

## TESTIMONIAL

*"I absolutely loved the entire yoga retreat. Rishikesh is way up in Northern India at the foothills of the Himalayas. It has a fresh crisp climate and the pristine Ganges runs right through the whole area. The street life was superb with great shopping, cafes and lots of interesting people.*

*Needless to say doing yoga twice a day really improved my practise ! Along with yoga there were some very interesting day trips to join in on. I can't say there were any particular highlights of the whole week as I completely loved the entire time. I can highly recommend you join Nikki & Leah for a trip to India - I am already planning to go again next year!!!"*

Connie Hanscom,  
4th April 2014

## RETREAT COSTS

- **Single/Twin room combination**  
**\$2500.00 per person**  
9 nights with own room in Rishikesh,  
3 nights twin share room in Delhi
- **Single room all the way**  
**\$2700.00 per person**  
12 nights (Rishikesh and Delhi)

Excluding all airfares including internal flight Delhi - Dehra Dhun - Delhi

## PAYMENTS

Bank Details  
Name of Account: Yogaveda  
BSB: 306-048  
ACC: 0833649

**Initial deposit \$1500.00\***  
due by May 4th 2016

**Final payment \$1000.00**  
due by September 4th 2016

\*please note deposits are non-refundable

- **Limited places available**
- **Travel insurance highly recommended**

# MIND BODY SPIRIT RETREAT IN RISHIKESH, INDIA



*Yoga & Ayurveda Retreat  
December 4 - 16, 2016  
at the foothills  
of the Himalayas  
with Nikki Leaf  
& Leah Albrecht*



For more information contact

Nikki Leaf 0411 796 354 Leah Albrecht 0438 693 855



[www.yogavedawellness.com](http://www.yogavedawellness.com)



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[yogavedawellness](https://www.facebook.com/yogavedawellness)



## AIMS OF THE RETREAT

To take time out from the stresses of daily living. Relax, unwind and connect to nature in the tranquil Himalayan foothills, on the banks of the peaceful river Ganges.

## BENEFITS

- Experience living in balance through the twice daily practises of yoga, open to all levels.
- Learn daily wellness routines through traditional Ayurvedic lifestyle practises.
- Rejuvenate and restore your whole being through nurturing Ayurvedic treatments
- Enjoy delicious healthy vegetarian cuisine.
- Provide a space for reflection and stillness of the mind.

## ABOUT US

Nikki Leaf and Leah Albrecht your Yoga & Ayurvedic practitioners & facilitators on your journey to Rishikesh have had extensive experience travelling in India over many years and have developed close liaisons with local tour operators to make your trip a safe and enjoyable experience at all times.

Nikki Leaf is the Director of the Yoga Centre at Yogaveda and has been teaching since 1987. She is also an Ayurvedic Practitioner and integrates this knowledge into her teaching. Nikki focuses on developing a mindful yoga practise which is inspired by the Hatha / Iyengar style.

Leah Albrecht is the Director of the Ayurvedic Studio at Ayurveda. Leah qualified as an Ayurvedic Practitioner in 2002 after a long standing love and practise of yoga - its sister science. She went on to complete a post-graduate diploma in Marmapuncture (Ayurvedic Acupuncture) and Acupuncture.



## ITINERARY OVERVIEW

Your journey with Nikki & Leah includes:

- 3 nights at a boutique hotel in Delhi. Includes sightseeing and shopping.
- 4 nights to relax and unwind in your own room at a quiet, peaceful retreat location in Rishikesh area. A magical setting located high above the Ganges surrounded by the tranquil Himalayan mountains. All Ayurvedically prepared meals inclusive.
- 5 nights with own room at Tapovan Resort - centrally located in Laxman Jhula amongst colourful shops, cafes and restaurants and short stroll to the Ganges - breakfast included.
- Yoga classes twice daily with Nikki - open to all levels - except excursion days.
- Ayurvedic consultation and Ayurvedic full body massage treatment.
- Two excursions
  - 1:** Day trip to Devprayag visiting the sacred meeting place of two rivers - Alaknanda and Bhagirathi - lunch included.
  - 2:** Day trip higher up into the Himalayas visiting picturesque hilltop town of Mussorie with lunch at Maharajahs Palace.
- Cultural program - traditional music / dance evening with Indian snack foods.
- All transfers inclusive excluding airfares.

