



 **INDIA**
भारत

DELHI • PUSHKAR • JAIPUR • RISHIKESH – DEVPRAYAG

HOLĪ

7 – 20 OF MARCH 2025





A PROFOUND IMMERSION INTO MOTHER INDIA, THIS LAND THAT EMBRACES, HEALS, AND TRANSFORMS US. AN INVITATION TO LIVE AND ABSORB THE ENERGY AND WISDOM OF AUTHENTIC INDIA.

WE WILL DIVE DEEP INTO ITS TEACHINGS AND SPIRITUALITY, EXPLORING ITS RITUALS, TRADITIONS, AND ANCIENT CUSTOMS. WALKING THROUGH VIBRANT STREETS AND HIDDEN PATHWAYS, DISCOVERING TEMPLES, MARKETS, AND LUSH FORESTS. IMMERSED IN THE RICHNESS OF FLAVORS, COLORS, SCENTS, AND MELODIES; IN THE DEPTH OF EACH GAZE AND THE GENUINENESS OF EVERY SMILE. WE'LL EXPERIENCE LIFE IN UNITY AMONG THE PEOPLE, THE SACRED COWS, THE PLAYFUL MONKEYS, AND THE FREEDOM FOUND IN THE HARMONIOUS CHAOS THAT UNIQUELY DEFINES THIS LAND.

YOGA WILL BE LIVED ON AND OFF THE MAT—IN THE ASHRAM LIFESTYLE WITH RENOWNED TEACHERS AND GURUS, AND IN THE SIMPLEST, MOST HUMBLE EXPERIENCES. THESE MOMENTS WILL QUICKLY ROOT THEMSELVES IN OUR SOULS, ACCOMPANYING US AS AN INTEGRAL PART OF WHO WE ARE.



HOLĪ (होली)

A CELEBRATION OF NEW BEGINNINGS, LOVE, AND THE TRIUMPH OF GOOD OVER EVIL. ON THIS DAY, ALL ANIMOSITY IS SET ASIDE; DISTINCTIONS OF SOCIAL CLASS, RELIGION, AND RACE DISAPPEAR. ALL INEQUALITY MELTS AWAY IN THE COLORS OF THE FESTIVAL, WHERE EVERYONE BECOMES PART OF A GRAND RAINBOW.

IT IS KNOWN AS THE “FESTIVAL OF COLORS” BECAUSE IT IS TYPICALLY CELEBRATED BY THROWING COLORED POWDERS, TRADITIONALLY MADE FROM GROUND FLOWERS AND MEDICINAL HERBS MIXED WITH WATER UNTIL THEY FORM A POWDER.

ON THE FIRST DAY OF THE FESTIVAL, THE HOLIKA DAHAN TAKES PLACE, WITH LARGE SACRED BONFIRES LIT TO SYMBOLIZE THE PURIFICATION OF EVIL. IT IS ALSO COMMON TO APPLY ASHES TO THE BODY AS A FORM OF CLEANSING. IN THE MORNING, ONCE THE FIRES HAVE BURNED OUT, THE REAL CELEBRATION, CALLED RANGWALI HOLI, BEGINS. PEOPLE COVER THEMSELVES IN GULAL, THE FINE COLORED POWDER, AND SOAK EACH OTHER WITH WATER. THE COLORS USED CARRY DEEP MEANINGS, BRINGING THEIR ENERGY AND INTENTIONS INTO OUR LIVES.

WE WILL EXPERIENCE AN EVEN MORE COLORFUL INDIA, ALONG WITH THE ENERGY, RITUALS, AND TEACHINGS OF THIS VERY SPECIAL FESTIVAL.



ITINERÁRIO

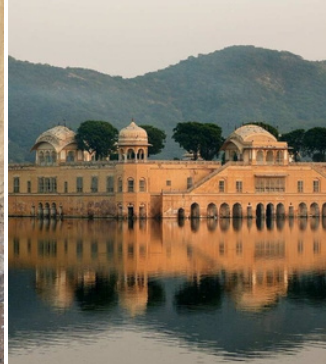
LISBOA - DELHI - PUSHKAR- JAIPUR- RISHIKESH - DEVPRAYAG

• DELHI

DELHI IS A CITY THAT DAZZLES WITH ITS VIBRANT, UNRELENTING ENERGY; WE WILL DELVE INTO ITS PULSATING SOUL, THAT CAPTIVATES EVERY SENSE, VISITING TEMPLES RADIATING INDESCRIBABLE BEAUTY AND SPIRITUAL POWER. AS WE WEAVE THROUGH BUSTLING FOOD MARKETS, VIBRANT CLOTHING BAZAARS, AND ARTISAN CRAFT STALLS, WE'LL EXPERIENCE THE HEARTBEAT OF ITS DYNAMIC CULTURE. NESTLED AMIDST THE URBAN WHIRLWIND, OUR ASHRAM STAY WILL BE A PEACEFUL OASIS, A SERENE SPACE FOR REFLECTION AND DEEPER CONNECTION, OFFERING BALANCE TO THE ELECTRIFYING INTENSITY OF THIS EXTRAORDINARY CITY

