

Yoga • Ritual • Culture • Inner Stillness

16–27 March

# THE LIVING



VOYAGE AU COEUR DE L'INDE

*Journey*

Yoga • Rituel • Culture • Calme intérieur

16–27 mars

# WHY THIS JOURNEY IS DIFFERENT

**This journey is not designed to impress, rush, or overwhelm—it is designed to listen.** Rather than moving from one highlight to another, it invites a slower, more intimate encounter with India as a living wisdom. Through yoga, silence, ritual, sacred sound, and everyday cultural immersion, participants are guided to experience India not as tourists, but as conscious witnesses. The rhythm is intentional: grounding before movement, integration after depth, and space for personal reflection throughout. This is a journey where the nervous system is respected, the body is honored as a guide, and transformation arises quietly—through presence, not performance.











*The Living India Journey*

# 16 MARCH *Arrival In India*

Stay: House of Kapaali, Greater Noida

Arrival & warm welcome  
Check-in and time to rest  
Light yogic / sattvic dinner  
Optional gentle grounding meditation  
(depending on arrival time)  
Early night to recover from travel

Journey intention setting introduced  
softly on arrival





# 17 MARCH

## *Arrival & Grounding*

Theme: Landing in the Body, Landing in India

- Late arrivals continue to arrive and settle in
- Slow morning awakening for those already present
  - Optional gentle grounding movement
  - Informal welcome circle (for those present)
- Introduction to the Living India Journey rhythm
  - Light, warm sattvic dinner
- Gentle grounding meditation or Yoga Nidra
  - Early night

This day is not about starting the journey—it is about allowing the journey to receive you.





*The Living India Journey*

# 18 MARCH

## *Travel to Rishikesh*

Stay: Zana, Rishikesh

Early morning coffee, light stretching & breathwork

Breakfast on the way

Drive from House of Kapaali to Rishikesh (approx.  
5—6 hours)

Check-in at Zana

Late afternoon rest

Sunset walk by the Ganga

Gentle restorative yoga or Yoga Nidra

Dinner and early night







*The Living India Journey*

19 MARCH

*Settling into the Himalayan Rhythm*

Rishikesh

Morning yoga & pranayama

Wholesome breakfast

Ayurveda consultation & treatment

Visit to Beatles Ashram

Evening Ganga Aarti at Parmarth

Niketan

Dinner





*The Living India Journey*

# 20 MARCH *Yoga Capital of the World*

## Rishikesh

Morning yoga & meditation

Wholesome breakfast

Explore Rishikesh:

Lakshman Jhula

Ganga beaches

Conscious café hopping (Ayurvedic / vegan options)

Optional massage or wellness treatment

Dinner and evening sharing circle







*The Living India Journey*

# 21 MARCH *Nature, Healing & Inner Inquiry*

## Rishikesh

Morning yoga & meditation

Wholesome breakfast

Visit to Anand Ashram:

Ashram life immersion

Satsang / chanting

Karma yoga activity

Afternoon free time

Evening sound healing or guided meditation

Dinner





*The Living India Journey*

# 22 MARCH

## *Integration, Silence & Sacred Sound*

### Rishikesh

Sunrise meditation at a local temple

Slow, mindful yoga practice

Free day for:

Personal reflection

River time

One-on-one healing sessions

Evening: Spiritual Music & Sacred Sound Circle

Devotional music, mantra, or healing instruments

Gentle participation through listening, humming, or  
silence

Closing in stillness

Early night







*The Living India Journey*

# 23 MARCH *Return to Delhi*

Stay: House of Kapaali

Morning tea & gentle movement

Drive back to House of Kapaali

Check-in and rest

Integration Yoga Nidra (sealing the  
Rishikesh experience)

Nourishing dinner



*The Living India Journey*

# 24 MARCH *New Delhi Exploration*

Morning yoga  
Guided tour of New Delhi:  
India Gate  
Lodhi Gardens  
Humayun's Tomb  
Selected cultural landmarks  
Evening at leisure  
Dinner at House of Kapaali







*The Living India Journey*

# 25 MARCH

## *History, Devotion & Living Culture*

### Old Delhi Immersion

Morning grounding practice

Guided Old Delhi walk:

Jama Masjid

Chandni Chowk

Spice market

Heritage lanes

Rickshaw ride experience

Return for rest and reflection



*The Living India Journey*

# 26 MARCH

## *Beauty, Love & Impermanence*

### Agra

Early morning drive to Agra  
Guided tour of the Taj Mahal  
Optional visit to Agra Fort  
Return to Delhi by evening  
Farewell dinner & gentle closing  
circle



