

Yog-Tarang 2027 – A Himalayan Retreat

All Inclusive Wellness Retreat in the Himalayas



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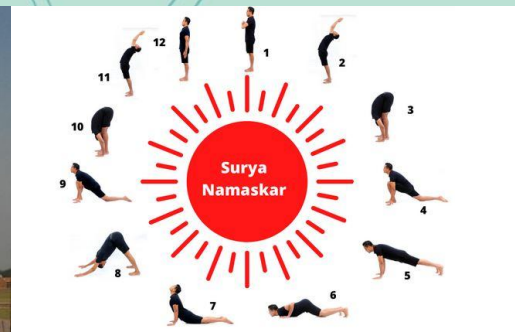
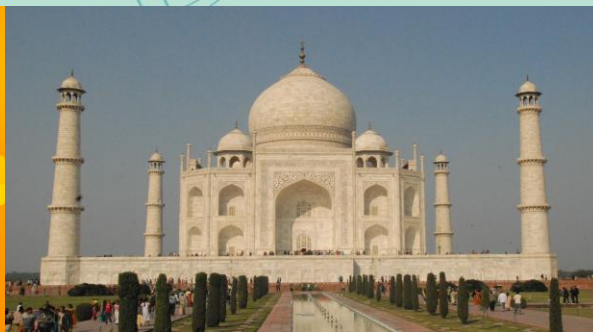
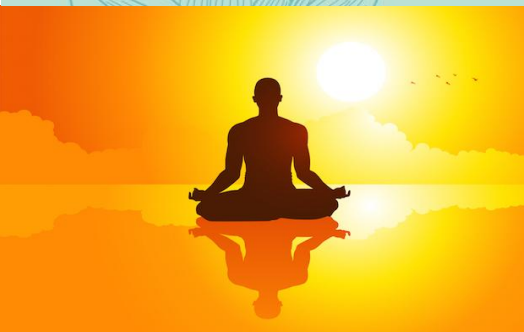
8-days at an enchanting 5-star resort, surrounded by mountains and overlooking the Ganges

26 February 2027 to 5 March 2027

- ❖ Yoga, Pranayaam & Meditation Sessions
- ❖ Yogic Diet – Healthy Satvik vegetarian meals
 - ❖ Ayurvedic Talk
 - ❖ Cooking Lessons
 - ❖ Meditative Live Indian Music
- ❖ Sightseeing & Witness the Ganga Aarti
- ❖ Ayurvedic Doctor Consultation - Medicines included
 - ❖ Doctor Recommended Daily Treatments
 - ❖ Treatments such as oil massage
- ❖ Oil Shirodhara, Powder Shirodhara, Potli massage
- ❖ Jamming sessions for you to participate
- ❖ Free Time for shopping & exploring

Optional Items

- Adventure activities (during retreat days): Bungee jumping, zip line, rafting in the Ganga river
 - Sightseeing at Delhi and Agra (Taj Mahal)
 - Witness Shivratri festival in the holy Himalayan village
- Post-retreat easy to moderate “Hike the Himalayas” with expert hiker





The 7 Vibrations & Bliss Tours



YOG TARANG 2027 – A HIMALAYAN WELLNESS RETREAT

At Rishikesh – a mountain town on the banks of Ganges river.

26 Feb to 5 Mar 2027

Retreat ONLY \$1890

(7 nights/8 days at luxury resort)

Complete Package \$3990 includes:

(15 nights/16 days)

- **Easy to moderate hike in the Himalayan Mountains**
 - **Shivaratri at holy Himalayan village**
 - **Delhi & Agra Sightseeing**

Shivaratri option must be chosen to do the hike

- All prices are double occupancy, all-inclusive ***except air fares***
- Advance deposit required at the time of booking.
- Remaining balance to be paid by 31 Oct 2026.
- Call for single occupancy pricing
- Call for complete terms and conditions.

Some exclusions (this is NOT a complete list)

- Flight from your hometown to Dehradun is not included
- Visa processing and visa fees to travel to India

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