



October 8 to 22, 2025 Let India Transform You

FOR ALL SPIRITUAL SEEKERS, TRAVEL TO INDIA HAS A SPECIAL APPEAL

The very land is steeped in spirituality, where many ancient practices were developed and perfected over 5,000 years ago. Simply walking the land can leave a profound and lasting imprint on your soul. To transform your life requires a journey which will change the way you view yourself and the world. This tour maintains all the comforts of home with the profound experience of India, allowing you to absorb the area's rich spiritual traditions while enjoying safe food, excellent lodging and the guidance of experienced staff.

Highlights of the tour include:

- Visit New Delhi, Taj Mahal at dawn in Agra, and the Golden Temple in Amritsar.
- Opportunity to schedule personal treatments based on Ayurveda.
- Participation in many local Hindu and Sikh rituals.
- Visit Varanasi, one of the oldest continuously inhabited cities in the world.



India is geographically the size of Europe. There are 17 different languages with their own scripts. As a visit to France is not representative of visiting all of Europe, equally North India is vastly different in all respects to South India. The BBC has listed the Golden Temple and Taj Mahal as two of the top ten sites to visit in the world. Your fee includes breakfast daily, comfortable lodging, sacred ceremonies and English-speaking guides throughout the trip. Besides visiting the great religious and cultural sites, and walking in the footsteps of the Masters, our tour also provides time to "shop with Shakta" in the bazaars and partake in local customs and ceremonies.

Shakta Kaur is your tour leader. Shakta has been to India 13 times since the year 2000. She's introduced many to the beauty, chaos, sights and sounds of India on tours from North to South India! Shakta has also taught at various Indian conferences on Ayurveda and Yoga.

Tour Fee \$3,620 double occupancy (\$4,920 single) – land only; Airfare to/from India not included.

Kundalini Yoga in the Loop - 410 S Michigan Ave Suite 514 - Chicago, IL 60605 USA
Shakta Kaur is your on-site tour leader and shopping guide for this, her 14th, visit to India.

For details www.ShaktaKaur.com — Or Call +1-312-922-4699

Visit India - Change Your Life with Shakta

October 8 (WED)

Depart this afternoon from the USA. Overnight: On board your flight.

October 9: ARRIVE DELHI BY INTERNATIONAL FLIGHT

Arrive this evening. Meeting and assistance on arrival and transfer to hotel.

Overnight: Delhi.



Delhi, locally pronounced as "Dilli", is located on the banks of the River Yamuna. Delhi has been known to be continuously inhabited since at least the 6th century BC, though human habitation is believed to have existed since the second millennium BC. Delhi is also widely believed to have been the site of Indraprastha, the legendary capital of the Pandavas during the times of the Mahabharata.



October 10: DELHI – AGRA (road)

Drive to Agra (4 hrs). Overnight: Agra.

Agra is a city on the banks of the river Yamuna. The city finds mention in the epic Mahabharata where it was called Agrevaa, or 'the border of the forest'. Legend ascribes the founding of the city to Raja Badal Singh (around 1475), who's fort, Badalgarh, stood on or near the site of the present Fort. However, the 11th century Persian poet Mas'ud Sa'd Salman writes of a desperate assault on the fortress of Agra, then held by the Shahi King Jayapala, by Sultan Mahmud of Ghazni.

On the way, we visit the deserted city of Fatehpur Sikri which was built by Emperor



Akbar in 1569, in honor of the great Saint Sheikh Salim Chisti who blessed Akbar and prophesized the birth of three sons to the heirless Emperor. Akbar used Fatehpur Sikri as his capital and the city was fully occupied for 14 years but slowly became deserted and ruined after Akbar left the city. After sightseeing, continue to Agra. In the evening spend time in the streets of Agra and

stretch your legs buying items from trinkets to museum quality pieces in marble.

October 11: AGRA - VARANASI via Delhi (road and air)

Spend the morning sightseeing then drive to Delhi airport in time to catch flight to Varanasi. Overnight: Varanasi.

Before dawn visit the Taj Mahal - the most extravagant monument ever built for love. On the death of his beloved wife Mumtaz Mahal, Moghul Emperor Shah Jehan built her this memorial over which 20,000 men labored for 22 years to create a masterpiece in white marble inlaid with semi-precious stones; the art is called pietra dura. Stroll down the ornamental gardens laid out along the classical Mughal charbagh lines. This garden is separated by a long watercourse, which reflects the monument in perfect symmetry. Later come back to your hotel for breakfast.

