

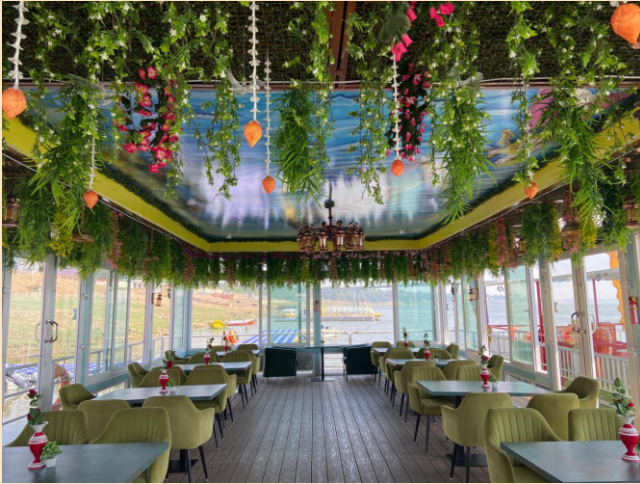
Maha Kumbh

PACKAGE TOUR-II

Explore Yoga Pranayam & Meditation Session in Prayagraj

While yoga in the west focuses almost exclusively on the physical postures and sequences (asana) in India, particularly in traditional ashrams, asana is only one aspect of a wider whole. In this case one can expect a greater emphasis on meditation, breathing and cleansing techniques, along with devotional practices. Such as mantra chanting, tuition in philosophy, and karma yoga (community service). Experience an in-depth yoga or wellness retreat in a tranquil and nurturing environment. Whether you are a beginner or advanced student, you will enjoy this opportunity to take your practice to a new level. Our Yoga Gurus have been practicing this art for more than a decade and have not only taught many students but have brought a positive difference in their lives.





06:00 AM

Tour starts from **Floating Restaurant**
(Rahi Triveni Darshan) Kydganj Prayagraj



06.30 AM Triveni Pushp, Parmarth Niketan) the captivating attraction nestled along the banks of the Yamuna River at Arail in Naini, is poised for a comprehensive revamp, aiming to establish itself as an irresistible destination for tourists.

Package Includes:

- Boat Charge
- Welcome Drinks, Breakfast & Lunch
- Walk Expert
- Printed Hand out with Mela Map
- Eco-Friendly Carry Bag
- Mineral Water Bottle

**07.00 A M to 08.00 AM (One Hour)
Morning Yoga Session
08.30 A M Holistic Yoga at Yogshala
09.30 to 10.30 A M Breakfast**

**09.30 A M to 10.30 AM Wisdom Talk &
Meditation**

**11.00 AM to 01.00 PM Free Time
Katha or any other ongoing activity at the
Parmarth Camp or Triveni Pushp visit by
participants. Photo session and
sightseeing inside the premises.**

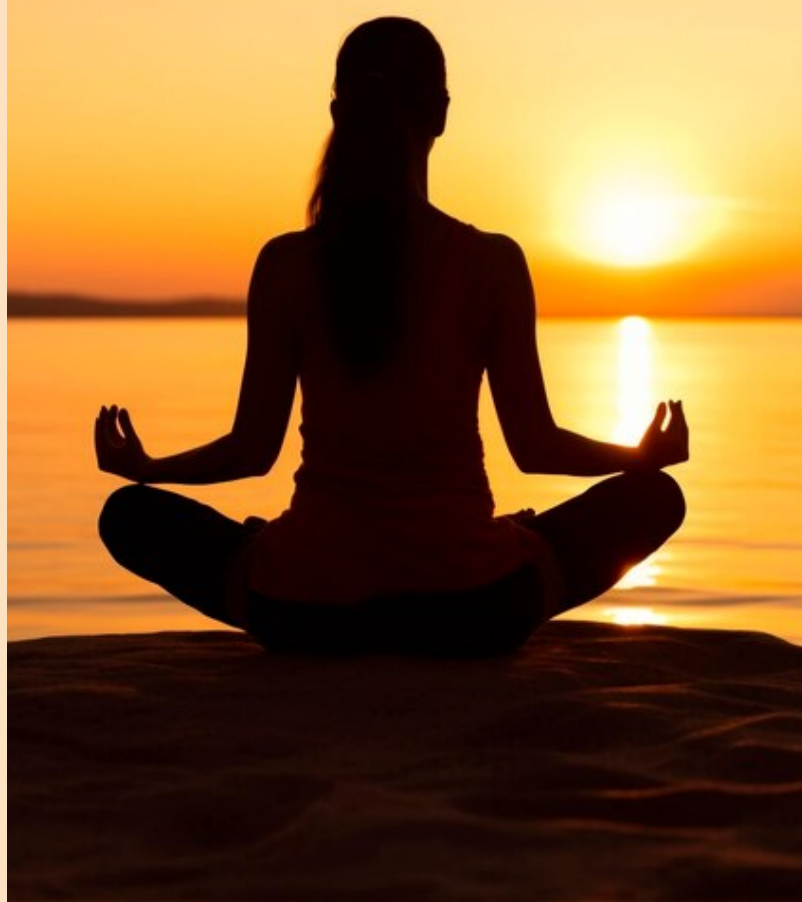
01.00 P M to 02.00 PM Lunch

03.00 P M to 04.30 P M Yoga & Meditation

05.30 P M Sangam Aarti at Triveni

Departure for floating restaurant (Rahi Triveni
Darshan) Kydganj Prayagraj

06.00 PM back to floating restaurant.



Starting Point : Tour starts from Floating Restaurant (Rahi Triveni Darshan) Kydganj Prayagraj
Duration : Full Day (6 am - 6.00 PM everyday)
Tour Type : Walking Tour

Please note:

- All tours – experiences shall be operated only with minimum 05 Pax.
- The mentioned tours – experiences are not applicable on bathing dates.
- In case of unforeseen weather conditions, local factors or government restrictions sightseeing activities – boat ride may be Avoided/Cancelled and in such cases the operator will try his best to provide an alternate feasible activity. However no refund will be provided for the same.
- All actions and services of the company are subject to 'Force Majeure' conditions claiming no responsibility.



UTTAR PRADESH STATE TOURISM DEVELOPMENT CORPORATION LTD.

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