



The Inner Game Changer!

**Experience Shiva, the one who stills the mind.  
25-27 September, 2017  
Rishikesh & Haridwar, Uttarakhand**

**Venue**

Rishikesh & Haridwar  
Uttarakhand. India

**Dates**

25-27 Sep, 2017

**Tour Price**

INR 19750 per person

[Register](#)

**If you yearn for a blissful experience of life, it is time to undertake this tour.**

The discriminatory sense in humans is an attribute of Vishuddhi Chakra. Also, the calibration of human system to function in the world properly is a continuous function of thyroid which is a physical aspect of vishuddhi. In today's time, this is an aspect which is imbalanced in majority of population.

Neelkantha Mahadev in Rishikesh is throbbing with the energy which can thrust a balance and can create the right confidence to glide through life. We will trek 16 km to and fro and then drive towards Kunjapuri temple which is a shakti peetha and the chest of sati is supposed to be fallen there which symbolizes the emotional aspect of our energy. This is just 300 steps and gives the most spectacular view of snow clad Garwal Himalayan range.

As a human being one thing that always bounds us is the limited self-identification. Daksha the father of Sati is an embodiment of this identification who was freed from this by Shiva and was called as Daksheswara Mahadev. This is a temple situated at Kankhal Haridwar. Followed by Mansa Devi Trek of just 3 km where a wish is supposed to get fulfilled. She is the energy which resonates with manas or the data that creates desires. We will finish our Shiva walk by taking a dip at Har ki pauri and attending the Ganga aarti.



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### Activities

During this retreat, a variety of 'fun' activities will be conducted to bring about the child in you. We will indulge in nature watch, hikes & treks, outdoor games, cooking lessons, video films, night walks, village visits, photography etc.

Jungle treks will be another dimension to get in sync with nature and make use of nature energy bath.

Camp fire will be an opportunity to take fire bath with special a process and the stories from yogic lore will be something to look forward to.

Above all we will ensure that you should be able to make use of work of realized Yogis. We will make you visit consecrated places and teach you methods towards its best utilization.

### Itinerary

#### Day 1

You will be met at 0500 hours at Ashram Crossing, New Delhi. Drive to Haridwar ( 6-7 hours) in a private vehicle. Arrival at Hotel Ganga Sadan in the afternoon.

Upon arrival, you will be greeted by the team. The programme briefing will happen thereafter. The programme commences in the afternoon. Overnight stay in rooms on sharing basis.

#### Day 2

The programme continues throughout the programme with many activities. Overnight stay in Ganga Sadan

#### Day 3

Morning trek to the nearby temple. Take the Train back to Delhi at noon, arriving Delhi by 2200 hours.

The programme ends.

### Note

#### *Services included:*

- Accommodation
- *Satvik* meals during your stay
- All activities
- Transportation ex-Delhi and back

#### *Services not included:*

- Personal or incidental expenses
- Any medication or hospitalization
- Meals in Transit
- Local transport in Delhi



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**Contact**

Please ask us for information, terms and conditions for participating in the retreat.

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You may send us a message on WhatsApp and we will call you back.

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