

Banyan by the Ganges

DETAILED ITINERARY

7th – 13th February 2027

01

DAY

Arrival & Settling In

SUNDAY, 7 FEB 2027

7:00 AM

Reach Mumbai Airport for departure on the morning flight to Dehradun

2:30 PM

Arrive at the resort — lunch and rest

5:00 PM

Evening tea; explore the surrounding area and property

6:15 – 7:15 PM

Mantra chanting and meditation

7:30 PM

Dinner

8:30 PM

Bonfire, interaction and personal experience sharing

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02

DAY

Hike to Chaitur & Naugaon Village

MONDAY, 8 FEB 2027

6:00 AM

Wake up

7:00 – 8:00 AM

Somatic Vedic yoga

8:15 – 9:00 AM

Breakfast

9:15 AM – 1:30 PM	Hike to Chaitur and Naugaon village for a stunning high-altitude view of the Ganges
1:45 – 3:00 PM	Lunch
3:00 – 4:00 PM	Rest and recoup
4:00 – 4:30 PM	Evening tea
4:45 – 5:45 PM	Yoga Nidra and Prana Nidra practice
6:00 – 7:00 PM	Mantra chanting and meditation
7:30 PM	Dinner
8:30 PM	Bonfire, interaction and personal experience sharing

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03
DAY

Sandy Island & Waterfall

TUESDAY, 9 FEB 2027

6:00 AM	Wake up
7:00 – 8:15 AM	Somatic Vedic yoga
8:30 – 9:15 AM	Breakfast
9:30 – 11:30 AM	Cross over to the sandy beach island; explore nature with a short meditation
12:00 – 1:00 PM	Early lunch
1:30 – 2:30 PM	Yoga Nidra and Prana Nidra
2:45 – 5:30 PM	Waterfall visit
6:00 – 7:00 PM	Mantra chanting and meditation
7:15 – 8:15 PM	Dinner
8:30 – 9:15 PM	Bonfire and chit-chat

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04
DAY

Shivananda Ashram & Devprayag

WEDNESDAY, 10 FEB 2027

6:00 AM	Wake up
7:00 – 8:00 AM	Breakfast
8:00 AM – 2:00 PM	Visit Shivananda Ashram and Rishikesh Market for shopping, with packed lunch(need to leave on time as it is almost 3 hours journey from the resort)let us know in case you wish to appoint a guide
2:00 – 7:00 PM	Leave from Rishikesh to Devprayag for Aarti darshan around 6 pm, then head back to the resort
7:30 PM	Dinner
8:30 PM	Bonfire, interaction and personal experience sharing

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05
DAY

Danda Nagaraja Temple Trek

THURSDAY, 11 FEB 2027

6:00 AM	Wake up
7:00 – 8:00 AM	Somatic Vedic yoga
8:15 – 9:00 AM	Breakfast
9:00 AM – 3:45 PM	Drive to Danda Nagaraja and short trek till the Temple with Himalayan darshan; with packed lunch
4:00 – 4:30 PM	Rest and evening tea
4:45 – 5:45 PM	Yoga Nidra and Prana Nidra
6:00 – 7:00 PM	Mantra chanting and meditation
7:30 PM	Dinner
8:30 PM	Bonfire, interaction and personal experience sharing

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06
DAY

River Rafting Day

FRIDAY, 12 FEB 2027

6:00 AM	Wake up
7:00 – 8:15 AM	Somatic Vedic yoga
8:30 – 9:15 AM	Breakfast
9:30 AM – 1:30 PM	River rafting (kayaking option for those who wish to skip rafting)
1:45 – 2:45 PM	Lunch
3:00 – 4:00 PM	Rest
4:00 – 4:30 PM	Evening tea
4:45 – 5:45 PM	Yoga Nidra and Prana Nidra
6:00 – 7:00 PM	Mantra chanting and meditation
7:30 PM	Dinner
8:30 PM	Bonfire, interaction and personal experience sharing

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07
DAY

Departure

SATURDAY, 13 FEB 2027

6:00 AM	Wake up
7:00 – 8:00 AM	Breakfast
8:30 AM	Leave for the airport
4:00 PM	Land in Mumbai and depart to your home

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For Participation in this event contact Managing Partner Ramesh Lakshman on his whatsapp phone number +91 9820001571