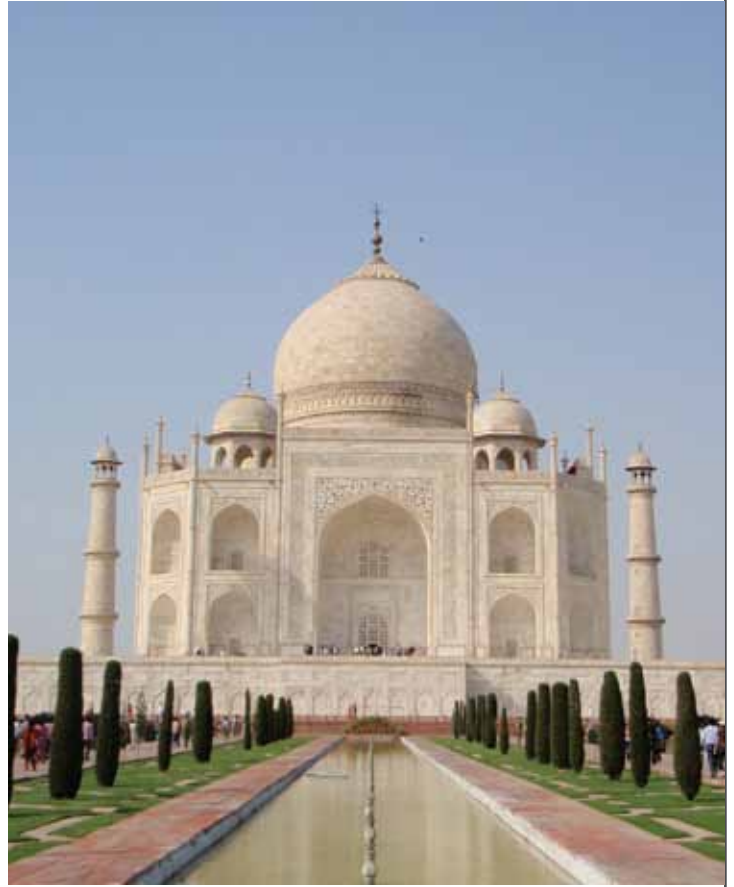




Wellness Northern India

fully escorted luxury travel



“ Join us on a discovery tour of exotic Northern India ”

- Liz Cosier

On this special tour you will experience a journey through fabled Indian cities including the holy city of **Rishikesh**. Rishikesh, the **home** and heart of **yoga**, is nestled at the base of the Himalayas, and holds deep cultural and **spiritual significance**. For thousands of years, seekers from all backgrounds have walked these sacred lands in search of truth. Marvel at the beauty of the **Taj Mahal**, palaces, museums, forts, ancient temples and caves - redolent with history and each with a story to tell. Visiting local markets bursting with colour and energy, and meeting the locals, you will glimpse the diverse cultures, languages, cuisines, yoga and lifestyle of Northern India.

