

# Himalaya Meditation Tour

Discover yourself in the Nature

02-15 September 2025



There is no place like Himalayas to practice Pranayama, Trataka & Dhyana!

## The Journey

Date	Location	Activity
02/09/2025	DELHI	Arrival Stay in a 4/5 star hotel in Aerocity, proximate to Delhi Airport
03/09/2025	DELHI TO RISHIKESH	Depart in the morning for a flight to Rishikesh, Lunch at Rishikesh Relaxation Explore Rishikesh Ghat Breathing workshop Evening musical night and meditation Dinner at hotel
04/09/2025	RISHIKESH TO PHATA/RAMPUR	Early morning breakfast and delicious lunch enroute 220 km hill drive, Evening relaxation yoga Breathing practice session Dinner and overnight stay at hotel
05/09/2025	RAMPUR TO KEDARNATH	Morning breakfast 2 km drive to Sonaprayag and then 5 KM drive to Gaurikund by shuttle jeep. 18 km trek one way uphill to Kedarnath Evening relaxation yoga Dinner and overnight stay at Kedarnath.
06/09/2025	KEDARNATH TO CHOPTA	Early morning temple visit Bhairav mandir trek and meditation on the hill 18 km trek downhill to Gaurikund 5 km drive to Sonaprayag by shuttle jeep 70 km drive to Chopta Evening meditation- yoganidra Dinner and overnight stay at Chopta Star gazing (Akashganga Trataka) at night
07/09/2025	CHOPTA	Early morning intensive breathing workshop and Hatha Yoga Breakfast Tunganatha trek: Highest Shiva temple in the world, Chandrashila trek 12km return Yoga-Nidra Meditation Star gazing (Akashganga Trataka)

Date	Location	Activity
08/09/2025	CHOPTA TO BADRINATH	<p>Early morning stroll Breathing practice, gentle Hatha yoga followed by Kundalini meditation practice resonating five elements inside our body with the outside.</p> <p>Breakfast and delicious lunch enroute to 140 km travel on hill, Hot spring bath at Tapta Kund (a mesmerising experience) if you are lucky you can find Sadhus sitting in deep meditation or Samadhi around the area. Dinner and overnight stay at hotel</p>
09/09/2025	BADRINATH	<p>Morning walk to see the Golden mountain (optional) Mountain walking to mana village, Bhim Shila, Vyas Gupha, saraswati river, Charan paduka, trek to Neil parvat (tentative depending on people's stamina and energy level on the day) Dinner and overnight stay at hotel</p>
10/09/2025	BADRINATH TO GHANGARIYA	<p>Breakfast and lunch enroute 22 km drive to Govindghat 14 km trekking to Ghangariya Vipasayana meditation</p>
11/09/2025	GHANGARIYA TO VALLEY OF FLOWERS AND RETURN	<p>Breakfast 12 km return trek to valley of flowers- a biodiverse heaven on earth with 550 varieties of plants, 13 species of animals, magnificent waterfalls and landscapes. Breathing session and Vipasayana meditation @ the valley of flowers</p>
12/09/2025	GHAGHARIA TO HEMKUND SAHIB to GOVINDGHAT	<p>Breakfast 12 km return trek to Hemkund Sahib, Back to Ghagharia and then after lunch 12 km trek back Govindghat. 52 km drive to Pipalkoti Dinner and overnight stay at Hotel</p>
13/09/2025	RISHIKESH	<p>After breakfast 185 km drive to Rishikesh Ganga ghat Arti, shopping, meditation at night</p>

Date	Location	Activity
14/09/2025	RISHIKESH to Delhi	Breakfast Shopping at Rishikesh Fly back to Delhi Dinner Late night flight back to Sydney
		If someone want to fly back next day then hotel can be arranged at some additional cost.

LOCATION	ALTITUDE
KEDARNATH TEMPLE	11,800 FT
TUNGANATH TEMPLE	12,073 FT
BADRINATH	11,000 FT
VALLEY OF FLOWERS	15,000 FT
HEMKUND SAHIB	15,000 FT

The average temperature in this area in September for a typical day ranges from a high of 18 degree C to 7 degree C. Overall, its moderately chilly, humid and cool.

