



MAGADH
Travels & Tours Pvt. Ltd.
New Delhi, INDIA

Yoga & Meditation



Yoga is derived from the Sanskrit word 'Yog' which in turn, means 'to join' or 'to unite'. Hence, yoga is a union with God to live a contented, peace ful and balanced life. Passed down several generations by yogis, rishis and seers, it acts as a way to offer liberation and expansion of human consciousness.

Yoga aims to achieve this through a series of physical & mental exercises. At the physical level, the methods comprise various yoga postures or 'Asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'Dhyana' to discipline the mind

Meditation is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.

Yoga in 5 point.

- 1.Yoga, as a disciplined method for attaining a goal.
- 2.Yoga, as techniques of controlling the body and the mind.
- 3.Yoga, as a name of one of the schools or systems of philosophy (darśana).
- 4.Yoga, in connection with other words, such as "hatha-, mantra-, and laya-referring to traditions specializing in particular techniques of yoga.
- 5.Yoga, as the goal of Yoga practice.



Yoga Experience - 06 Nights / 07 Days

Day 01: Arrive Delhi - Arrive Delhi. Met and transfer to hotel for overnight stay.

Day 02: Delhi - Rishikesh - B'fast & transfer to Rishikesh. On arrival, check in at Ashram. Rest of the time at relax in Ashram, or can enjoy Library or have short tour of Rishikesh. O/n at Ashram.

Day 03 - 06: Rishikesh.

5:00 AM Morning Bell	5:30 To 6:30 Morning Meditation
6:45 To 8:00 AM Morning Yoga	8:15 AM Breakfast
9:00 To 12:00 AM Library	12:00 Noon Lunch
3:15 To 04:00 PM Lecture	4:00 PM Evening Tea
4:30 To 5:45 PM Evening Yoga	
6:00 To 7:00 PM Evening Meditation	7:30 PM Dinner
8:30 To 9:00 PM Musical Holy Hymns (only Monday & Friday)	

Day 07: Rishikesh - Delhi - Departure - B'fast & drive to Delhi. On arrival, visit India Gate, drive pass to President House, Parliament House. Evening transfer airport for onward destination.



Yoga & Taj Experience - 07 Nights / 08 Days

Day 01: Arrive Delhi - Delhi. Met & transfer to hotel for overnight stay.

Day 02: Delhi - Agra - Delhi - B'fast & drive to Agra. Visit Taj Mahal & Agra Fort. Later on Pm drive to Delhi. On arrival, transfer hotel for O/n stay.

Day 03: Delhi - Rishikesh - B'fast & transfer to Rishikesh. On arrival, check in at Ashram. Rest of the time at relax in Ashram, or can enjoy Library or have short tour of Rishikesh. O/n at Ashram.

Day 04 – Day 07: Rishikesh

5:00 AM Morning Bell	5:30 To 6:30 Morning Meditation
6:45 To 8:00 AM Morning Yoga	8:15 AM Breakfast
9:00 To 12:00 AM Library	12:00 Noon Lunch
3:15 to 04:00 PM Lecture	4:00 PM Evening Tea
4:30 To 5:45 PM Evening Yoga	
6:00 To 7:00 PM Evening Meditation	7:30 PM Dinner
8:30 To 9:00 PM Musical Holy Hymns (only Monday & Friday)	

Day 08: Rishikesh - Delhi - departure - B'fast & drive to Delhi. On arrival, visit India Gate, drive pass to President House, Parliament House. Evening transfer airport for onward destination.





AYURVEDA IN KERALA

This offers carefully designed Ayurveda wellness experiences to restore & rejuvenate one's health. We offer uniquely designed spa programs combining various therapies with fitness & wellbeing that balances the body & mind. Our wellness spa offers excellent treatments by highly experienced therapists in superbly designed treatment rooms. Each program combines a choice of authentic Ayurvedic therapies - ancient Vedic wellness practices like traditional Panchakarma with its oil massages, organic meals, yoga & meditation for today's global citizen. They rejuvenate the mind and body and derive the benefits of India's time-honored science of healing. Pure, authentic preparations with our own 'farm-grown pesticide-free' food products are used to ensure maximum benefit. "Aroma Fresh" - our CSR initiative for a healthy community - vouches our commitment to use safe, pure & nutrient balanced food as diet during treatment. Daily sessions of Yoga are include, meditation sessions, accompanied by consultations with the Doctor and Yoga master.

