

Yoga • Ritual • Culture • Inner Stillness

19–29 October

THE LIVING



VOYAGE AU COEUR DE L'INDE

Journey

Yoga • Rituel • Culture • Calme intérieur

19–29 Octobre

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

19 OCTOBER

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



20 OCTOBER

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

21 OCTOBER

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

22 OCTOBER

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

23 OCTOBER

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

24 OCTOBER

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

25 OCTOBER

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

26 OCTOBER *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

27 OCTOBER
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

28 OCTOBER

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

29 OCTOBER
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

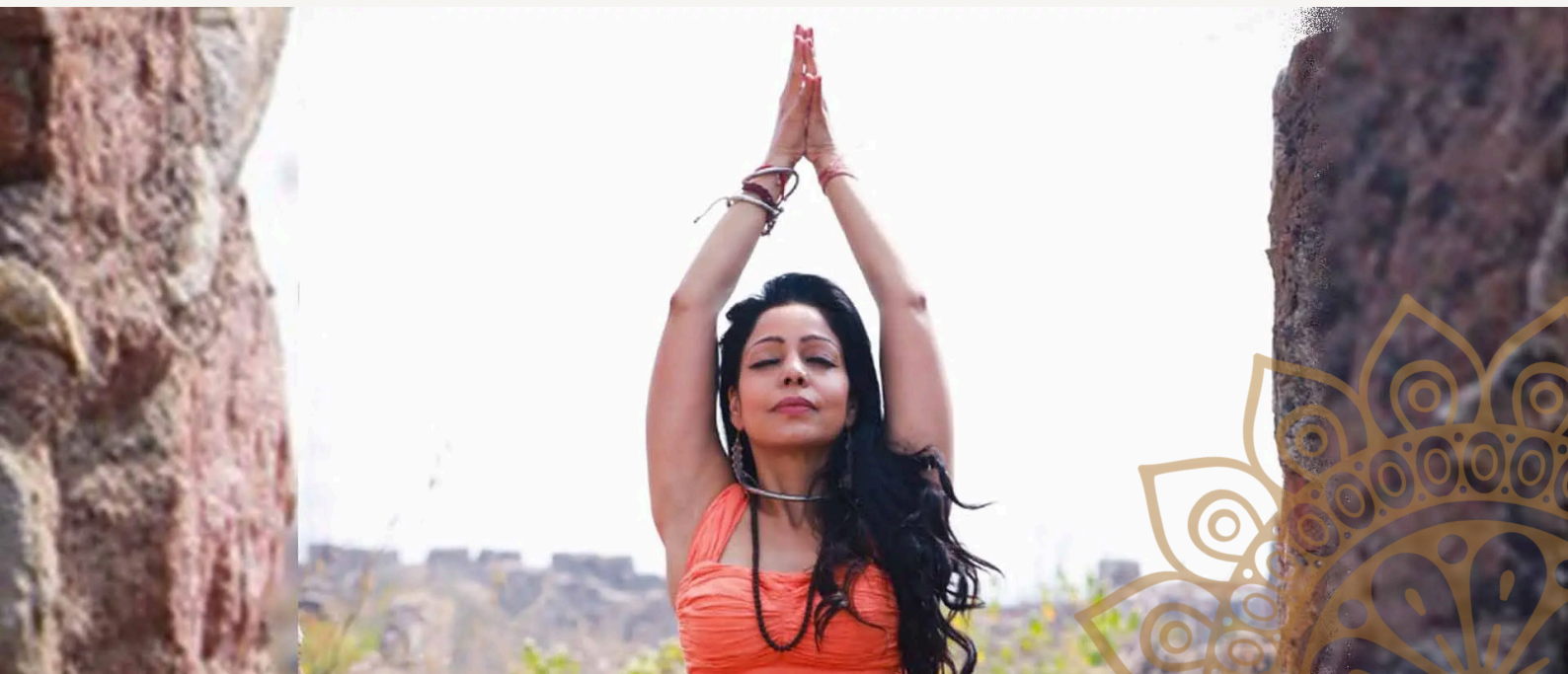




The Living India Journey

30 OCTOBER *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⁺
INCLUSIONS

Final PRICING

EUR: €1990 PER PERSON

Price Summary

The Living India Journey (16–22 October)

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

Not Included

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