



## **Rejuvenating Journey to Himalaya India- Reiki, Yoga & Trekking: A Retreat**

Code: EVGMcRYT-001

This customized program is a drop of nectar for those who love adventure and self-soul cleansing. There is neither a bustling life nor disturbing pollutions. You are going to increase your energy level, known as Aura by practicing Reiki & Yoga. The both practices, you will be doing in untouched nature surrounding by natural surroundings. You compete with yourself while trekking in the mountains. An encounter with the Tibetan culture, gives to new sense of harmony and peace.

Long ago, when the world was young, they roamed the Earth, your ancestors and mine. They navigated by the Sun and the stars. They ate when hungry and sang when happiness felt.

Life was simpler then and now again you will feel the same divine happiness through Reiki, Yoga & trekking retreat.

**Duration:- 05 Nights 06 Days**

Places covered:- Mcleodganj

### **Detailed Itinerary:**

#### **Day 1**

After arrival at Bus stand. Our representative leads you to Resort HimGiri or similar. Have breakfast and some 2-3 hrs rest at Resort/Hotel. Afternoon city tour of Dharamsala visiting H.H. Dalai Lama Temple, and Norbulingka (a Tibetan



center for learning and preserving traditional art and craft). Overnight stay at hotel.

## **Day 2**

Today you will spend your time in relaxation. It will include Reiki and meditation technique.

## **Day 3**

After breakfast at Hotel, start walking from Bhagsu Nag. It is steep ascent for 4 hours through mixed forest of oak, rhododendron and deodar trees to Triund. The activities include morning yoga, trekking to the Triund Hill (2835 meters above sea level), and evening meditation. Packed lunch enroute.

## **Day 4 Triund-Laka Glacier (3200 M)-Triund 8 kms**

The day starts with morning yoga followed by trekking to Lahas Cave (3300 meters above sea level). Then, you will go back to Triund where you will enjoy an evening meditation session. The trail traverses along the glacial moraine to reach an open meadow at laka got, a temporary shepherd encampment. Laka got is situated at the snout of a small glacier called Laka glacier which is full of snow from March to June and the snow start to melt away with the monsoon and during post monsoon there is now snow.

## **Day 5 Triund- Bhagsu Nag 4 hours walk**

You will begin the day with morning yoga. On this day, you will descend back to resort where you will enjoy an evening meditation session.

## **Day 6**

This is the end of the retreat and a beginning to energetic life.



### **Includes:**

This Triund Reiki Yoga & Trekking Retreat includes the following:

- Experienced English-speaking, Certified Reiki Master, Yoga Guru & local guide.
- All camping equipment including state-of-the-art high altitude sleeping bags, waterproof tents and trek mattresses.
- Camping accommodation as per the program on double / triple sharing.
- Freshly cooked, delicious vegetarian meals as per the itinerary.
- Safe storage to store your luggage while you are on your trek.
- Meeting and assistance on arrival by the company representative.
- Driver's expenses, parking charges, toll taxes.
- All applicable taxes.

### **Excludes:**

- Additional equipment (sleeping bag, backpack)
- Additional items and meals such as snacks and extra drinks
- Airfares or fares
- Entry visa to India
- Health and travel insurance
- Personal expenses like phone calls, laundry, room heater charges, alcoholic, and non-alcoholic, beverages, mineral water, room service, tea, coffee etc.
- Any train fare/air fare unless specified.
- Tips & any other expenses not mentioned in Tour Itinerary.

### **Departure Cities:**

ex Mcleodganj

**Booking and Payment Conditions:** For confirmation of booking, you have to deposit 50% advance amount in our bank account. Remaining amount should be deposited before commencement of service.



## **Cancellation & Refund Policy:**

In case the Guest is willing to amend or cancel his/her booking because of whatsoever reasons including death, illness, accident or any other personal reasons such as non-payment of balance amount, the company is liable to recover cancellation charges from the Guest. All cancellations and amendments are to be communicated in written and advance amount is non-refundable, besides forfeiture of the deposit amount of the tour, further a charge will be levied as follows:

### **On Amendment:**

In case of advance or postpone of tour packages, Guests are requested to communicate in written and to inform us at least 10 days prior of retreat date.

### **On Cancellation:**

- ✓ Prior to 45 days or more - 40% of tour cost will be charged
- ✓ Between 44-31 days of departure - 50% of tour cost will be charged
- ✓ Between 30-11 days of departure - 75% of tour cost will be charged
- ✓ 10 days to date of departure - 100% will be charged In case of no show - 100% will be charged

## **Contact us@**

### **Evergreen Adventures & Consultancies,**

C-Block/G-3, Satluz Apartment, Opposite Candle Wick School

Sector-2, Vidyadhar Nagar, Jaipur, Rajasthan 302039, INDIA

Mobile No: +919571601491, +919571601493

Email: [info@evergreenadcon.com](mailto:info@evergreenadcon.com)



## Instructors:



### **Certified Reiki Grand Master Vineet Jain:**

A certified and experienced in the art of healing, practices his Reiki & Yoga techniques in India & the Middle East. He has organized hundreds of camps and trained several persons who are inclined for self-enlightenment.

