

इपोनेतुवो
 तौरइ

EXTENSION TOUR

Spiritual Tours introduced by Travel Spirit International (Travel agents and Tour Operators)

Extension Tour

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YOGA
&
MEDITATION

AYURVEDA

Airlines Time Table	Distance Calculator	Currency Converter	Weather Calculator	Railway Time Table
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DR. SWAMI RAMA

DR. SWAMI RAMA'S
ASHRAM

SWAMI VEDA
BHARATI

OPTIONAL EXTENTIONS

OPTION - 01 : 3 NIGHTS / 4 DAYS STRESS MANAGEMENT

Day	Sector	Km / Hrs	Time	Programme
08	Rishikesh / Dehradun	25 / 45 Mnts		Transfer by Car / Coach to Himalayan Institute. Start the Stress Management Programme & Overnight at Institute.
09	Dehradun			Stress Management programme
10	Dehradun			Stress Management programme
11	Dehradun / Haridwar Delhi			Transfer to Railway station to catch Train to Delhi. On arrival transfer By Car / Coach To Hotel. Overnight at hotel
12	Delhi / Out			Continue the Golden triangle tour or Transfer to Airport for flight back to home or further destination

3 Nights Package at HIHT include the following

- “ Boarding (3 meals per day).
- “ Lodging on twin share with Attached Bath. (Swasthalaya building or in the adjacent guest house).
- “ Diagnostic Computerized Stress Profile.
- “ Daily Bio-Feedback training.
- “ Yoga Instruction (Joints & glands exercises, Breathing).
- “ Relaxation Exercises.
- “ Lectures on Stress and Stress Management.

Above is an extention programme to Yoga & Meditation, therefore the prices are valid alongwith Yoga & Meditation programme.

**OPTION - 2 : 6 Nights / 7 Days Stress Management + Pancha Karma.**

Day	Sector	Km / Hrs	Time	Programme
08	Rishikesh / Dehradun	25 / 45 Mnts		Transfer by Car / Coach to Himalayan Institute.
09	Dehradun			Stress Management+ Panchkarma programme
10	Dehradun			Stress Management + Panchkarma programme
11	Dehradun			Stress Management + Panchkarma programme.
12	Dehradun			Stress Management + Panchkarma Programme.
13	Dehradun			Stress Management + Panchkarma programme.
14	Dehradun / Haridwar / Delhi			Transfer to Railway station to catch Train to Delhi. On arrival transfer By Car / Coach To Hotel. Overnight at hotel.
15	Delhi / Out			Continue the Golden triangle tour or Transfer to Airport for flight back to home or further destination.

6 Nights Package at HIHT include the following

- “ Boarding (3 meals per day).
- “ Lodging with Attached Bath on twin share at (Swasthalaya building or in the adjacent guest house).
- “ Diagnostic Computerized Stress Profile.
- “ Daily Bio-Feedback training.
- “ Yoga Instruction (Joints & glands exercises, Breathing).
- “ Relaxation Exercises.
- “ Lectures on Stress and Stress Management.
- “ Constitutional assessment by Aurvedic Physician.
- “ Pancha Karma Therapy (snehana, swedhana, vamana,



virechana, vasti, nasya and shirodhara)

" Ayurvedic consultations.

" Lectures on Ayurvedic principles and philosophy of Pancha Karma.

Above is an extension programme to Yoga & Meditation, therefore the prices are valid alongwith Yoga & Meditation programme.

FOR MORE EXTENSIONS....

<u>Spiritual Programmes</u>	<u>Extension Tour</u>	<u>Holistic Medical Care</u>
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