

Qi YOGA goes to INDIA! 2 - 18 November 2019 - itinerary

Daily program is subject to change - you will be notified in advance of any changes

Most mornings will begin with a gentle to moderate yoga class and meditation, and when our schedule permits - relaxation classes and yoga philosophy.

DAY 1. Sat 2 Nov - Namaste, welcome to India! (most flights arrive in the evening)

DAY 2. Sun 3 - **DELHI tour part 1** approximate temperature 15 to 30

After breakfast we'll gather for our 'Welcome to India' meeting. In the afternoon we'll visit the beautiful Akshardham Temple, the world's largest Hindu temple. The grand avenues and stately buildings of New Delhi are rich with history and culture - a gracious contrast to Old Delhi's narrow streets and bazaar's.

DAY 3. Mon 4 - **DELHI tour part 2**

Today we'll explore Delhi and have free time for shopping in Old Delhi's winding streets, bustling bazaars and find the best chai stalls!

DAY 4. Tues 5 - **DELHI to AMRITSAR** approximate temperature 10 to 27c

We are up early to catch our flight to the spiritual home of the Sikh religion. The Golden Temple is a place of vibrant colour, beauty and community. The temple kitchen is one of the largest in the world; around 100,000 people a day are served a FREE hot meal. You can join the hundreds of volunteers and participate in SEVA. **SEVA** (selfless service) is a service performed without any expectation of result or award for performing it. Such services can be performed to benefit humanity and society. Don't miss the opportunity to offer your 'selfless service'. Previous guests describe this experience as a tour 'highlight'.

DAY 5. Wed 6 - **AMRITSAR**

After lunch we'll drive an hour to the Pakistan border. The unique, flamboyant and elaborate Border Closing Ceremony draws crowds of thousands on both sides of the border.

ACCOMMODATION: SAROVAR REGENCY, AMRITSAR

DAY 6. Thur 7 - **AMRITSAR to VARANASI** approximate temperature 16 to 29

We arrive in the evening at the beating heart of the Hindu universe. Varanasi is a spiritual hot spot; you can feel it in the air! Our hotel has spectacular views of the river, perfect for meditation, photography and to observe the spectacle of daily life and death on The River Ganges.

ACCOMMODATION: GANPATI GUESTHOUSE, VARANASI

DAY 7. Fri 8 - **VARANASI**

At first light we'll experience life along Mother Ganga (The River Ganges) with our sunrise boat trip. In the early morning the steps (ghats) leading down to the river teem with life, from pilgrims performing their ceremonial prayers, to residents performing their daily ablutions, washing clothes and brushing teeth.

ACCOMMODATION: GANPATI GUESTHOUSE, VARANASI

DAY 8. Sat 9 - **VARANASI**

Another day to explore the delights of this fascinating place. Tonight we witness the evening Ganga Aarti Ceremony, a moving ritual that uses fire as an offering to the life-giving river.

ACCOMMODATION: GANPATI GUESTHOUSE, VARANASI

DAY 9. Sun 10 - **VARANASI to UDAIPUR** approximate temperature in Rajasthan 15 to 29

Our flight arrives early evening into Udaipur, one of the most beautiful, serene and romantic cities in India! Fondly called the 'City of Lakes' and 'Venice of the East'. With majestic palaces, beautiful temples and a lake cruise to enchant you, we are sure you'll fall in love with this city of endless charm.

ACCOMMODATION: SWAROOP VILAS, UDAIPUR

DAY 10. Mon 11 - UDAIPUR

We begin our day with a relaxing boat cruise and morning tea before we visit City Palace. Many of Udaipur's exquisite Rajput palaces have been converted into luxury hotels. Famous among them is the Lake Palace; it appears to float magnificently on Pichola Lake.

DAY 11. Tues 12 - UDAIPUR

Today we visit a local rural school, Animal Aid and Monsoon Palace.

DAY 12. Wed 13 - to UDAIPUR to JAIPUR via overnight sleeper train

Our overnight train departs late evening - giving us the whole day for shopping and exploring more of Udaipur's rich cultural heritage and architectural wonders.

DAY 13. Thur 14 - JAIPUR

We arrive early morning into 'The Pink City'. You'll be captivated by the spectacular landscapes, vibrant culture, history and traditions of this royal city. Our sightseeing tour includes the magnificent **AMBER FORT**, one of the principal attractions in the area, a stunning complex of rooms, courtyards and gardens. You can arrive on an elephant if you wish! The beautiful **JAL MAHAL** appears to float in the center of Sagar Lake, a serene spot amidst the chaos of Jaipur.

ACCOMMODATION: DIGGI PALACE, JAIPUR

DAY 14. Fri 15 - JAIPUR

On our way to **JAIPUR CITY PALACE**, we stop at Jaipur's most distinctive landmark, the extraordinary **PALACE OF THE WINDS**, a pink sandstone, delicately honeycombed hive, some five storeys high. The **JANTAR MANTAR** observatory looks like a giant playground for grownups - it's an amazing collection of architectural and astronomical instruments with the world's largest stone sundial! A UNESCO World Heritage site.

ACCOMMODATION: DIGGI PALACE, JAIPUR

DAY 15. Sat 16 - JAIPUR

Jaipur is the home of intricate handicrafts, exquisite jewellery, magnificent art and artifacts. No other city in India offers more exotic and vibrant textiles, carpets and handicrafts than the ones found in Jaipur

DAY 16. Sun 17 - JAIPUR to AGRA approximate temperature 15 to 29

This morning we travel by road to Agra, home of one of the finest Mughal Forts in India and the Taj Mahal. On the way we visit the amazing Stepwell in Abhaneri.

DAY 17. Mon 18 - AGRA to DELHI

Watch the sun rise over the Taj Mahal and be moved by the most awe-inspiring monument to love on planet earth. Nothing can prepare you for the moment you see the Taj Mahal it with your own eyes! After breakfast we farewell Agra and drive back to Delhi to journey onward or to fly home... *heart full, feeling richer with a new perspective on life... where will we meet again?*