

spiritual
tour

SPIRITUAL PROGRAMMES

Spiritual Tours introduced by Indian Horizons (Travel agents and Tour Operators)

YOGA
&
MEDITATION

AYURVEDA

SPIRITUAL PROGRAMMES

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Airlines Time Table	Distance Calculator	Currency Convertor	Weather Calculator	Railway Time Table
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Yoga & Meditation (8 Nights / 9 Days)

At Sadhna Mandir Ashram with visit to HIHT, Kunja Puri Temple, Jungle Walk, Veer Bhadra Temple, Ganga Aarti etc.)

DR. SWAMI RAMA
DR. SWAMI RAMA'S
ASHRAM
SWAMI VEDA
BHARATI

Dates for Spiritual Programmes	
2001	2002
October - 06 / 20	January - 05 / 19
November - 24	February - 23
December - 08 / 22	March - 02 / 16
--	April - 06 / 20
--	August - 03 / 17
--	September - 07 / 21
--	October - 05 / 19
--	November - 23
--	December - 07 / 21



Day	Sector	Km / Hrs	Time	Programe
01	Arr / Delhi			On arrival Transfer to Hotel. Overnight at Hotel
02	Delhi / Haridwar Shatabdi exp		0700 / 1120 1300 hrs 1315 / 1400 1400 / 1500 1500 / 1800 1800 / 1930 2000 / 2045 2100 hrs 2130 hrs	Transfer to Railway Station to catch Train Rishikesh to Haridwar. On Arrival transfer by Car / Coach to Sadhna Mandir Ashram Arrival at Ashram & Registration. Settle down + Wash & change. Lunch at Dining Hall. Free time to Relax & see the surroundings of Ashram. Presentation about the programe + Rules & Ragulations to be followed during the stay at Ashram. Dinner at dining hall. Meditation for 10 Minutes. Overnight at Ashram.
03	Rishikesh		0600 / 0630 0630 / 0730 0730 / 0830 0830 / 0900 0900 / 1100 1100 / 1230 1230 / 1300 1300 / 1330 1330 / 1530 1530 / 1630 1630 / 1730	Tea / detoxifying drink (ginger, lemon and honey in hot water) in dining hall Time free to get ready for the day. Basic Hatha Yoga. Breakfast at dining Hall. Free time to relax. Lecture / Practicom on Yoga science. Free time. Lunch at dining hall. Free time to relax. Lecture / Practicom on Yoga science & Holistic health. Silent / contemplative walk on bank of Ganges river.

04 Rishikesh			0600 / 0630 0630 / 0730 0730 / 0830 0830 / 0900 0900 / 1100 1100 / 1230 1230 / 1300 1300 / 1330 1330 / 1530 1530 / 1630 1630 / 1730 1730 / 1900 1900 / 2000 2000 / 2100 2100 hrs	Tea / detoxifying drink (ginger, lemon and honey in hot water) in dining hall. Free time to get ready for the day. Basic Hatha Yoga. Breakfast at dining Hall. Free time to relax. Lecture / Practicom on Yoga science. Free time. Lunch at dining hall. Free time / relax. Lecture / Practicom on Yoga science & Holistic health. Silent / contemplative walk on bank of Ganges river. Time free / relax. Supper at dining hall. Lecture / Bhajan & Kirtan followed by Meditation. Overnight at Ashram.
05	Rishikesh	25/45 Mnts	0600 / 0630 0630 / 0715 0730 / 0830 0830 / 0900 0900 / 1300 1330 / 1400 1400 / 1600 1600 / 1800 1800 / 1900 1900 / 2000 2000 / 2100 2100 hrs	Tea / detoxifying drink (ginger, lemon and honey in hot water) in dining hall. Free time to get ready for the day. Basic Hatha Yoga. Breakfast at dining Hall. Drive to Kunjapuri temple on the top of the hill about 45 Minutes drive by Car / Coach (25 Kms), on arrival climb steep stairs (70 to 80) & visit the temple + Panoramic view of Mountains & back to Ashram by 1300 hrs. Lunch at the dining hall. Free time / relax. Drive to Witness the Ganga Aarti at Rishikesh. Back to Ashram by 1800 hrs. free time / relax. Supper at dinning hall.