• PUSHKAR

A TEMPLE CITY AND SACRED LANDSCAPE; PUSHKAR, OS ONE OF THE HOLIEST PILGRIMAGE SITES IN INDIA, IS HOME TO ONE OF THE FEW REMAINING TEMPLES DEDICATED TO BRAHMA, DATING BACK 2,000 YEARS. THIS ENCHANTING CITY IS NESTLED IN A VALLEY SURROUNDED BY THE ARAVALLI MOUNTAINS, ON THE SHORES OF A SACRED LAKE WITH OVER 50 GHAATS AND 400 TEMPLES. HERE, WE WILL WITNESS AND PARTICIPATE IN SACRED RITUALS AND CEREMONIES THAT DEFINE ITS SPIRITUAL ESSENCE.



• JAIPUR

THE CAPITAL OF RAJASTHAN, IS KNOWN FOR ITS DISTINCTIVE PINK HUES, EARNING IT THE NICKNAME "THE PINK CITY." WE WILL EXPLORE ITS MAGNIFICENT PALACES, INTRICATE ARCHITECTURE, HISTORICAL MONUMENTS, DAZZLING TEMPLES AND LIVELY BAZAARS BRIMMING WITH VIBRANT TEXTILES AND HANDCRAFTED TREASURES. INCLUDING THE SACRED GALTAJI TEMPLE, NESTLED AMONG ROCKY HILLS, WE'LL WITNESS AN ANCIENT SANCTUARY ALIVE WITH DEVOTION, WHERE SERENE WATER TANKS AND PLAYFUL MONKEYS ADD TO THE UNIQUE CHARM. THIS JOURNEY THROUGH JAIPUR OFFERS A PERFECT HARMONY OF HISTORY, CULTURE, AND SPIRITUALITY.

-RUSIRANI VILLAGE

WE WILL ALSO HAVE THE UNIQUE OPPORTUNITY TO VISIT THIS SMALL VILLAGE LOCATED 90 KILOMETRES FROM JAIPUR, SETTLEMENT OVER 2,500 YEARS OLD. HERE, WE'LL CONNECT WITH THE LOCAL COMMUNITY, LEARNING ABOUT THEIR AGE-OLD TRADITIONS AND WAY OF LIFE. AT THE HEART OF THE VILLAGE LIES A 1,000-YEAR-OLD SHIVA TEMPLE STEEPED IN HISTORY AND SPIRITUALITY.

THIS VISIT, ORGANIZED BY LOCAL WOMEN, DIRECTLY SUPPORTS THE EDUCATION OF YOUNG GIRLS IN THE VILLAGE, LEAVING A MEANINGFUL IMPACT. IT IS UNHEARD OF AND UNEXPLORED BY TOURISM OR EVEN HUMANS. AS A RESULT, THE TOWN SERVES AS A TIME CAPSULE PRESERVING ANCIENT HERITAGE AND EARLY-CIVILIZATION-LIKE LIFESTYLE. IT IS WELL-KNOWN FOR ITS FRIENDLY COMMUNITY AND AUTHENTIC REPRESENTATION OF INDIAN CULTURE.



• RISHIKESH

A SACRED CITY AND THE BIRTHPLACE OF YOGA, RISHIKESH, OFFERS A PROFOUND IMMERSION IN ANCIENT WISDOM. NESTLED IN THE EMBRACE OF THE HIMALAYAS AND THE SACRED GANGA, IS A SANCTUARY FOR THE SOUL, OFFERING A SERENE BLEND OF SPIRITUALITY AND MAJESTIC BEAUTY.

SURROUNDED BY ENDLESS MOUNTAINS, AND SERENE BEACHES, WE WILL JOURNEY ALONG MYSTICAL TRAILS, BATHE IN HIDDEN WATERFALLS, AND MEDITATE IN SACRED CAVES. AT SUNRISE, WE'LL FIND SERENITY AT A HILLTOP TEMPLE WITH BREATHTAKING VIEWS OF THE HIMALAYAN MOUNTAINS. AS THE SUN SETS, WE'LL IMMERSE OURSELVES IN THE SACRED AARTI RITUAL, A PROFOUND SPIRITUAL EXPERIENCE.

WE WILL BE IMMERSSED IN THE WISDOM AND POWER OF THE ANCIENT SCIENCES OF YOGA AND AYURVEDA THROUGH CLASSES AND THERAPIES WITH WISE TEACHERS AND GURUS.

