



Seasons & Vacations Travel

# YOGA AND MEDITATION

RETREAT WITH SUSAN ALLEN

DELHI | RISHIKESH | VARANASI

LUXURY

PRIVATE TOUR



SIGHTSEEING



HOTEL



TRANSPORT



ALL TAXES



MEAL



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# Introduction

Embark on a transformative journey to Spiritual India, the birthplace of yoga, guided by experienced New Zealand Yoga and Meditation teacher Susan Allen. This retreat is perfect for those who've always dreamed of experiencing the rich culture and spiritual essence of India.

Under Susan's expert guidance, you will immerse yourself in authentic yoga and meditation practices, explore sacred sites, and see the vibrant beauty of India in a supportive group of like-minded people. This 12-day retreat begins in Delhi where we come together as a group and head to Rishikesh (via Haridwar) on the second day. The next 6 days, with the backdrop of the mighty Himalayas, you will be immersed in the rich and transformative practices of yoga and meditation.

Rishikesh is called the "Yoga capital of the World", where ancient yogis and rishis have been practicing yoga here for millennia and there is a tangible energy and atmosphere that buoys any spiritual practice. For the last 3 days of this Retreat we head to Varanasi, the spiritual epicenter of India. Varanasi is believed to be the oldest continuous living civilization in the world, dating back 5000 years. Hindus believe that if someone exhales their final breath here and is cremated in Varanasi, it will bring salvation (Moksha) and break the cycle of death and rebirth.

We will visit ancient Ghats (steps leading down to the river) and Temples built in the 12th century. We also have planned an exclusive fire ceremony in a temple performed by a Priest for our group.



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## What you will learn at the Retreat

The yoga asana sessions will have an emphasis on cultivating a deep connection with the physical body. You will be guided through carefully designed sequences where the breath is a central element, and the postures are performed slowly, mindfully and appropriately.

Meditation is the culmination of yoga practices. Through the practice of meditation, we can have a tremendous impact on our experience and appreciation of life. Everyone can meditate if given the right instructions, and when practiced properly, meditation can bring ease to the mind and joy to the heart. The practices we will do include both tranquility practices that quieten the mind as well as awareness practices that open the mind. They are very practical and accessible to all.

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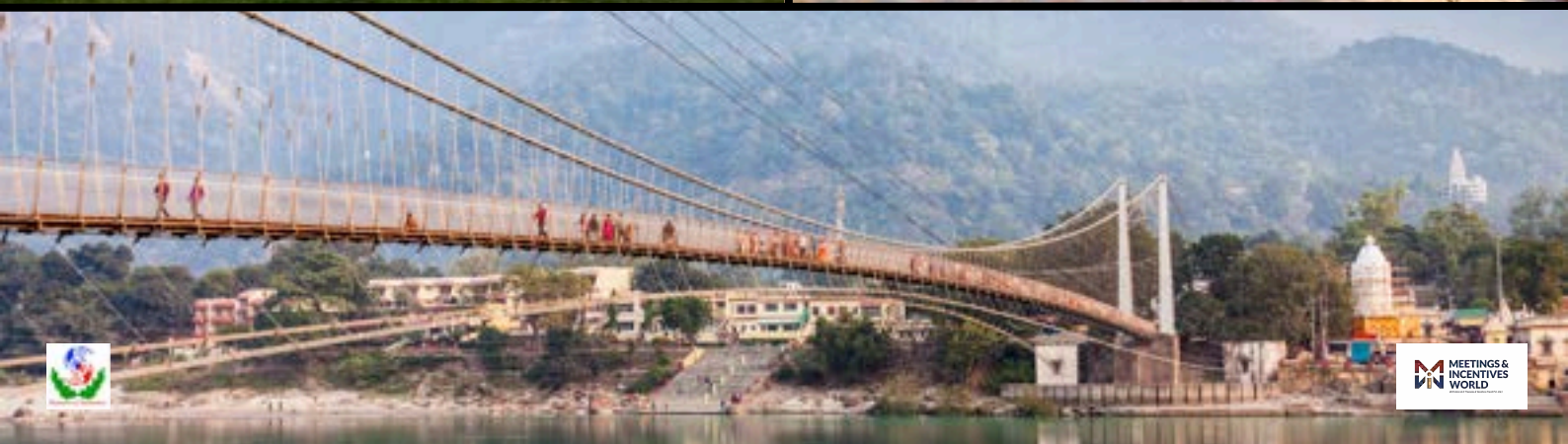
## *How this Retreat will enrich your life:*

The purpose of this retreat is twofold. Firstly, to share with you an unforgettable exotic adventure to the Himalayas, to the home of yoga, Rishikesh. The other part of the experience is to dive deep into the ancient practices of yoga and meditation, to learn a practice that you can take home with you for the rest of your life.

