



Iyengar Yoga & Wellness Journey in India

11 Days



The Adventure Company | EST. 1969

MT·SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Iyengar Yoga & Wellness Journey in India

Where better to treat yourself to a glorious retreat than by the sacred Ganges? MT Sobek has customized the ultimate India wellness journey: take in the architectural highlights of Delhi and Agra (including the Taj Mahal!), pamper yourself at one of the world's top luxury spa resorts, and see Dharamshala through the Dalai Lama's eyes. Naturally the trip offers a perfect balance of cultural and wellness experiences, incorporating yoga, meditation, spas, and hiking into every enlightening day. Whether you're looking to de-stress, rejuvenate, or reinvigorate, this is your India.

Details

Arrive: New Delhi, India

Depart: New Delhi, India

Duration: 11 Days

Group Size: 5-14 Guests

Minimum Age: 14 Years Old

Activity Level:



Testimonials

"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."

Dennis G.

"I have taken 12 trips with MT Sobek. Each has left a positive imprint on me—widening my view of the world and its peoples."

Jane B.

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Why Take This Trip With Us?

REASON #01

MT Sobek's new wellness offerings balance activity with relaxation, yoga and meditation in scenic and serene destinations.

REASON #02

Our team of wellness guides are accredited yoga instructors who assist with alignment and encourage mindfulness.

REASON #03

This trip has been carefully designed so that you can enjoy the beauty and culture of India, and return feeling healthier than when you arrived.

What to Expect



ACTIVITIES

Rejuvenating Iyengar yoga, Vedanta, meditation, moderate hiking, and cultural experiences.



LODGING

Elegant hotels in New Delhi and Dharamsala, plus a 3-night stay Ananda in the Himalayas: one of India's top luxury wellness retreats.



CLIMATE

In April, September and October, low temperatures range from 40°F to the low 60°Fs; highs range from the high 50°Fs to the high 100°Fs.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Born in Delhi to a Sikh father and American mother, Inder grew up in the capital city at a time of strong British influence in India. After studying in the US, the lure of India and its wonders finally pulled him back and into the travel world. Today, as a guide and tour director, Inder works closely with guests to ensure the best experience possible. He blends an understanding of Western perspectives with a local's approach to customs and languages (Hindi and Punjabi). A self-taught chef, history buff and travel enthusiast, with a great sense of humor, he brings a lot to your trip.

Inder Dugal

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Itinerary

DAY 1

ARRIVE IN NEW DELHI

Welcome to India! Upon arrival at Indira Gandhi International Airport, clear customs and then look for the MT Sobek representative holding a sign with your name on it. If you don't see the rep quickly, stay by the Costa Café and wait for them to find you. Transfer to the Taj Mahal Hotel, in the heart of colonial New Delhi. Relax before joining the group for a welcome dinner.

Meals: D

DAY 2

DISCOVER THE HIGHLIGHTS OF NEW DELHI

Kick off your India adventure with a private yoga lesson at Lodi Gardens amidst 14th-century tombs. Freshen up, then spend the day sightseeing in Delhi. Pass the India Gate, a 138-foot-high war memorial, and Rashtrapati Bhavan, home of the former viceroy of India and now the president's residence. After a guided tour of the first Mughal edifice, Humayun's Tomb, learn about Indian cuisine in a chef-led cooking class. Follow a meditation session with a visit to the Nizamuddin Dargah, a Sufi shrine, for a private qawwali (Sufi devotional songs) session.

Activity: Yoga (1 session)

Meals: B, L, D

DAY 3

BEHOLD THE TAJ MAHAL

Day-trip to Agra, a former Mughal capital and home to spectacular monuments - including the ethereal Taj Mahal! After lunch in Agra, stop at the intricate Itmad-ud-daulah's tomb, aka the Baby Taj, and at Mehtab Bagh, the Mughal garden uncovered when rumors of a Black Taj led to frenetic searching for the mythical structure's foundation. From here, the Taj Mahal views are staggering and offer true perspective of its enormity and proportions. Savor this incredible monument, one of the most iconic structures known, as the sunset further illuminates the magic.

Meals: B, L

DAY 4

PAMPER YOURSELF IN RISHIKESH

Depart New Delhi and, after a few hours' travel, arrive at your luxurious home for the next three nights, the Ananda in the Himalayas spa resort. Upon arrival, receive an orientation about the property, activities, meals, etc. Then indulge yourself with two spa activities! Options include yoga, meditation, massage, body wraps, scrubs, and more. This evening, relish a hatha yoga session and a divine meal at the resort.

Activity: Yoga (1 session)

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Meals: B, L, D

DAY 5

FILL THE DAY WITH YOGA, HIKING & VEDANTA

Wake to early-morning yoga in this breathtaking setting, and then further awaken your spirituality with snowcapped Himalayan vistas and sacred surroundings as you take a morning hike to the Kunjapuri Devi Temple, a Hindu pilgrimage site commemorating Goddess Shakti and Lord Shiva idols. Return to Ananda for a meditation session, and some free time before afternoon yoga and a group Vedanta session.

