meditation and Yog Nidra session_Overnight stay at Rishikesh .</p>
	<p>DAY 02-Visit to a Yoga Centre . Sunrise Hatha Yoga and Pranayam session with our in house yoga expert in Rishikesh . Afternoon depart for Haridwar. Check in Hotel. City tour. Evening Ganga Aarti at Hark ki Pauri & leisure at Haridwar Overnight stay Haridwar.</p>
	<p>DAY 03-After breakfast Depart for Delhi by Shatabdi Express train at 0600 hrs .Arrival at 10 30 hrs Delhi .Departure by car for Agra (Taj Mahal) .Check in at hotel in Agra. Afternoon visit Taj Mahal & Fort . Arrival at Delhi & transfer to airport. (visit for shopping subject to time permits.)</p>

Inclusions

- ❖ 01Night accommodation on CPAI Plan at Rishikesh Hotel .
- ❖ 01 night accommodation on CPAI Plan at Haridwar Hotel .
- ❖ Transportation by car – DELHI /RESHIKESH/HARIDWAR/DELHI
- ❖ Local Guide for sightseeing .
- ❖ Sunrise Hatha Yoga and Pranayam session with our in house yoga expert
- ❖ Evening Meditation and Yog Nidra session
- ❖ In house morning and evening Ganga Aarti AT RISHIKESH.
- ❖ Ganga Shnan (Holy Dip) can be arranged at the private ghat with life jackets and robes
- ❖ Movie screening from in-house DVD collection
- ❖ Use of in house FIREFOX BIKES with a biking trail map
- ❖ All applicable taxes.

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