				Introduction about Swami Rama & his mission & his work. Followed by Meditation. 2100 hrs Overnight at Ashram.
06	Rishikesh	25 / 30 Mnts	0600 / 0630 0630 / 0730 0730 / 0830 0830 / 0900 0900 / 1230 1300 / 1330 1330 / 1615 1630 / 1730 1730 / 1900 1900 / 2000 1930 / 2100 2100 hrs.	Tea / detoxifying drink (ginger, lemon and honey in hot water) in dining hall. Free time to get ready for the day. Basic Hatha Yoga. Breakfast at dining Hall. Drive to HIHT Institute. Upon reaching visit institute & witness combined therapy + Swami Rama Centre, where you can witness the writings and teachings of Swami Rama are preserved and made available to all who are interested. The complex includes an exhibition hall displaying Swamiji's photobiography. Back to Ashram by 1230 hrs. Lunch at dining hall. Free time / relax. Practicom on Yoga science & Holistic Health. Free time / relax. Supper at dining hall. Video presentation & lecture on Swami Rama & Swami Veda Bharti. Followed by Meditation. Overnight at Ashram.
07	Rishikesh		0600 / 0630 0630 / 0730 0730 / 0830 0830 / 0900 0900 / 1100 1100 / 1230 1300 / 1400 1400 / 1500 1500 /	Tea / detoxifying drink (ginger, lemon and honey in hot water) in dining hall. Free time to get ready for the day. Basic Hatha Yoga. Breakfast at dining Hall. Free time / relax. Video lecture on holistic health. Lunch at the dining hall. Free time / relax. A Walk to Ancient Veer Bhadra temple & also visit Sadhaka Gram (village for Sadhkas, the people who are on path of spritualism)

			1730 / 1730 / 1900 / 1900 / 1930 / 2000 / 2100 / 2100 hrs	approx 3 kms walk. Back to Ashram by 1730 hrs. Free time / relax. Supper at the dining hall. Lecture on Holistic health followed by Meditation. Overnight at Ashram.
08	Rishikesh / Delhi Shatabdi exp		0600 / 0630 / 0630 / 0715 / 0730 / 0830 / 0830 / 0900 / 0900 / 1100 / 1100 / 1230 / 1300 / 1400 / 1400 / 1500 / 1500 / 1630 / 1630 hrs 2240 hrs	Tea / detoxifying drink (ginger, lemon and honey in hot water) in dining hall. Free time to get ready for the day. Basic Hatha Yoga. Breakfast at dining Hall. Free time / relax. Video lecture on holistic health. Lunch at the dining hall. Farewell to Guests. Time free for pack-up & to get ready. Transfer to Haridwar Railway station to board on shatabdi exp which depart at 1800 hrs from Haridwar to Delhi & Arrive at 2240 at Delhi. Upon reaching at Delhi Transfer to Hotel for overnight stay. Continue the Golden triangle tour or Transfer to Airport for flight back to home or further destination.
09	Delhi / Out			Continue the Golden triangle tour or Transfer to Airport for flight back to home or further destination.

Some Important Information while spending time at Ashram :

Smoking & use of liquor etc. is not allowed in the Ashram.
 Dogs are let loose between 10:00 Pm to 0600 Am.
 Do keep the Ashram clean.
 Visitors are not allowed. Distribution of sweets, money, pens etc. to People from outside the Ashram is strongly discouraged. Please do not offer tips to anyone while staying At Ashram.
 Silence is observed daily from 1000 Pm to 0800 Am. At other times please conduct conversation in a manner respectful of others who may be doing meditation or other practices.
 No intoxicants of any kind are permitted in the ashram.
 There are three meals a day, all of which are strictly Vegetarian.
 Lunch is the main meal of the day, Dinner is light.
Note : The above Itinerary may be changed / amended due to any reason by the Ashram Management at Any time.



This will include the following:

- “ 2 nights at park Hotel in Delhi with breakfast on twin sharing basis.
- “ 6 nights at Ashram on twin sharing basis as per the above programme (one bathroom to be shared by 2 rooms)
- “ All arrival / departure transfer as per programme.
- “ Train Tickets by Acc Chair Car For Delhi / Haridwar / Delhi Sectors.

<u>Spiritual Programmes</u>	<u>Extension Tour</u>	<u>Holistic Medical Care</u>
<u>Yoga</u>	<u>Meditation</u>	<u>Ayurveda</u>

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