Activity: Yoga (2 sessions), 2.5 hours/4 miles hiking with 1,500' elevation gain

Meals: B, L, D

DAY 6

EXPERIENCE THE IYENGAR YOGA CENTRE

Allow yourself to further renew and rejuvenate today. After an optional morning yoga session, take a trip down to Rishikesh to the Omkarananda Patanjala Yoga Kendra. In this renowned Iyengar yoga center, established in 1993 on the banks of the holy Ganges, attend a class with the resident instructor, and then participate in an evening aarti or fire ceremony at the ashram. A truly spectacular day.

Activity: Yoga (2 sessions)

Meals: B, L, D

DAY 7

RETURN TO DELHI'S CUISINE & CULTURE

Say farewell to Ananda as you travel back to Delhi for one night. Freshen up at the hotel, do yoga at the Iyengar Yoga Centre in Delhi, and then have lunch in a unique café offering diverse regional specialties — you can taste much of India in just one meal! After lunch, tour the colorful National Crafts Museum, the architecturally unique Lotus Temple, and the opulent Akshardham Temple. Akshardham is gloriously made of pink sandstone with intricate carvings depicting man's journey through the world. Tonight enjoy dinner on your own.

Activity: Yoga (1 session)

Meals: B, L

DAY 8

DISCOVER THE DALAI LAMA'S DHARAMSHALA

Rise early for your journey to Dharamshala, home to the Dalai Lama and the Tibetan Government-in-Exile. After checking into the hotel, take a kora walk around the hill where the Dalai Lama Temple and Namgyal Monastery

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sit. Along the way, turn prayer wheels and pay your respects to the Tibetans who have given their lives for the cause of freedom. End at the temple and, with an excellent guide to lead you, explore the revered complex, visiting both the main temple and the Kalchakra temple.

Meals: B, L, D

DAY 9

DIVE DEEP INTO TIBETAN CULTURE

Follow morning Iyengar yoga and meditation sessions with a visit to the Tibetan Parliament-in-Exile and the Temple of the Oracle. Drive to the famous Gyuto Monastery in time to catch the monks coming back from lunch - then sit outside and listen to the monks chanting! Next is the Norbulingka Institute, dedicated to preserving traditional Tibetan arts and customs, and a delicious momo (steamed dumpling) lunch. Observe traditional craftsmen at work before walking to the Zen-inspired Dolma Ling Nunnery. Enjoy a privileged-access tour, including the rooms where nuns spend three years of solitude.

Activity: Yoga (1 session)

Meals: B, L, D

DAY 10

HIKE TO THE CROWN JEWEL OF DHARAMSHALA

Your final full day in India is filled with restorative yoga, centering meditation, and exhilarating hiking. Start with morning yoga and meditation, then embark on a hike up to scenic Triund (9,280'). The route leads through forests of oak, deodar cedar, and rhododendron, and the final, strenuous "22 curves" reward you with stellar views of the Dhauladhar range and Kangra Valley. Return to the hotel, freshen up, and enjoy your final group dinner of the trip.

Activity: Yoga (1 session), 5 hours/4 miles hiking with 3,280' elevation gain/loss

Meals: B, L, D

DAY 11

DEPART FROM DHARAMSHALA

After breakfast, drive to Kangra Airport and catch the flight back to Delhi. Relax in comfort at the JW Marriott until your onward flight back home.

Meals: B

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Dates

Apr 3 - 13, 2020

Sep 18 - 28, 2020

Oct 2 - 12, 2020

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Pricing

2020

\$ 6,995 per person

Additional Cost

\$ 880 Internal Airfare

\$ 2,600 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary yoga gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Dinner on Day 3 and Day 7
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of Day 1 and departing outside of Day 11
- Optional travel protection

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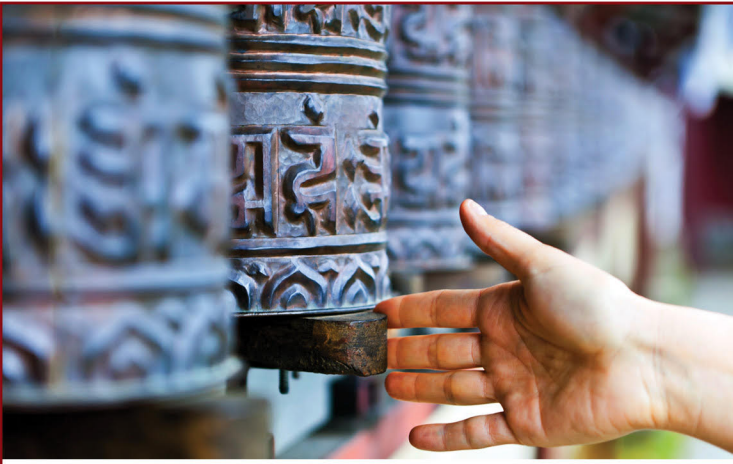
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At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

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Awards



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