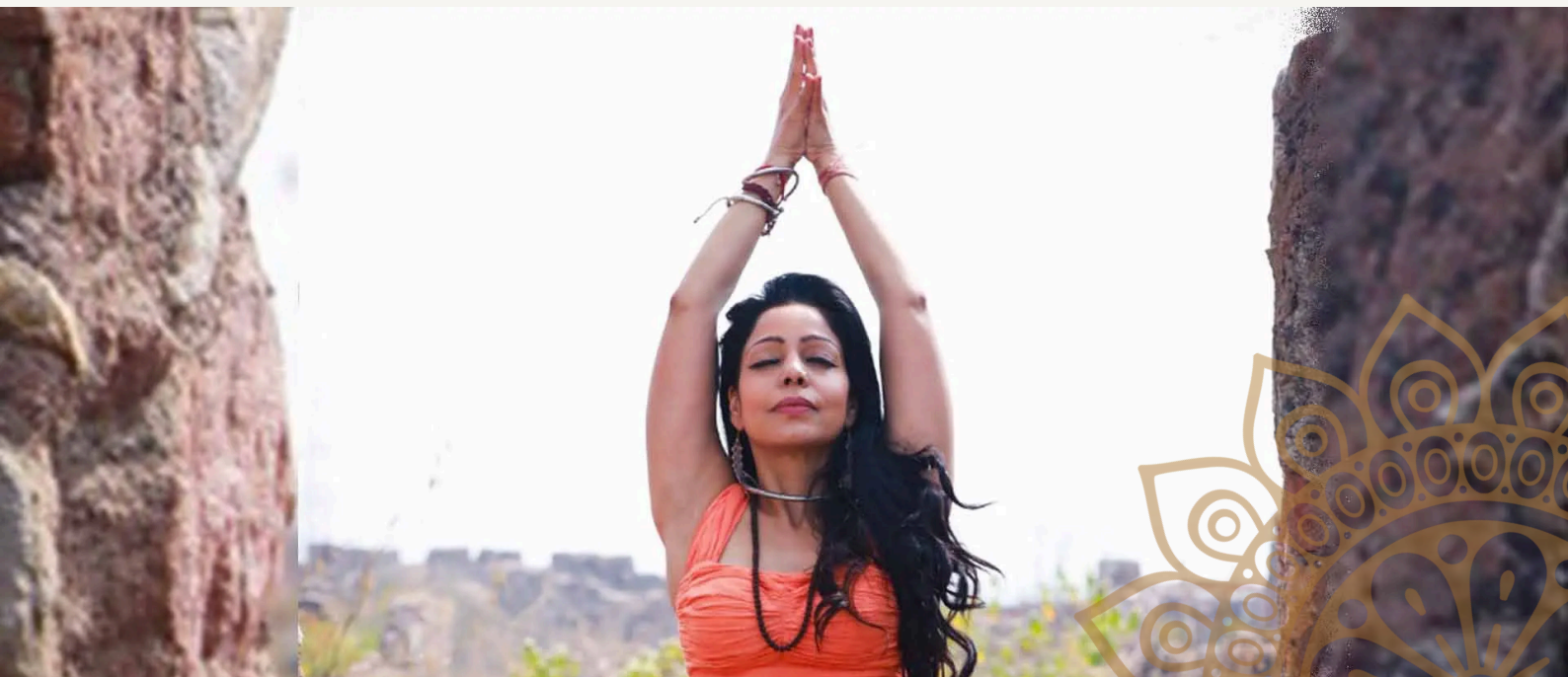




*The Living India Journey*

# 27 MARCH *Departure*

Morning yoga & meditation  
Breakfast  
Transfer to airport  
Departure from India



# JAIPUR EXTENSION (Optional)

For those who wish to extend their time in India, an optional 3-night extension to Jaipur, the Pink City of Rajasthan, can be planned after the completion of the main journey.

This extension offers a glimpse into a different expression of India—royal, artistic, and richly layered. Jaipur is known for its magnificent forts and palaces, vibrant markets, craftsmanship, and deep cultural heritage.

*Please note:*

*The Jaipur extension is not included in the cost of the main journey.*

*Participation is entirely optional. We are happy to support participants with planning (transport options, accommodation suggestions, and cultural recommendations), without any obligation.*

**(Not included in the journey cost – planning support available)**





# *Jaipur* EXPERIENCES

## ***Possible experiences in Jaipur:***

*City Palace & Hawa Mahal*

*Amber Fort*

*Local markets and artisanal crafts*

*Cultural performance or traditional dinner*

*Free time to explore at a relaxed pace*

*This extension is ideal for those who wish to travel more slowly, deepen their cultural exploration, or simply enjoy a few additional days in India before returning home.*





# PRICING<sup>+</sup> INCLUSIONS





# *Final* PRICING

EUR: €1990 PER PERSON

## *Price Summary*

### The Living India Journey (16–27 March)

The price includes:

- 11 nights accommodation
- House of Kapaali, Greater Noida
  - Zana, Rishikesh
- (Both on Twin-sharing basis)
- All meals throughout the journey
- Yogic / sattvic meals at all stays
- Two meals during road travel days
- All ground transportation in India, including:
  - Airport transfers (arrival & departure)
    - Delhi ↔ Rishikesh travel
  - Local transportation in Rishikesh
    - Delhi sightseeing vehicles
  - Agra (Taj Mahal) excursion vehicle
  - Guided & facilitated experiences:
- Daily yoga, meditation & pranayama sessions
  - Sound healing session
- Spiritual music evening in Rishikesh
  - Ashram visit, satsang & Ganga Aarti
- Guided sightseeing in Delhi, Old Delhi & Agra
  - Professional local guides where required
- Overall group coordination, facilitation & on-ground support throughout the journey

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#### Not Included

- Visa
  - Medical or travel insurance
    - International flights
  - Personal Ayurveda treatments or private healing sessions
    - Optional Jaipur extension
  - Personal expenses, shopping, tips
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