WE WILL LIVE THE DAILY LIFE BY THE SACRED GANGA RIVER, PARTICIPATING IN DAILY RITUALS AND CEREMONIES WHILE ENGAGING WITH ITS WARM AND SPIRITUAL COMMUNITY.



• DEVPRAYAG

DEVPRAYAG, WHICH MEANS 'HOLY CONFLUENCE' IN SANSKRIT, IS A HOLY TOWN OF UTTARAKHAND, AT A DISTANCE OF ABOUT 75 KM AWAY FROM RISHIKESH AND AN ALTITUDE OF 2723 FT; THIS IS THE POINT WHERE THE HOLY RIVERS BHAGIRATHI AND ALAKNANDA MEET, MERGE INTO ONE AND FORM THE MIGHTY GANGA, MAKING IT A UNIQUE PILGRIMAGE AND A BEAUTIFUL SHOWCASE OF TRADITIONS, MYTHS AND MYSTICISM, DEVPRAYAG IS A HIGHLY SACRED PLACE AND HOLDS ENORMOUS SIGNIFICANCE AMONG HINDUS ALL OVER THE WORLD.



PRICE: 2000€

THE AMOUNT CAN BE PAID IN INSTALLMENTS.

FLIGHTS: 700/ 800€

WE ARE PART OF THE WASTE WARRIORS ORGANIZATION, AND PART OF OUR PROFITS CONTRIBUTE TO THEIR ACTIONS TO CLEAN THIS MAGICAL LAND, TAKING CARE OF OUR HOME. WE ALSO HAVE DONATIONS TO SMILE FOUNDATION BENEFITING CHILDREN AND FAMILIES THROUGH EDUCATION AND HEALTHCARE.

INCLUDES:

- INTERNAL FLIGHTS AND TRANSPORTATION
- ACTIVITIES INCLUDED IN THE TRIP AND RETREAT
- ACCOMMODATION IN A SHARED ROOM (WITH THE OPTION OF A PRIVATE ROOM FOR AN ADDITIONAL COST)
- MEALS AT THE ASHRAM AND ACCOMMODATIONS
- ASSISTANCE IN PREPARATIONS FOR THE TRIP

NOT INCLUDED:

- INTERNATIONAL FLIGHT
- MEALS NOT DESCRIBED IN THE PROGRAM
- OPTIONAL ACTIVITIES/TRANSFERS
- PERSONAL EXPENSES SUCH AS PHONE, INTERNET, VISA, PERSONAL INSURANCE



• DELHI (7-9)

- AKSHARDAM MANDIR
- LOTUS MANDIR
- DELHI HAAT INA - FOOD MARKET
- KHAN MARKET
- HAUZ KHAS
- DEER PARK
- SRI AUROBINDO ASHRAM

• PUSHKAR (9 - 12)

- SUNRISE AT GAYATRI MATA TEMPLE
- SUNSET AT SAVITRI MATA
- BRAHMA TEMPLE
- MAHADEV TEMPLE
- VARAHA TEMPLE
- SACRED CEREMONIES BY THE HOLY LAKE
- PUSHKAR BAZAAR
- DANCE CLASS AND POTTERY CLASS
- RAJASTHANI COOKING CLASS





• JAIPUR (12- 14)

- GALTAJI MONKEY TEMPLE AND SUN TEMPLE
- RUSIRANI VILLAGE
- NATURAL FABRIC PRINTING
- JAL MAHA
- NEELKANTH MAHADEV MANDIR
- JANTAR MANTAR
- THE CHAURA RASTA AND NEHRU BAZAAR.

• RISHIKESH (14- 20)

- ASHRAM LIFE
- PRACTICES AND STUDIES OF YOGA AND AYURVEDA
- HAVAN: FIRE RITUAL AND PANDIT'S BLESSING
- FOREST TREKKING TO NEER GARH WATERFALL
- KUNJAPURI TEMPLE : SUNRISE MEDITATION WITH A VIEW OF THE HIMALAYAN MOUNTAINS
- KOTDWAR: VISIT SHREE NEELKANTH MAHADEV TEMPLE
- VASHISTHA GUFA TEMPLE
- GANGA AARTI
- DEVPRAYAG

ENTRE TANTAS MAIS SURPRESAS E VIVENCIAS QUE A MÃE INDIA NOS
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INDIA TRIP AND RETREAT

REGISTRATION:

NAME:

AGE:

INJURIES/CONDITIONS:

FOOD INTOLERANCES:

EMAIL:

WHATSAPP CONTACT:

INFORMATION YOU FEEL LIKE SHARING:

WHY WOULD YOU LIKE TO EMBARK ON THIS
JOURNEY?

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