



Enigma Humana
presents

The Journey India

From Delhi to the Ganges

A 15-day experience

Why India...
Why Rishikesh...





Trip Overview

- January 1 – Departure to India
- January 2 – Arrival in Delhi & overnight stay
- January 3 – Drive from Delhi to Rishikesh
- January 3–10 – 7-day stay at the ashram
- 10–14 January – Stay in Rishikesh on the Ganges
- January 15 – Return from Rishikesh to Delhi
- January 16 – Flight home

DELHI

- **Friday, January 2**
- Early morning arrival
- Time to rest (double room)
- 12 pm Delhi Spiritual Deep Dive
- Evening Welcome Dinner "Indian Food Journey"
- **Saturday, January 3**
- 10 am Drive to Rishikesh





Rishikesh & Sri Jungle Ashram

- **7 Days Ashram Immersion**
- Yoga – Meditation – Pranayama
- Fire Puja - Kirtan
- Reflection - Contemplation
- Sharing Circle
- **Saturday, January 3 – Tuesday, January 6**
- Afternoon Check-in Rishikesh Ashram (Single Room)
- Visit to the Beatles Ashram
- **Tuesday, January 4 – Saturday, January 10**
- Morning Check-in Sri Jungle Ashram (Single Room)
- Nature – Waterfall – River – Jungle



Rishikesh 3-10 January Ashram Daily Schedule

 Akhandanda Yoga Institute	
ASHRAM SCHEDULE	
5:00	Bell
5:20 - 5:50	Guided Meditation
6:00 - 7:30	Akhandanda Yoga Class
7:45 - 8:30	Fire Puja
8:45 - 9:15	Breakfast
12:30 - 13:15	Lunch
16:00 - 17:30	Akhandanda Yoga Class* (except Sundays)
18:15 - 19:00	Dinner
19:15 - 20:30	Kirtan (Tues & Thurs)
21:00	Silence until 09:00
21:30	Main Gate Closes
Please respect silence times, even if you are just visiting. Please be prompt for all meals to respect everyone's time.	
Anand Prakash Yoga Ashram	

Rishikesh

Saturday, January 10

Check-in Hotel with
Ganges View (Single Room)

Ganga Aarti

Sunday, January 11

Kanjapuri Temple Trekking
at Sunrise

Sharing Circle

Monday, January 12

Free choice of program
(cost not included):
cooking-yoga-sound
healing-etc.

Shopping-free time

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Tuesday, January 13

Ritual on the Ganges –
Nature Walk

Wednesday, January 14

Makar Sankranti

Vashishtha Gufa Cave &
Devprayag Rebirth on the
Ganges

Farewell dinner

Thursday, January 15

11 am Drive to Delhi

Evening check-in Airport
hotel (double room) with
swimming pool

Friday, January 16

Flight home



Transformation Investment 2222.00 €
or
€122.00 per day excl. tax

INCLUSIVE

	DELHI	ASHRAM	RISHIKESH	DELHI
Nights	2	7	5	1
Breakfast	2	7	5	0
Lunch	0	7	0	0
Supper	1	7	1	0
Transport	ALL	ALL	ALL	ALL
Activities	Tour	Schedule	Excursions	Swim

Not included:

Flights

Travel and cancellation insurance

Tips

Breakfast on January 16

Lunch on 10, 11, 12, 13, 14 and 15 January

Dinner on January 10, 11, 12, 13, and 15 January

Important

EAT

CLOTHING

WEATHER

VISA

MONEY

MOBILE PHONE

CULTURE

ASHRAM & TEMPLE RULES:

"In order to respect the local culture and minimize the distraction of the sadhana, we ask that you respect the dress code, including on balconies, on the roof and in the garden.

In general, shoulders, chest, abdomen, and legs should be covered for both women and men. Please avoid low-cut tops and tight sportswear such as leggings and vests.

Please wear white or light-colored clothing as much as possible to maintain the sattvik energy."



Q&A

„When the journey
chooses you,
the path reveals itself.

We're not here to just live;
We are here to transform."

Paulo Coelho





Disclaimer The Journey

By registering for this journey, you agree to the following terms and conditions:

Booking & Payment

- Your place in the journey is **only confirmed** once a deposit of **€1111** has been received, typically at the same time as booking your flight (approximately 4 months prior to departure).
- The remaining balance of **€1111** must be paid **no later than 1 month before departure**.
- The **deposit is non-refundable**, regardless of the reason for cancellation.

Personal Responsibility & Participation

- You take **full responsibility** for your own process and the role you embody within the group. A safe and supportive group dynamic requires respect, openness, and conscious presence.
- This journey is not a therapy or treatment, but an **inner pilgrimage**. By joining, you confirm that you are **mentally, physically, emotionally, and energetically capable** of participating in all aspects of the journey, including silence, walking, meditation, reflection, and group sessions.

Travel Insurance

- Every participant is required to have **comprehensive travel insurance**, covering medical expenses, cancellation, and **repatriation**. This insurance must be valid for the entire duration of the journey.

Alcohol and Drug Policy

- The **use of alcohol and drugs is strictly prohibited** throughout the entire journey.
- This experience is a **mental, physical, emotional, and energetic detox**. Purity of body and mind is essential to fully receive and embody the depth of this transformative process.

Liability

- The organization is not liable for personal accidents, damage, loss or theft of belongings, nor for cancellations due to force majeure (such as natural disasters, pandemics, political unrest, etc.).
- In case the journey must be cancelled by the organization, an alternative date will be proposed. All previously paid amounts will be transferred to that edition.

Final Note

- This journey is a sacred space for transformation, deep connection, and awakening. By signing up, you agree to enter this experience with **full presence, openness, and responsibility** – for yourself, for the group, and for the unfolding of the journey.