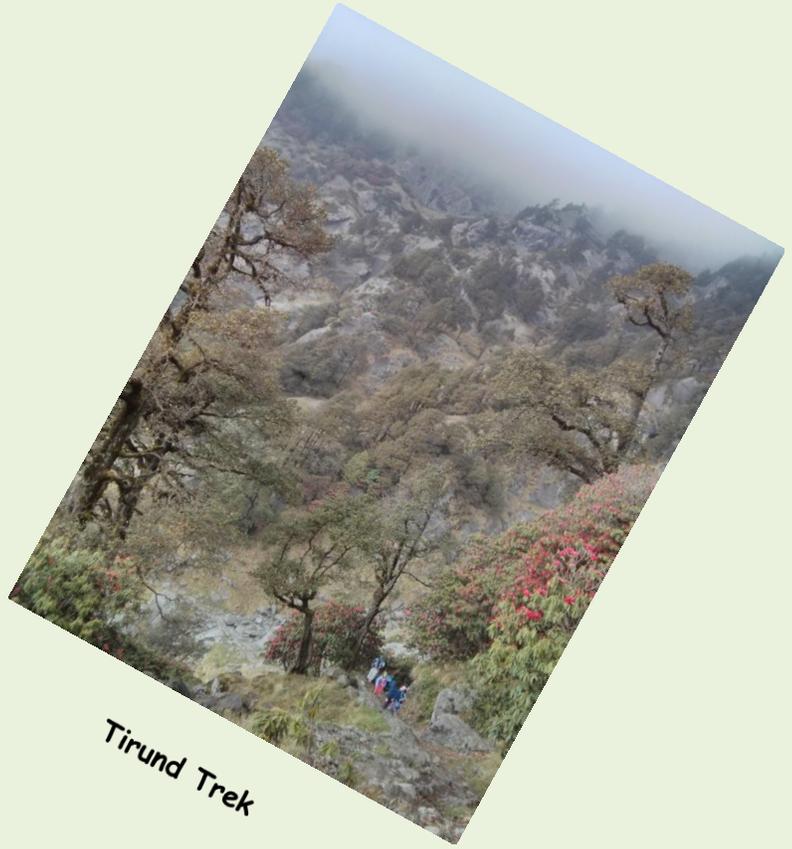


### **Bhupendra Sharma:**

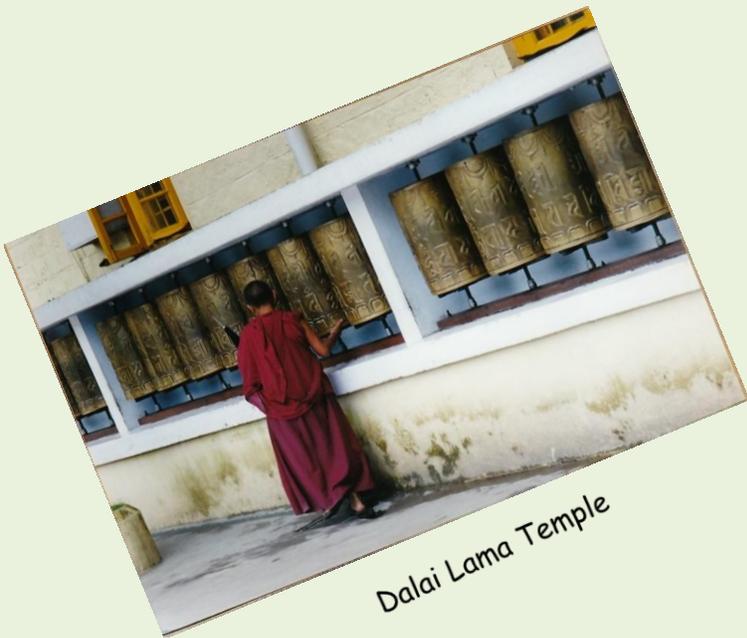
A Project Management person turned Nomad after serving more than 14 years in India and in the Middle East, who explored the Himalayan Mountains and the Desert of the Middle East. He is the promoter of Evergreen Adventures & Consultancies.



Gallery:



Tirund Trek



Dalai Lama Temple



Mountain Dhauladhar Range



## How to be there?

There are multiple ways to reach Mcleodganj.

**By Air:** The nearest Domestic Airport is Dharamsala Kangra Airport, Gaggal (DHM), roughly 60-90 minutes' drive from Mcleodganj.

Flights: Spice jet, Air India; ticket cost: 8500 Rs (approx.) One Way

**By Bus:** There are private and government operated Overnight buses are available from New Delhi. These take almost 13 hrs and cost 1400 Rs per pax.

**By Train:** Take Airport metro from Indira Gandhi International Airport to New Delhi Railway station. There are lots of trains from New Delhi Railway station. A comfortable overnight journey to Pathankot and then 6-7 hrs to Kangara and then by taxi or Auto, you reach to Mcleodganj. It costs almost 550 Rs.

**Best Option:** When you land Indira Gandhi International Airport then take very frequent domestic flight to Chandigarh (50 min) & from Chandigarh it takes 5 hrs to reach Mcleodganj by road (Air-conditioned Mini Traveller or by Volvo Bus Rs 800 Approx).

Flights: Spice jet, Indigo, Air India, Jet Airways; ticket cost: 2500 Rs (Approx.)