

# Yog-Tarang 2025 – A Himalayan Retreat

## All Inclusive Wellness Retreat in the Himalayas



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An All Inclusive Wellness Retreat in the Himalayas

7-days at an enchanting resort, surrounded by mountains and overlooking the Ganges

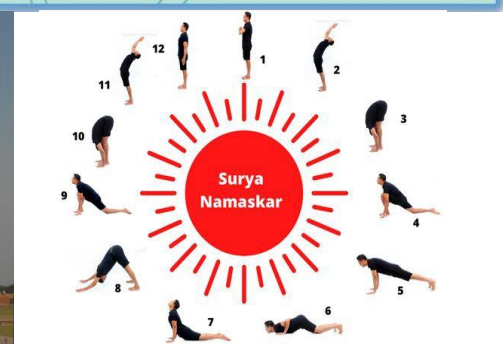
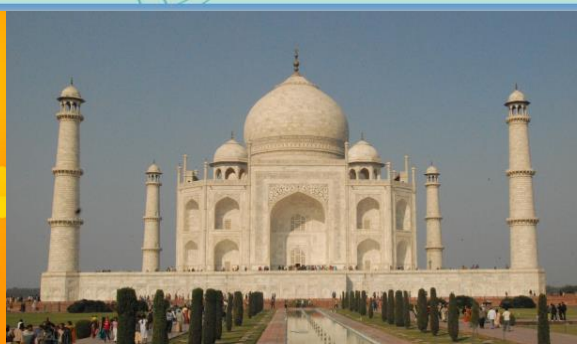
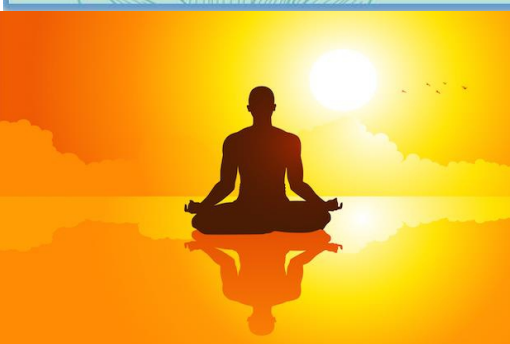
24 February 2025 to 3 March 2025

- ❖ Yoga, Pranayaam & Meditation Sessions
- ❖ Music Workshops
- ❖ Complimentary 1-hour Ayurvedic massages
- ❖ Sightseeing & Witness the Ganga Aarti
- ❖ Healthy satvic vegetarian meals
- ❖ Meditative Live Indian Music
- ❖ Attend Mahashivratri festival
- ❖ Free Days for shopping & exploring

#### Optional Items

Tailored Ayurvedic &/or Naturopathy treatments

- Adventure activities: Bungee jumping, zip line, rafting in the Ganga river
  - Sightseeing at Delhi and Agra (Taj Mahal)
- Participate in Holi at Mathura, birth place of Lord Krishna
- Post-retreat easy to moderate “Hike the Himalayas” with expert hiker



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