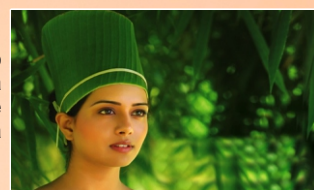
Over 4000 years young

Ayurveda is the perfect ancient science of life. The word 'ayur' literally means life & 'veda' the science of knowledge. It implies to connected ideas, the science of life & art of living. Pioneered by renowned sages - Susrutha, Charaka & Vagbhata, ayurveda encompasses a world view that is ecological & eco-centric in spirit. It emphasises on the preventive rather than the curative aspect of therapy & orients itself towards a healthy & enlightened lifestyle. When Ayurveda lost its way in the other areas of India during the medieval period, due to foreign invasion, only in Kerala it was kept alive and because of that reason Kerala developed its own Ayurvedic treatment techniques known as Keraleeya Panchakarma.



Keeping alive the tradition.

Turn in to watch a great tradition kept alive for you, in all its essence. A garden of rare & precious medicinal herbs nurtured under ideal condition, to give you the best of nature. Ayurvedic Centre offers a variety of therapeutic packages for you for all seasons, especially for the monsoon. According to ayurveda, monsoon is the most appropriate season for a thorough ayurvedic medical care. The programmes include rejuvenation therapy, various clinical packages & beauty care which makes a sea-change in the way you look & feel. Ayurvedic Centre has developed an ayurvedic menu to suit your taste as well as your digestive special. You can also attend lectures & join tours to herbal gardens conducted by Ayurvedic Centre.



Day 01: Arrive Cochin: Arrive Cochin and transfer to hotel.

Day 02: Cochin : After breakfast city tour of Cochin including Old Fort, Dutch Palace, Jewish Synagogue, and Chinese Fishing nets. Later in the evening enjoy Kathakali traditional dance show.

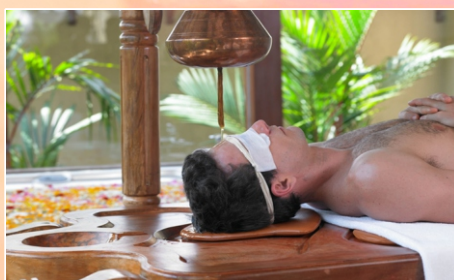
Day 03: Cochin / Alleppey (Houseboat) : After breakfast travel to Alleppey to board your houseboat. Enjoy sailing through back waters of Kerala.

Day 04: Alleppey / Kovalam (Ayurveda retreat) : After breakfast board houseboat & travel to Kovalam. Meet your Ayurveda doctor & discuss about your next 7 days schedule & meals.

Day 05 till Day 11: Ayurveda treatment : Enjoy the Ayurvedic activities. Rejuvenation Therapy (Rasayana Chikitsa): This treatment includes body massage with hand and foot by medicated oil and cream. It includes internal rejuvenative medicines and medicated steam bath. It is good to rejuvenate mind, body and soul, to one up skin, to strengthen all system so as to achieve ideal health and longevity.

Inclusions

Seven Rejuvenation Therapy
Ela kizhi once during stay
Ksheera Dhara once during stay
Medicated Steam Bath once during stay
Nasyam once during stay
Face Pack once during stay
Daily Yoga session
All Ayurvedic meals



Rejuvenation Therapy (Rasayana Chikitsa) : This treatment includes body massage with hand & foot by medicated oil & cream. It includes internal rejuvenative medicines & medicated steam bath. This therapy is for 90 minute to 2 hours per day for 7 days. It is good to rejuvenate mind, body & soul, to one up skin, to strengthen all system so as to achieve ideal health and longevity.

Ela Kizhi : Herbal leaves, herbs, herbal powders, flesh of animals etc., are applied to the whole body in boluses.

Ksheera Dhara : Medicated milk is poured all over the body and head with a special vessel from a certain height in a rhythmic manner. This treatment is good for ins **Medicated Steam Bath** Certain precious herbal leaves & herbs are boiled & steam is passed to whole body for 10-20 minutes. This is good for certain skin diseases, to eliminate impurities from the body, to improve the tone of the body, to reduce fat etc. **Nasyam** This is one of the important treatment in Panchakarma in which herbal juices, medical oils etc are applied through nose. **Face Pack** This is the traditional AYURVEDIC facial which is very good for your face. In this massage, Sudation Therapy, Face Pack (AYURVEDIC) etc. is given accordingly. This will beautify your skin & tone up your Face muscles.



Day 12: Kovalam / Trivandrum departure : After breakfast transfer to Trivandrum airport to board your schedule flight to onward Destination.