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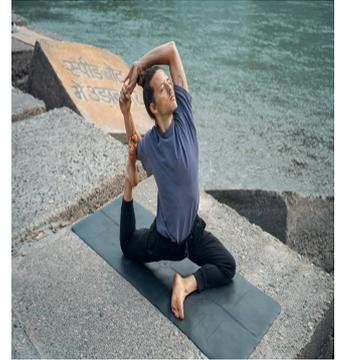
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## 07D Yoga Retreat Rishikesh - 6 Nights / 7 Days

Cities Covered: >> Rishikesh



Touching the foothills of Himalayas, along the banks of the sacred river Ganges. Here lies the city of Rishikesh, the land of Yoga, Meditation and calmness for the heart and the soul. Press pause on the rush button of life and put down your luggage for 7 days. Do daily yoga in peaceful surroundings, overlooking the River Ganges. Unwrap your soul, to de-stress and to rejuvenate to start afresh.



### Day 1: Rishikesh:

Start early in the morning and board the train to reach Haridwar. The train chugs through the countryside and allows you nice views. of daily life. Arrive at Haridwar Railway station, where your driver picks you up and takes you to your hotel in Rishikesh.

Risikesh is a place where you can get up close to the depth of Indian history, culture and science. It was practiced here long before the rest of the world got to know about it. Today, it is known as the yoga capital of the world, and invites peace seekers across nationality and age to immerse in spirituality. After check-in, the rest of the day is at your leisure, and you may go to Parmarth Niketan to see the evening worship of the Mother Ganges.

Meals: Breakfast in train

### Day 2: Rishikesh:

2,,,,,,,,,Early morning, you will get a briefing on your Yoga sessions in the days to come, followed by relaxation of the body and mind. The actual yoga is done at a place overlooking the holy River Ganges. Afterwards you will have free time to go around and see the temples and other hermitages. Or just relax after the first session of Yoga where you must have known by now about the postures and the breathing exercises. Later in the evening get the Yoga session at the hotel.

Meals: Breakfast

Accommodation: Overnight at hotel

### **Day 3: Rishikesh:**

Yoga morning and evening with time for your own activities during the day. Start your day gentle with an early morning yoga class. Continue your learning of Pranayama (breathing exercises), Asanas (Postures) and the mental calmness of quietness. After breakfast, your day is free to do activities as you please.

You could do a rafting trip or maybe a temple tour for half a day on your own arrangements. In the evening, you will have yet another yoga session before the day slowly comes to an end.

Meals: Breakfast

Accommodation: Overnight at hotel

### **Day 4: Rishikesh:**

Yoga morning and evening with time for your own activities during the day. Morning Yoga class, learn dynamics of yoga, and yoga postures, along with meditation. After breakfast, the day is yours, to do as you please. Why not explore the area around Laxman Jhula, the cafes and the shops. You may also try the famous Chotiwalla restaurant on one of these days. In the evening you will have a yoga and meditation follow up session.

Meals: Breakfast

Accommodation: Overnight at hotel

### **Day 5: Rishikesh:**

Early morning wake up for different techniques of Yoga along with your daily routine. The rest of the day is yours to grasp, and to do as you please: Go explore the temples, feel the culture and try different cafes around the town. Have you noticed that the evenings are always crowded along the riverbanks with Hindus worshipping the river Ganga as a goddess? Evening session with meditation and yoga ends your day.

Meals: Breakfast

Accommodation: Overnight at hotel

### **Day 6: Rishikesh:**

,Early morning regular yoga practice followed by breakfast. The rest of the day is free for you, and you may want to plan a day trip to Haridwar, the sister town where you arrived by train. It is Chaotic and colourful with its own charm. The banks are always crowded. The market next the river is full of eateries and shops selling items needed for worshipping as per Hindu traditions. Remember to be back in Rishikesh in time for your evening session. You can ask questions and clear doubts if you have any.

Meals: Breakfast

Accommodation: Overnight at hotel

### **Day 7: Rishikesh:**

The day is free for your own activities. In the late afternoon/evening you will be picked up to go to Haridwar Railway station, from where you will take the train back to Delhi. You will arrive in Delhi in the late night and continue your travels on your own. We can help you arrange a “soft landing” in Delhi, just as we can help with onward transport. Feel free to ask us for questions, inspiration and information for your onward journey in India.

- Transfers in a private car at Haridwar to Rishikesh and back on the last day.
- Train Tickets - Delhi - Haridwar - Delhi
- Driver who speaks limited English. All fuel, parking, taxes and other charges.
- 10 yoga sessions during the stay
- Stay at budget accommodation with breakfast included

- Entrance tickets
- Meals other than specified
- Tips and donations

-Extras ordered directly

-Additional cost due to delays, missed connections, roadblocks and situation beyond control

## **Terms & Conditions**

Go Beyond reserves the right to change, update and/or alter these terms and conditions at any time and without prior notice.

