

TIME SCHEDULE

1–12 November 2026

Day 1 · Sunday 1 November		Delhi — arrival
16:00–17:30	Welcome & yoga	
18:30–19:15	Dinner	
19:30–20:30	Opening & sharing	

Day 2 · Monday 2 November		Rishikesh
05:15	Train to Haridwar	
13:00	Lunch — Hotel High Bank	
15:30–16:15	Yin yoga	
16:15–17:00	Philosophy	
18:00–19:00	Ganga Puja & Swami darshan	
19:30–20:30	Dinner — Sanskriti	
21:00–22:00	Kirtan & sharing — hotel	

Day 3 · Tuesday 3 November		Rishikesh
06:30–07:15	Optional meditation — yogashala	
07:00–08:20	Yoga	
08:30–09:15	Breakfast	
11:30–13:00	Philosophy & sacred dip in the Ganges	
14:00–14:45	Lunch @ Nirvana	
15:00–18:00	Free time & massages	
18:30–20:30	Kirtan & dinner	
20:45–21:15	Sharing — hotel	

Day 4 · Wednesday 4 November		Rishikesh
05:00	Sunrise Himalaya walk	
13:00–14:00	Lunch — Tattva Cafe	
14:00–18:00	Free time & massages	
18:30–19:30	Music concert	
19:30–20:30	Dinner — Krishna temple	
20:30–21:30	Kirtan & sharing — hotel	

Day 5 · Thursday 5 November**Rishikesh**

06:45–07:15	Optional meditation — yogashala
07:15–08:45	Yoga
09:00–09:30	Breakfast
10:30–11:30	Vasistha Cave meditation
11:30–13:00	Ganga raft
13:30	Lunch — Ganga View
14:30–18:00	Free time / massage
19:45–21:30	Kirtan & dinner
22:00	Sharing — hotel

Day 6 · Friday 6 November**Rishikesh / Haridwar**

07:30–09:00	Yoga
09:00–09:30	Breakfast
10:00–12:00	Beatles ashram
14:00	Lunch — Nirvana (own arrangement)
16:00	Departure to Haridwar
18:15	Puja Haridwar & group ritual (arati)
20:30	Dinner
23:30	Night train to Varanasi

Day 7 · Saturday 7 November**Varanasi**

13:00	Arrival Varanasi & check-in
14:00–15:00	Lunch
16:00–17:15	Yin yoga
17:30–19:30	Burning Ghats, boat trip, Puja
19:30–20:00	Dinner
20:30–21:30	Sharing & kirtan

Day 8 · Sunday 8 November**Varanasi**

07:30–09:00	Yoga (moving in stillness)
09:00–10:00	Breakfast
10:15–13:00	Alley walk / temples / oil shop
13:30–14:15	Lunch / dinner
15:00–18:00	Free time
18:45–19:30	Dinner
20:00	Kirtan & sharing

Day 9 - Monday 9 November**Varanasi**

06:00–07:00	Sunrise boat ride (in silence)
07:00–08:30	Yoga (moving in stillness) — bank of the Ganges
08:45–09:45	Breakfast — Om Cafe
10:00–12:30	Ghat walk + Shiva temple
13:00–15:00	Free time
15:00–16:00	Lunch / dinner
16:30	Train to Agra

Day 10 - Tuesday 10 November**Agra / Vrindavan**

07:00	Arrival — Taj Mahal Hotel
08:30	Breakfast
09:30–11:00	Taj Mahal
11:00	Bus to Vrindavan
12:30	Check-in — MVT Ashram
12:30–13:15	Lunch
13:15–16:00	Free time
16:00–19:00	Temple visits
19:00–20:00	Kirtan in temple
20:00–21:00	Dinner — Gopinath Temple

Day 11 - Wednesday 11 November**Vrindavan**

07:00–08:30	Yoga — garden
08:45–09:30	Breakfast
09:30–13:00	Temple & special-place visits
13:00–14:00	Lunch — hotel
16:00–21:00	Radha Kund
21:00	Closing kirtan & sharing

Day 12 - Thursday 12 November**Vrindavan / Delhi**

07:00	Yoga
09:00	Breakfast
10:00	Closing & sharing — garden