



Sunday 5th to
Thursday 16th
October 2014

Indian retreat to Rishikesh

The holy town of Rishikesh has the eminence of being the international capital of Yoga and meditation.

Rishikesh is dotted with a number of ancient temples, ashrams and world renowned yoga centres.

Accommodation details

Nestled amidst the panoramic wonders of the Himalayan mountain range, **Nirvana Palace** provides the **ultimate escape** from the mundane into the spiritual capital of India. Infusing a sense of **Indian heritage and culture** whilst anticipating the needs of the sophisticated traveller, Hotel Nirvana Palace offers **a serene refuge of comfort and hospitality** where Indian tradition and modern services blend effortlessly.



www.yogaananda.co.uk • 01737 222 400
Yoga Ananda Holistic Centre • 46 Albert Road • Reigate • RH2 9EL



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Cost £620 per person

Non-refundable £250 deposit required by 1st March 2014
Final balance by 30th August

Includes:

- Transfers to and from the airport
- Accommodation at www.hotelnirvanapalace.com
- Breakfast and evening meal
- Daily Yoga and Meditation Classes often beside the Ganges
- 4-day programme with Mataji (Vanamali Devi) on Yoga Philosophy

DOES NOT INCLUDE: flights from UK to Delhi, travel insurance, taxi fares for day trips, extra optional activities

PLEASE NOTE: travel insurance is compulsory

For more information and to book, please contact Leon Deith: info@yogaananda.co.uk



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