

Enigma Humana presents

# The Journey India January 2026

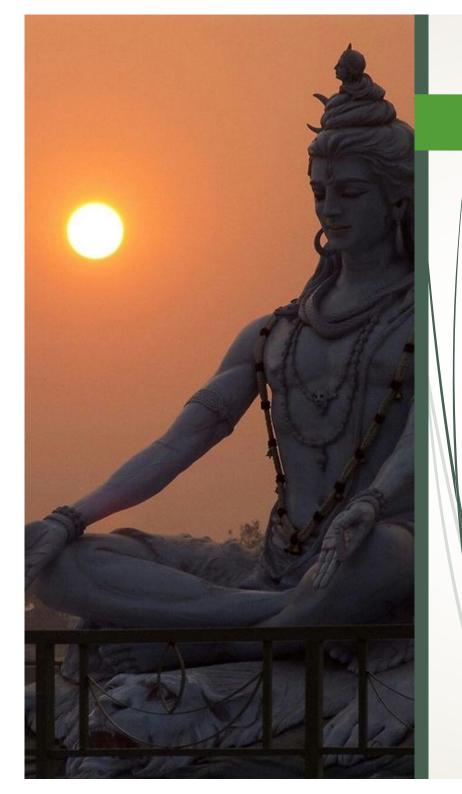
From Delhi to the Ganges

A 15-day experience

## Why India... Why Rishikesh...







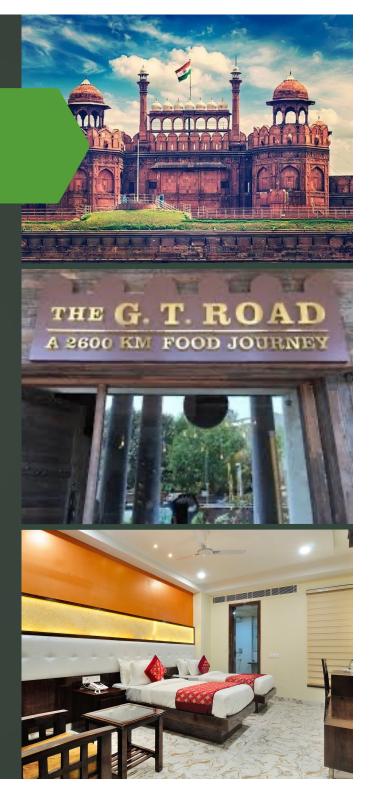
# Trip Overview

- 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

	Akhanda Yoga Institute			
ASHRAM SCHEDULE				
5:00	Bell			
5:20 - 5:50	Guided Meditation			
6:00 - 7:30	Akhanda Yoga Class			
7:45 - 8:30	Fire Puja			
8:45 - 9:15	Breakfast			
12:30 - 13:15	Lunch			
16:00 - 17:30	Akhanda Yoga Class* <sub>(except Sunda</sub>			
18: <b>35</b> - 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 I	Prakash Yoga Ashram 🚙			

## Rishikesh

### Saturday, January 10

### Tuesday, January 13

Check-in Hotel with Ritual on the Ganges – Ganges View (Single Room)Nature Walk

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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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 € for october 2025 & january 2026 or 122,00 € a Day excl. Taxes

### 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.