Transfer to Delhi airport by road (4 hrs) to board flight for Varanasi, upon arrival visit Sarnath, one of the 4 most important places in the life of Buddha. These places include where he was born (Lumbini, Nepal), where he gained enlightenment (Bodh Gaya,



India), where he gave his first sermon (Sarnath, India) and where he left his mortal body (Kushinager, India). After the Buddha attained enlightenment in Bodh Gaya he came to Sarnath, where, at the Deer Park, he delivered his first



sermon. Emperor Ashoka (268 - 232 BCE), who spread the Buddha's message of love and compassion throughout his vast empire, visited Sarnath around 234 BC, and erected a stupa here. We will visit the Stupas, excavated ruins of monasteries, Ashoka Pillar, Deer Park, Dhamekh Stupa, Bodhi tree, Moolgandha Kuti Vihara and the Archaeology Museum (closed on Friday).

Look for the burning ghats where bodies are cremated. In the evening, be a part of an Aarti on the banks of the Holy Ganga. Manikarnika and Harishchandra are the main cremation ghats. The lingams mark each ghat, for Varanasi is the city of Lord Shiva.

October 12: VARANASI

Spend the day in Varanasi. Overnight: Varanasi.

Go to the Holy River Ganga before dawn. Experience Ganges cruise & watch activities on Ghats - The long string of bathing ghats are the prin-

Fee: \$3,620 Per person in US funds based upon double occupancy. For single occupancy - \$4,920. Registration Form is due by **Aug 29, 2025**.

Fee Includes: Breakfast daily, English speaking guides, monument entrance fees, transfers at all stations, listed in-country travel, hotel, government fees, porter fees.

Fee Excludes: Roundtrip airfare to Delhi; Visa fees and departure taxes; Personal items (water, phone, laundry, etc); Tips; Increases in government fees, supplemental activities.

Registration Form (Download form first, then open it)

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cial attraction in Varanasi, one of the older continuously inhabited cities in the World, rich in Hinduism. Ghats are the steps which lead down to the river and the best time to visit the ghats is at dawn, when pilgrims take their morning dip. There are over 100 ghats in all. The best way to see the activities on the ghats is to take a boat ride along the Holy River Ganga. One can see the women bathing discreetly in their saris, the young men going through yoga exercises, the priests offering blessings. Return to your hotel for breakfast. In the afternoon you can explore city temples and continue sightseeing.

October 13: VARANASI – AMRITSAR via DELHI (air & road)

Early morning you will be



taken to the airport to board your flight to Amritsar via Delhi. (Currently, flight details are not available. If time permits, we spend the rest of the day sightseeing in Amritsar. Otherwise, you spend the evening on your own, at leisure). Overnight: Amritsar.

October 14: AMRITSAR

Spend the day in Amritsar. Overnight: Amritsar.

Amritsar is located in the northwestern part of India and is 32 kms east of Lahore, Pakistan and is one of the major cities of the Punjab state in India. It is home to Harimandir Sahib, also known as The

Golden Temple, the spiritual and cultural center of the Sikh religion.

Amritsar, important to Sikh history, is also known for the incidents Jallianwala Bagh Massacre in 1919 under British Rule and in 1984 under the rule of the late Prime Minister of India, Indira Gandhi.

Early in the morning we take a tuk-tuk to the Harimandir Sahib aka the Golden Temple to wake up the Guru. Visit all 3 levels of the Golden Temple.



Take a dip in the holy waters that surround Harimandir Sahib. Return to the hotel for breakfast. At midday we tour behind-the-scenes in the kitchens of the Harimandir Sahib where 100,000 people are fed each and every day. Enjoy browsing the small shops surrounding the Golden Temple for souvenirs.

Late afternoon, visit the border town of Wagah to see the changing of the guard ceremony. It is a spectacle comparable to 'Changing of Guards' in London. The pomp and pageantry of the Beating Retreat and the Change of Guard within handshaking distance of the Indian and Pakistani forces makes for a most charming spectacle.

October 15: AMRITSAR

Spend the day in Amritsar. Overnight: Amritsar.

Leave your hotel before dawn and go to the Golden Temple. Welcome the Guru Granth Sahib from its sleeping quarters to the main temple. After-

wards, visit the larger hall to have your breakfast. The Golden Temple - the sacred Sikh sanctuary - is spread out in a vast complex around a huge water tank in the midst of which stands a marble sanctum where the holy book of the Sikhs, the Guru Granth is reverently placed. The roof of the sanctum is gold-leafed. The community kitchen provides free meals to up to 10,000 pilgrims or visitors in a day. Also, walk by the busy bazaars of the city.

Later, visit the Durgiana Hindu temple which looks like a replica of the Golden Temple.

October 16: AMRITSAR – DHARAMSALA (road)

Depart early and drive to Dharamsala (5 hrs). Dharamsala is located in the shadow of the Himalayan



mountains and hosts the Dalai Lama and the Tibetan government-in-exile. Spend the rest of the day in Dharamsala. Overnight: Dharamsala.

October 17: DHARAMSALA

Spend the day wandering around the small town which is the home of the Tibetan government in exile, and an important Buddhist centre.