The practices will be taught in a personalised manner with structure and clarity. The sessions will be suitable for all levels from beginner to advanced. If you have any physical or mental limitations, you are welcome to get in touch with Susan before booking your spot on the tour. She is generous with her time and knowledge and will be available throughout the retreat to discuss your personal practice.











## **Tour Plan:** 11Nights / 12Days

### **Day 01: Arrive in Delhi**

On arrival at Delhi airport, you will be met by our local representative for transfer to our hotel. After checking in, take a few hours to rest and unwind from the long flight. That evening we will meet as a group for the first time. A great opportunity to introduce ourselves over dinner.

### **Day 02: Delhi - Rishikesh**

Early morning check-out today with a packed breakfast and head to the New Delhi Railway Station for our train to Haridwar. On arrival in Haridwar, we will drive to Rishikesh. It is a 45-minute scenic drive on a well-maintained road along the banks of the Ganges River.

Early today evening Susan will talk to the group about what to expect over the next 6 days and answer any questions. Later in the evening, we will enjoy dinner by the outdoor pool overlooking the Himalayan Ranges.

### **Day 03: Rishikesh**

The next 6 days are the essence of this retreat. The practice sessions we will do together under the guidance and instructions of Susan will be a combination of yoga asana (postures), pranayama (breathing practices) and dhyana (meditation) as well as an introduction to yogic philosophy.

We will have a daily schedule:

7 - 8.30am: Meditation instruction and practice either in our hotel or on the banks of the Ganga  
8.30am: Refreshments by the river - tea, coffee, fruits & snacks  
9 - 11am: Yoga asana practice in the hotel.  
11am - 12 pm: Lunch.  
1.00 - 3pm: Meditation practice and discussion.  
3.30 - 5pm: Yoga asana and restorative practices.  
5pm: Dinner.  
6pm onwards - optional evening programs such as trips to Ganga, bonfire by the pool side, optional cooking lesson, visit to Rishikesh town or time for yourself to reflect, journal, etc.

### **Day 09: Rishikesh – Varanasi**

After our morning yoga and meditation session, we will have free time till lunch. After lunch we head to Dehradun airport (1 hour drive) for our flight to Varanasi. We will reach Varanasi in the evening and after checking in to our hotel, the evening is at leisure.





## Day 10 - Day 11: Varanasi

For the next two days we will explore the fascinating city of Varanasi. History and spirituality are etched in every temple and Ghat here. It is a surreal experience to see people perform various rituals, from daily prayers to cremation ceremonies on the Ghats... it is a profound connection to the cycle of life and death.

We will go for a boat ride on the river Ganga to witness the sunrise. As the sunrise casts a golden glow on the Ghats, you can see devotees perform their morning rituals, such as bathing in the Ganges, and worshiping the Sun. In the evening, we will also witness the sunset Aarti ceremony (Lighting Lamps) on one of the Ghats. It is a daily Hindu ritual performed at sunset where devotees gather on the banks of the Ganges to offer prayers and light offerings to the goddess Ganga, through a coordinated display of lit lamps, chants, and devotional music.

We will visit some of the important ghats and temples. Some of these temples were built in the 12th century. We have arranged an exclusive Fire Ceremony (Hawan) and Pooja (Prayer) at one of the Hindu temples for our group. Participation in such a ritual performed by a Hindu priest is considered an auspicious blessing and will be both exotic and special.

Varanasi's food scene is as rich and diverse as its spiritual heritage. It is famous for its street food with some local must-try delicacies. Our expert local tour guides will take us to the right place where the food is clean, safe and tasty.

## Day 12: Varanasi

After breakfast, the tour ends today.

You can stay back in Varanasi for a few more days, as it is easy to fall in love with this place. Alternately you can visit places like Khajuraho (UNESCO certified Temples), Panna National Park (Tiger safari and wildlife), Agra, Jaipur and Delhi. We can organise any flights and accommodation as required. If you love Indian food, we've got that covered too.

Here's some inspiration to consider spending a few more days in Varanasi. Susan was in Varanasi in January 2025, and shared some of her thoughts on her experiences there:

"Everything you could ever imagine India to be you will find in Varanasi. In January this year I spent two weeks here wandering the Ghats and small back alleys of the old town. Hindus come from all over India to bathe in the Ganga and receive all the blessings and auspiciousness that this conveys.

