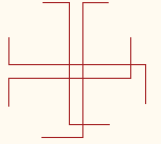


# LAKSHMI NIWAS

A unique retreat in the heart of Spiritual India



## ITINERARY

6 nights / 7 days

U 26 A/6, GF Phase 3  
DLF City, Gurgaon 122002  
Haryana

0124-4068852  
+91-9810816545  
info@lakshminiwas.com

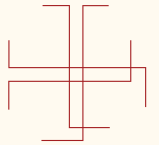
### Day 01: Delhi to Haridwar / Lakshmi Niwas

- Arrive Haridwar by Shatabdi Express or by Road.
- Transfer to Lakshmi Niwas.
- Arrive in time for an introduction to Lakshmi Niwas and the area where the Retreat is situated and its significance.
- Lunch and rest.
- Early evening join Lakshmi Singh (Host and Spiritual Seeker) for a session on Hinduism, its philosophy and Indian Spirituality.
- Followed by the evening Aarti with the resident Mahatma (Sadhu) at the Dhuna that is the center of the camp.
- Dinner and Overnight



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### Day 02: Lakshmi Niwas

- Wake up call at pre determined time and join the group for a hot beverage at the Baithak with Yoga Guru.

*Daily venue for Morning Yoga classes to be determined by Yoga Guru, we have an option of the Baithak overlooking the Ganges and the forest ahead or walking down to the Ghats on the Ganges. The morning Yoga class to be followed by meditation.*

- Return to the camp for breakfast.
- Post breakfast visit to the temples close to Lakshmi Niwas on the temple road; this will give the guest an idea of the temple town of Haridwar.

**Walk: Approximately 90 min tour**

*Temples like Bharat Mata Mandir and Lal Mata Mandir are a bridge between old school temples and modern temples in the vicinity.*

- Return to the camp for lunch and a brief rest.
- Post Lunch visit the old town of Haridwar, walk in the Bazaar area, observe thousands of pilgrims from all across the country and reach the main Haridwar Aarti spot know as Hari Ki Pauri. Participate in one of the most the revered evening Aarti's on the Ganges and soak in the energy charged atmosphere.

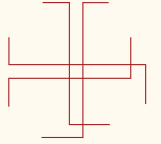
**Drive + walk: 120 min tour**

- Dinner and Overnight.



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### Day 03: Lakshmi Niwas

- Wake up call at pre determined time and join the group for a hot beverage at the Baithak with Yoga Guru.
- Return to the camp for breakfast.
- Post Breakfast discussion on Indian Philosophy and Yoga, also question and answers with Lakshmi Singh on the subject with her experiences with her Guru.
- Lunch at the Camp followed by a brief rest.
- Post Lunch visit Shanti Kunj Ashram for an insight into the life of a modern ashram that has committed itself to “Karma Yog” service to mankind.  
*Drive + walk: 120 min tour*
- Shanti Kunj: Located: 7- 10 minutes from Lakshmi Niwas: guided walk focusing on the Ashram’s philosophy and working

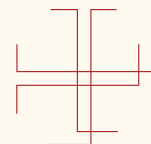
*Located in the Sapt Sarovar region of Haridwar, Shanti Kunj is easily one of the largest ashrams in this region. It is fascinating to see the discipline and harmony with which over 35,000 families and volunteers live and contribute to the running of the Ashram.*

- Dinner and Overnight.



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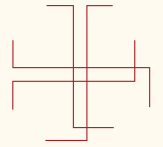
### Day 04: Lakshmi Niwas

- Wake up call at pre determined time and join the group for a hot beverage at the Baithak with Yoga Guru.
- Return to the camp for breakfast.
- Post Breakfast drive to Rishikesh for a visit of the Ashrams and temples near Lakshman Jhoola. The important ones being Omkarananda Ashram, Geeta Ashram and Parmarth Niketan.  
**Drive + walk: Full Day Tour**
- Lunch at Parmarth Niketan Ashram
- Evening Aarti at Parmarth Niketan Ashram
- Return to Lakshmi Niwas for Dinner, Overnight.



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### Day 05: Lakshmi Niwas

- Wake up call at pre determined time and join the group for a hot beverage at the Baithak with Yoga Guru.
- Return to the camp for breakfast.
- Visit Kankhal to see the famous Dakshprajapati Temple and various Ashrams that still teach scriptures and Vedas as a part of the curriculum and also Maa Anandamayee Maa's Ashram.

Drive + walk: 120 min tour

*Kankhal is considered to be oldest part of Haridwar, this is one area which is mentioned in some of our oldest sacred texts like the Puranas. Kankhal is where Dakshprajapati lived and Lord Shiva's wedding to Sati took place. A very big yagna was performed at this site where Dakshprajapati head was severed from his body and sati jumped into the Hawan Kund.*

#### **Anandamayee Ma Ashram -**

*This quaint ashram was the residence of this Hindu saint. It houses her Samadhi shrine and a museum (beautiful paintings) dedicated to her, in the vicinity. The guide will talk to the guests about her, how the royalties and old families supported her in that era.*

- Lunch followed by a brief rest.
- Post Lunch visit to renowned artist Johar to see his art of Gods and Goddesses and Yantra Paintings.

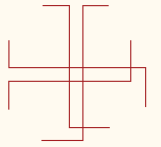
Drive: 90 min tour

- Dinner and Overnight.



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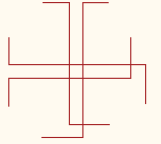
### Day 06: Lakshmi Niwas

- Wake up call at pre determined time and join the group for a hot beverage at the Baithak with Yoga Guru.
- Return to the camp for breakfast.
- A trip to this region is not complete with our actually flowing with the Ganges. Recommended is a rafting trip down the Ganges from a point called Byasi about an hour's drive from Lakshmi Niwas. The rafting excursion will take over three hours and ends at Rishikesh. For those who are not keen on the adventure of rafting, there is the option of trekking to an area beyond the town of Rishikesh with a competent trek guide, this will take you to see some caves where yogis have meditated as well as views of of Rishikesh and expansive views of the river Ganges's flow through the plains as far as the eye can see.  
**Drive + walk: Full Day Tour**
- Lunch at Rafting Camp
- Return to Lakshmi Niwas in time for the evening Arti and a Talk on the Indian Gods and Goddesses and their relevance in the Modern context.
- Dinner and overnight.



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### Day 07: Lakshmi Niwas / Haridwar / Delhi

- Wake up call at pre determined time and join the group for a hot beverage at the Baithak with Yoga Guru.
- Return to the camp for breakfast.
- Offerings and prayers before departure to your next destination.

