



Living Yoga & Ayurveda Retreat in Rishikesh, India

*At the foothills of the Himalayas with Nikki Leaf and Leah Albrecht,
24th February to 9th March, 2015*

This year we are offering an optional 12 day tour of Rajasthan!
Visiting Agra, Jaipur, Udaipur, Jodhpur, Pushkar & more.....



Rejuvenate and restore your whole being in the tranquility of the
Himalayan Mountain air and experience the ambience of the Ganges
River in this ancient place of pilgrimage.

Cost (including airfare) – \$4,400

For more information contact:

Nikki Leaf 9433 1018 / 0411 796 354 **Leah Albrecht** 93315 999 / 0438 693 855

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*Relax, unwind
and connect to
nature...*



*in the peaceful
Himalayan
foothills*

Your journey to Rishikesh with Nikki and Leah includes:

- ॐ 9 Nights twin share accommodation in hotel with Ayurvedic Spa & Yoga Room - breakfast included.
- ॐ Yoga Classes twice daily - open to all levels.
- ॐ Ayurvedic Consultation and Treatment session.
- ॐ 3 Nights twin share accommodation with breakfast plus full day sightseeing and shopping in Delhi.
- ॐ Puja Ceremonial Fire Offering by Ganges.
- ॐ Full Day Trip to Devprayag - visit sacred meeting place of 2 rivers. Stopover at Shimpuri at a picturesque overnight campsite beside the Ganges with fireside meal & Indian music. Optional return journey by raft to Rishikesh - a beautiful nature experience!
- ॐ Cultural Program - Traditional Music / Dance Evening with Indian snack foods.
- ॐ Day trip to Jungle in open jeep. See natural wildlife, visit Temple & local villages - includes picnic lunch by the river.
- ॐ Trains & transfers included.
- ॐ All airfares - includes ticket taxes & departures.

Total Package includes:

- ॐ Perth - Delhi - Perth airfares and all of the items listed previous.
 - Twin Room - \$4,400
 - Deluxe Single Room - extra \$900*With view of Ganges & balcony (in Rishikesh)*
- Initial deposit due July 1st 2014 - \$3,200
- Final payment due October 1st 2014
- \$1,200 (twin) & \$2,100 (single)
- Please note deposits are non-refundable.*

Optional Extras:

- ॐ Further Ayurvedic Spa Treatments available at hotel.
- ॐ Visit Orphanage.
- ॐ Indian Vegetarian cooking classes.
- ॐ Visit Buddhist Temple.
- ॐ Explore Beatles Ashram.
- ॐ Guided local shopping in Rishikesh with our host Deepti.

RAJASTHAN TOUR

Optional - Prior to retreat

Explore ancient cities of rich cultural heritage, magnificent palaces, temples & enchanting lakes of Rajasthan!

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