References to Dharamsala are found in ancient Hindu scriptures such as the Rig Veda and Mahabharata. Dharamsala is a Hindi word meaning, literally, 'House or Place of Dharma.' Overnight: Dharamsala.

October 18: DHARAMSALA – ANANDPUR SAHIB – CHANDIGARH (road)

Depart early and drive to Chandigarh (6 hrs) stopping at Anandpur Sahib, where Sikhism was formed. Overnight: Chandigarh.

Wish Shakta "Happy Birthday".



October 19: CHANDIGARH – HARIDWAR – RISHIKESH (road)

Depart early and drive to Rishikesh (5 hrs), driving through the religious town of Haridwar. Overnight: Rishikesh.

October 20: RISHIKESH

Spend the day on your own, wandering around the great spiritual town of Rishikesh. Visit the ashram where the Beatles spent time (fee not included). Participate in the Parmath Niketan aarti on the banks of the Mother Ganga River. Take a rafting trip down the Ganga (fee not included). If you wish, experience and indulge yourself with body treatments based on Ayurveda (fees not included as prices are dependent on the specific treatment chosen). Overnight: Rishikesh.



October 21: RISHIKESH

Spend the day on your own, wandering around the great spiritual town of Rishikesh. Optionally, experience and indulge yourself with body treatments based on Ayurveda. Overnight: Rishikesh.

COSTS: US \$3,620 per person double occupancy, twin beds. Min of 15 people in group arriving, traveling and departing together. Single occupancy is US \$4,920.

Registration Form is due by **August 29 2025**.

Payment by Installments is available. Details depend on amount and date of first payment. Contact Deepak Singh for details.

Contact Deepak: deepak@spiritualjourneys.net
+1-508-358-4267

MAIN TOUR COSTS INCLUDE:

- Hotel accommodation as above on single/double or /twin-sharing room for 14 nights inclusive of breakfast,
- English speaking local guide for sightseeing in all places as per program,
- All applicable taxes including mandatory government service tax,
- Entrances fee for entry into monuments as per the itinerary,
- The services of a SJI representative at all airport and hotel transfers,
- Economy Class air fares as stated above,
- Transfers, excursions and sightseeing will be by using an air-conditioned vehicle,
- All road taxes, parking fee, fuel charges, interstate taxes and currently applicable taxes, and,
- Rickshaw ride & Ganges cruise in Varanasi [1-time activity only].



October 22: DEPARTURE

After breakfast, drive directly to Delhi international airport (6 hrs) to board the flight for your onward destination.

HOTELS (or similar quality):

City	Hotel	Category	Nights
Delhi	Hyatt Centric	Standard Room	1
Agra	Clarks	Standard Room	1
Varanasi	Rivatas Ideal	Deluxe Room	2
Amritsar	Ramada	Standard Room	3
Dharamsala	Amritara Surya	Superior Room	2
Chandigarh	Taj Chandigarh	Superior Room	1
Rishikesh	Lemon Tree	Standard Room	3

[Registration Form](#): Click to download.

COSTS DO NOT INCLUDE:

- Beverages, mineral water, alcohol, laundry, telephone calls; or other items of personal nature,
- Any tips and gratuities,
- Increases in Airfares or Government imposed taxes or entrance fees,
- Still camera or video camera fees at the various monuments and museums,
- Services not specifically stated in the itinerary,
- Any meals (except breakfast) or items ordered in the room/room service,
- Personal or travel insurance,
- Departure Taxes or Visa Handling Fees,
- Any changes you may choose to make during your tour,
- Domestic (not specified within) or International Air, and,
- Excess luggage fees on domestic flights.

Other Items of Note:

- Total Number of Nights: 14 Nights.
- Any early check-in or late check-out will be charged additional as per the hotel policy.
- Standard Check-in at all hotels is 1400 hours. Room requests before standard check-in time i.e. @ 1400 hour have to be pre-booked (One-night charge applicable).
- Standard Check-out at all hotels is 1200 hours (noon). Room requests after standard check-out time i.e. @ 1200 hour (noon) have to be pre-booked (One-night charge applicable).
- All safety, hygiene & social distancing norms to be followed by our guests as per government guidelines.
- Hotel/Travel Company reserve all rights to change/modify tariff or package cost without prior notice during fair/festivals, national or international events, government meetings/conferences, any trade fair, marriages or main event. In case hotel tariff is affected by any unforeseen event then revised tariff will be applicable.
- The prices are subject to change in case of any variation of tax, currency and tariff structure.

Tour Operator - Spiritual Journeys Incorporated (SJI) - Deepak Singh

Registration: Fill-In Registration Form and e-mail to Deepak Singh. [Registration Form](#). (Download form first, then open it). Contact Information: Deepak Singh, Spiritual Journeys LLC, 262 Upland Road, Cambridge, MA 02140. USA.
Or Text/WhatsApp/Telegram Deepak at +1-508-358-4267. Email: deepak@spiritualjourneys.net