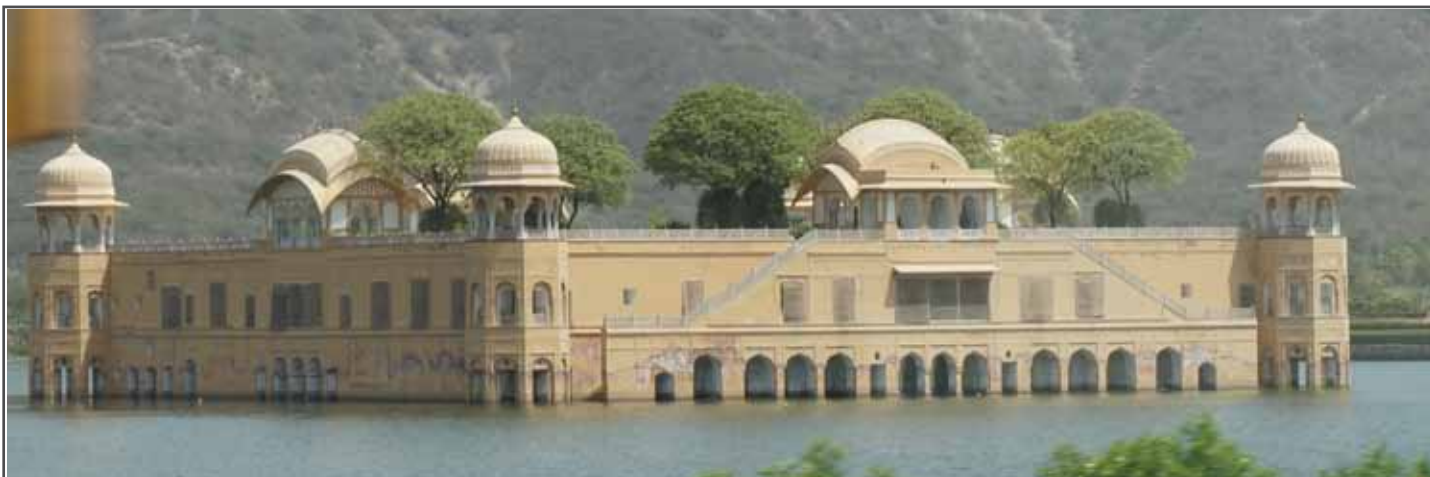
See and experience India the way very few people ever can.

About Lisa Turner, Yoga Teacher and Tour Leader.

I am an accredited teacher of traditional yoga and an Ayurvedic Lifestyle Consultant. I have been practicing yoga for over 20 years and have training both in Australia & India. I have travelled extensively in India and look forward to sharing with you my passion for Yoga, Ayurveda and India.



10 days / 9 nights ♦ **Wellness India** ♦ 22 to 31 Oct 2016



Day 1: Sat 22 Oct | Delhi - Rishikesh

Morning flight to Rishikesh, transfer to retreat. Overnight Sattva

Day 2-4: Sun 23 - Tue 25 Oct | Rishikesh

Yoga & breakfast Ayurveda treatment. Each afternoon enjoy one of the activities offered: nature hike, cooking class, cultural activities, sacred pilgrimage to ancient caves & temples, shopping. Overnight Sattva

Day 5: Wed 26 Oct | Rishikesh - Agra

After breakfast fly to Delhi, drive to Agra Hotel

Day 6: Thu 27 Oct | Agra - Jaipur

Early morning sunrise visit to the amazing Taj Mahal returning to the hotel for breakfast before transfer to Jaipur, visiting Fatehpur Sikri. Overnight Ikaki Niwas



Ikaki Niwas

Day 7: Fri 28 Oct | Jaipur

Yoga & breakfast. Morning Ayurveda treatment. Afternoon sightseeing & local shopping opportunities. Overnight Ikaki Niwas

Day 8: Sat 29 Oct | Jaipur

Yoga & breakfast. Day at leisure. Overnight Ikaki Niwas

Day 9: Sun 30 Oct | Jaipur

Yoga & breakfast. Day at leisure. Farewell dinner Overnight Ikaki Niwas

Day 10: Mon 31 Oct | Tour ends

After breakfast transfer to Jaipur airport.

Pre Tour accommodation Delhi Airport

TOUR PRICE - LAND ONLY 10 days / 9 nights

\$3,390 per person twin share \$3,590 solo traveller

INCLUSIONS

- 9 nights accomm in hotels as specified in itinerary, or similar
- All transfers and sightseeing by AC coach
- Sightseeing with local English speaking guides
- Daily excursions
- Daily yoga, subject to tour schedule
- All meals
- Bottled water during the transfers

EXCLUSIONS

- Airfares, airport taxes & visa charges
- Personal expenses such as tips, laundry, telephone calls, drinks etc
- Travel insurance
- Liability for change in itinerary for reasons beyond our control, like change in schedule, cancellation of flights, political disturbances, natural phenomenon etc
- Any other item not mentioned in tour inclusions

IMPORTANT NOTES

The above costs are calculated on the basis of currently applicable tariffs. In the event of any change, our prices will be subject to change. A tourist visa for India and Travel Insurance are required.

Please refer to our terms & conditions: www.jhtours.com.au



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