All day long temple bells ring as bodies are cremated on the banks of the river. It is both intense and hugely captivating watching these rituals that have been happening here for millennia. Holy cows and not so holy dogs and goats roam around amongst it all. Each morning, I would get up and do yoga on the rooftop overlooking the river before finding my way (or not!) through the back alleys to some mouthwatering local street vendor selling dosa and chai for breakfast.

This particular visit I went on a boat ride at dawn where they had a traditional Indian music performance as the sun came up. Varanasi is full of people, full of smells, full of a vibrancy and an ancientness that is impossible to imagine until you've been there."



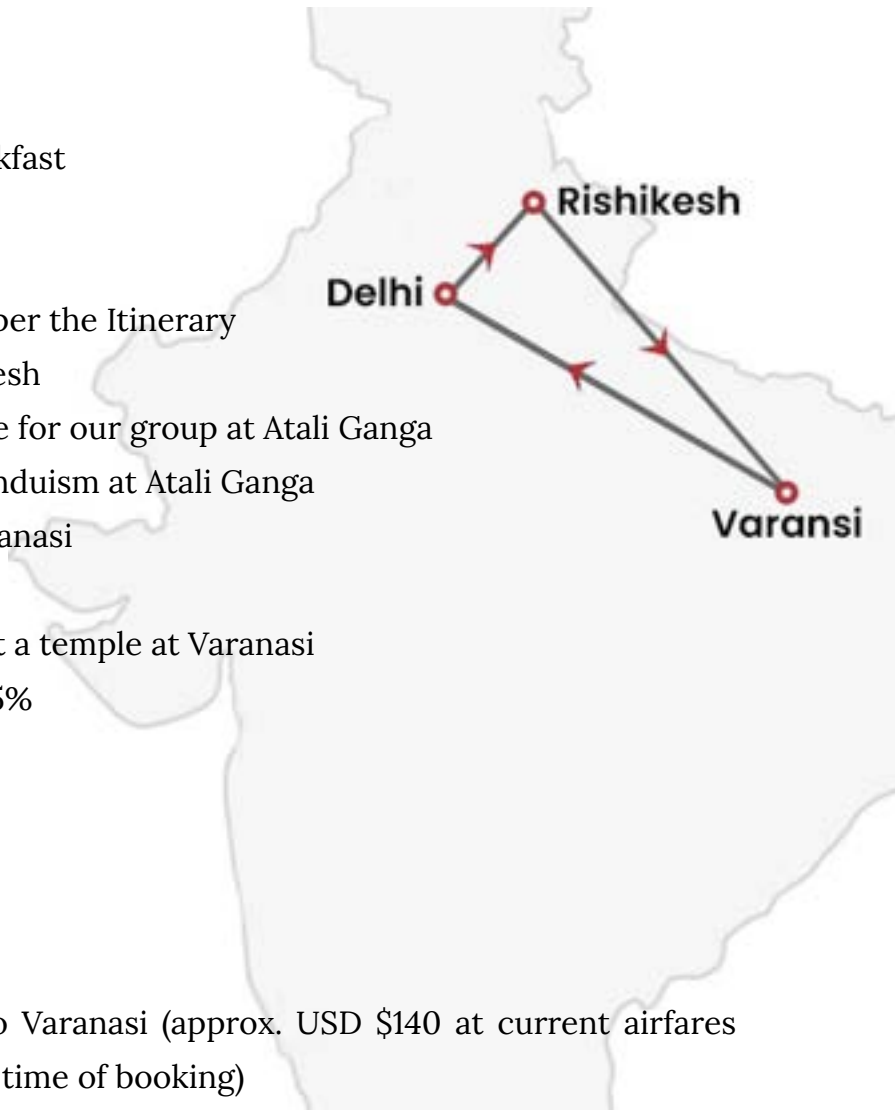


## Includes

11 nights' accommodation with breakfast  
Dinner in Delhi  
All lunches and dinners in Rishikesh  
Air-Conditioned Transportation as per the Itinerary  
Ganga Arti at Triveni Ghat at Rishikesh  
Yoga and Meditation space exclusive for our group at Atali Ganga  
One evening spiritual session on Hinduism at Atali Ganga  
Local English-speaking guide at Varanasi  
Boat ride at Varanasi  
Special Fire Ceremony and Prayer at a temple at Varanasi  
Present applicable taxes in India @ 5%

## Excludes

Lunch and Dinner in Varanasi  
International airfare  
Domestic flights from Dehradun to Varanasi (approx. USD \$140 at current airfares but will be charged at actual cost at time of booking)  
Alcoholic beverages consumed with hosted dinners  
Tips and any personal expenses  
Anything which is not mentioned under Inclusions





# OUR PARTNER BRANDS



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## Accreditations and Affiliations

Recognised and approved by Ministry of Tourism, Government of India



# Incredible India



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