### Price List

Types of accomodation	Price per person (AUD)
Double sharing (A)	4,199
Double sharing (B)	3,890
Single sharing	5,290

Difference between category A and category B is that wherever available A will get super deluxe rooms in comparison to deluxe rooms of category B. The difference is mainly about space and ambience of the room. Rest of the facilities are similar. All the rooms are good quality rooms. We got only limited seats for category A that would be given on first come, first served basis.

Plz also take note that at Kedarnath, there won't be any single sharing as the accomodation over there is very limited.

### **Package Include**

Domestic flight: Delhi to Rishikesh (return)

Breakfast

Lunch

Dinner

Room Accommodation

(we aim for the best available accommodation in the area)

Transportation

National Park and forest entry fee

Pure drinking water (Packaged bottles)

Local mountaineering trained Tour Guides

Porterage

Meditation sessions

Music session/ Bhajan Sandhya/Spiritual Talks

Gentle Hatha Yoga

### **Package does not include**

Airfare

Visa fee

Personal Expenses

Travel insurance

Overstay due to any natural calamities/strikes

Drinking beverages except drinking water

Snacks and cuisines





Pony ride or Airlift

## Special Features

Discover the transformative power of Breath-work sessions

Akashganga Trataka (star gazing or one-pointed focus meditation)

Tantra meditation (balancing flow of prana in Ida and Pingala)

Vipasayana Meditation (Mindfulness meditation)

Bhajan Sandhya

Spiritual Talks

Gentle Hatha Yoga

Supportive community (connect, share & support)



## What makes this Tour Special?

Do you sometimes asks yourself questions like, “who am I”, “Whom I referring to when I say I”, “is thought raising this question”, “what is a thought”, and so on. Thousands of Sadhus and mystics since the ancient times have wandered into the hills of Himalaya searching on these questions and The Himalaya never disappointed them. The greatest mystics of the East, including Shiva, Buddha, Mahavir, Samkracharya, Sage Vyas, among so many others received their light on the Himalayas.

Here is an opportunity to practice stillness, openness, grounding at a place which actually has these qualities and it won't take long for you to absorb and assimilate these finest qualities in a human being. You will feel calm, clearheaded, contented, harmonious and grounded effortlessly. Meditation does not require any efforts on the Himalayas. Meditation comes to you when you see the nature in its pristine purity, when you feel the vastness of space, when you touch the refreshing breeze filtering through sky-kissing devadar trees, when your body can sense a different frequency and vibes. You don't have to practice meditation. You enter into meditation spontaneously. You just have to immerse yourself in the surrounding Nature and you will discover your true self!

## **Preparations required for High Altitude Trekking**

### A) Get Fit

1) A sound breathing techniques (Learn and practice pranayama): This is the most important aspect of your preparation. The breathing techniques will be shared with the participants on our social media so that they can practice beforehand. We will also teach more intensive breathing practices on the hills as the Himalayas is the top place on earth to practice pranayama. We want everyone to have a glimpse of that sacred or altered state of consciousness. Pranayama practice on the Himalaya will bring parasympathetic regulation and down regulation of neural pathways that create sensory stimulation, stress and anxiety. This will lead to a relaxed and settled state of mind for a long period of time!

2) Strengthen the core (to offload back muscle and body joints)

3) Enhance muscular endurance

4) Train for slow and steady pace as this is what matters at high altitude

5) Eat well - includes more probiotics in your diets

B) Lighten your Load: while trekking, keep your load to less than 20% of your body weight. But don't worry. We have arranged the facility of portering so you don't have to carry your stuff unless you want to!

C) Acclimatisation: It is impossible to train in Australia as Mount Kosciuszko is the highest point in Australia that is only about 2000 km. You would be travelling places at Himalayas around 4,000m and more. But if you are overall healthy, and given sufficient time for body to acclimatise, the body will adapt. We will follow the normal principle at high altitude mountains of 'climb high, sleep low'.

## **What Gadgets/personal necessities you might require?**

More information coming soon .....







