

Day to day Program

- 15 February Start of the yoga holiday in the afternoon. Spend the night in Delhi.
- 16 February Travel to Agra (by road) to visit the Taj Mahal. Continue to Jaipur where we will spend the night
- 17 February Jaipur
Visit the Jaipur Palace & Fort, the spectacular Astronomy observatory and a Rajasthani dance show. Take a stroll in the market.
- 18 February Travel from Jaipur to Pushkar. We will spend the afternoon in Pushkar.
- 19 February Visit Pushkar
Walk around the lake, assist the *aarti* (religious ceremony), visit the Brahma and Hill temple with a cable car. Trip to the market to buy souvenirs.
- 20 February Visit Pushkar
- 21 February Travel to Rishikesh by flight
- 22 February Visit Rishikesh town and the sights around

Take part in the Ganges *aarti*, take a bath in the holy river (optional!). Visit the Beatles ashram, temples and a local yoga class and satsang (lecture on yoga) by a Indian guru.
- 23 February Visit Rishikesh town and the sights around
- 24-27 February Yoga retreat in the Himalaya mountains near Rishikesh
- 27 February Sleep in a hotel in Rishikesh
- 28 February Finish of the Yoga Holiday.
Travel back to Delhi or extend your stay at the Yoga Festival in Rishikesh.