Age Policy : Adults: 06 and above years of age; Children: 0 to 05 years of age

## **In case of Cancellations of tours or a particular service**

Here are the general conditions and guidelines if you are traveling with us OR doing business with us at any destination where we offer our experiences.

### **Cancellation Policy -**

Travelers/Guests/Customers OR booking Agents must notify Go Beyond Tours in writing on [mail@gobeyondtours.in](mailto:mail@gobeyondtours.in) for any cancellation. We will NOT provide partial or full refunds for missed or unused services. Our cancellation policies and related fees are mentioned as a percent of the total booking price based on the booking's start date i.e. first day of service.

The following cancellation policy is applicable and applicable fees is mentioned as a percentage of total booking price for Standard Tours booked directly on our website -

- 100% refund of the total booking price IF the cancellation request is received more than 30 days prior to the travel date / first day of service.
- 50% refund of the total booking price IF the cancellation request is received between 15 and 29 days prior to the travel date i.e. first day of service.
- No refund of the total booking amount IF the cancellation is received less than 15 days prior to the travel date / first day of service.
- Compulsory cancellation fee applicable once you get the confirmation for trips with non-refundable services like train or air tickets, rides, jungle safari etc.
- Compulsory Service charge / cancellation fee applicable for customized trips / group tours as mentioned at the time of specific offers

### **Fixed Departures and shared services**

Tours that are operated as "Go Together" / shared services, that is on a "join-in" basis, there is generally a minimum number of passengers that must be booked on the tour in order to assure that the tour departs. IF the number of customers on a particular join-in departure change after our customer books but before the tour departs, we reserve the right, at any time, to offer an alternative price for that departure and / or an alternative departure date notwithstanding the cancellation policy detailed above.

### **Specially for you Tours / Custom-Made Tours / Private Tours**

Customized / Tailor-Made tours might have different cancellation policies at our discretion. The cancellation policy for tailor-made tours are always more stringent and is disclosed to the customer at the time of offer / prior to booking.

## **Cancellations By Go Beyond Tours**

Go Beyond Tours reserve the right to cancel any trip for any reason that may occur due to circumstances that can make it unrealistic to run/continue a tour or service. Tour are ONLY canceled for unusual or unforeseen circumstances that are outside of our control or, in the case of shared / fixed tours, if there are too few people confirmed for us to operate the trip.

At a stage, when we cancel a tour, you may choose between a full refund of the amount paid or credit in that amount for any alternative trip. If the alternative trip is of lesser cost than the canceled trip, we might offer a partial refund, and pay you the difference. If the alternative trip is more costly than the canceled trip, we might ask you to pay the difference amount.

Please note we are not responsible for any incidental expenses or consequential losses that you incur as a result of the booking, such as, but not limited to, visas, vaccinations and non-refundable flights, missed connections, road blocks, adverse weather conditions, medical reasons and situations beyond control.

## **Customer Liability & Insurance**

Guests traveling with us must be protected by their own travel insurance that covers accidents, medical expenses, emergency evacuation and loss or damage to personal effects. By participating in a product, package tour or activity with us, you agree to be responsible for all costs related to the above and exempt and fully release our company, our employees and our local partners from any and all liability, claims, demands, actions or causes of action whatsoever arising out of any damage, loss or injury to yourself, to your property, or death, which may occur as a result of or in the context of participation in a tour or activity, whether such loss, damage, injury or death results from the negligence and/or other fault, either active or passive, of any of the parties described, or from any other cause.

Travelers and participants must be able to provide proof of insurance. All customers traveling with us and our suppliers / service partners do acknowledge that no refunds will be provided for any reason if the customer cannot furnish and we are unable to verify the proof of insurance purchase prior to your trip with us. In all cases, customers should seek refunds from their insurance provider prior to requesting a refund from Go Beyond.

Also note that coverage, such as insurance for trip cancellation or the loss of luggage and personal effects is not required, but strongly encouraged. We are not liable for lost or stolen luggage.

## **Disputes and applicable law**

Please note that any and all Terms and Conditions that you abide by in traveling with us, including all matters arising from these Terms and Conditions, are subject to the law and the exclusive jurisdiction of the courts exclusively in the destination in which we have provided services to you.

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- We offer wide range of hotels starting from budget, mid-range to luxury hotels.
  - The offered rates will not be valid for long weekends, holidays, and festivals.