



Enigma Humana
presents



The Journey India October 2025

From Delhi to The Himalayas

A 15 day experience

Why India...
Why Rishikesh...



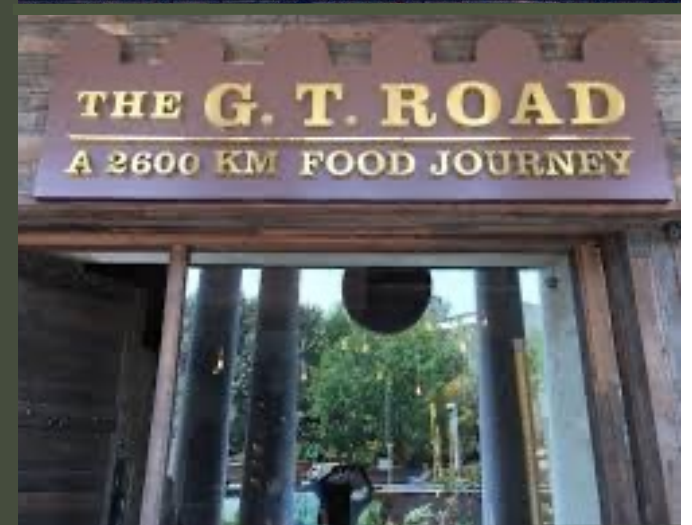


Trip Overview

- 16 October departure
- 17 Delhi Arrival & Overnight Stay
- 18 Delhi to Rishikesh
- 19-22 4 day's Ashram
- 23 Rishikesh to Sari
- 24-26 Chandrashila Trek
- 27 Rudraprayag to Rishikesh
- 28-29 Rishikesh
- 30 Rishikesh to Delhi
- 31 October departure

DELHI

- **Friday 17 October**
- Arrival early morning
- Time to rest (double sharing room)
- 12 am Delhi Spiritual Deep Dive
- Evening Welcome Dinner “Indian Food Journey”
- **Saturday 18 October**
- 10 am Drive to Rishikesh

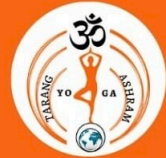




Rishikesh

- **Saturday 18 October**
- Afternoon check-in Ashram (double sharing room)
- Sharing circle
- **Sunday 19 October – Wednesday 22 October**
- 4 days of Ashram Immersion
- Reflection
- Contemplation
- Sharing Circles

Rishikesh 19-22 October Ashram Schedule



TARANG YOGA ASHRAM

DAILY ROUTINE

• Ayurvedic Drink/ Detox Drink/	6:00 AM
• Yoga Class/ Alignment/ Adjustment/ Surya Namaskar/ Detailed Explanation of each Asana and Benefits	6:15 - 7:15 AM
• Pranayam	7:15 - 7:45 AM
• Madhura Drink	8:00 AM
• Breakfast	8:30 - 9:30 AM
• Rest Time, Self Study	9:30 - 11:00 AM
• Meditation Class (Yoga Hall/ Ganga Side/ Garden)	11:00 - 12:00 PM
• Lunch	12:30 - 1:30 PM
• Rest Time, Self Study	1:30 - 2:30 PM
• Sound Healing Session(Alternate Days)	2:30 - 3:30 PM
• Fruits/ Vegetable Juice	3:30 PM
• Yoga Class/ Alignment/ Adjustment/ Surya Namaskar/ Detailed Explanation of each Asana and Benefits	4:00 - 5:00 PM
• Pranayam	5:00 - 5:30 PM
• Ayurvedic Drink / Detox Drink/ Herbal Drink	5:30 - 6:00 PM
• Meditation(Yoga Hall/ Ganga Side/ Garden)	6:30 - 7:30 PM
• Dinner	7:30 - 8:30 PM
• Optional (Philosophy/Kirtan/ Bhajan/Mantra Chanting)	8:30 PM

Note:- According to the circumstances, Changes can be made in the above-prescribed routine.

DEORIATAL CHANDRASHILA TREK 23-27 OCTOBER

A summit climb to the soul

DAY 1 Drive from Rishikesh to Sari

- **Drive Distance:** 190 km | **Drive Duration:** 7-8 hours

DAY 2 Trek from Sari to Deoriatal

- **Trek Distance:** 4 km | **Trek Duration:** 2.5 hours | **Altitude Gain:** 6,560 ft to 7810 ft

DAY 3 Trek from Deoriatal to Chopta via Syalmi-Rohini Bugyal

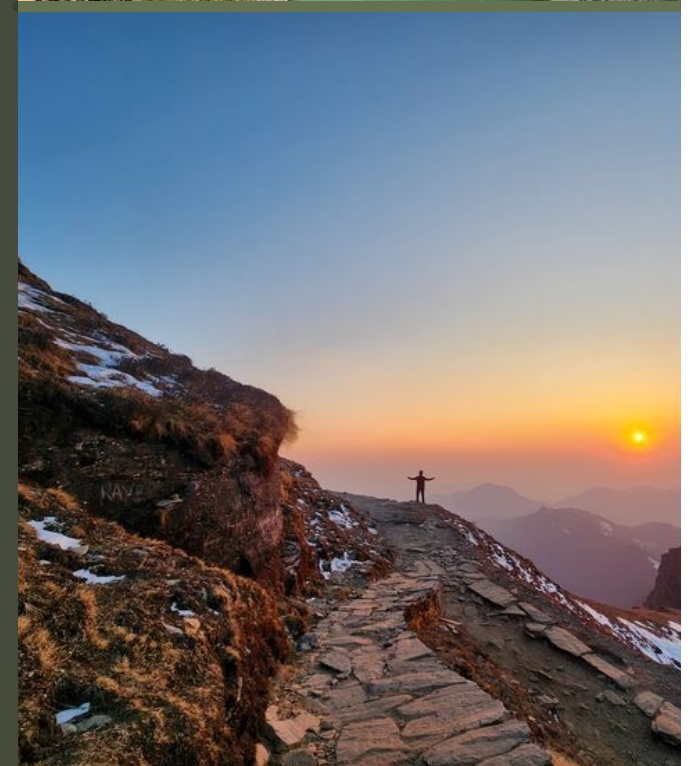
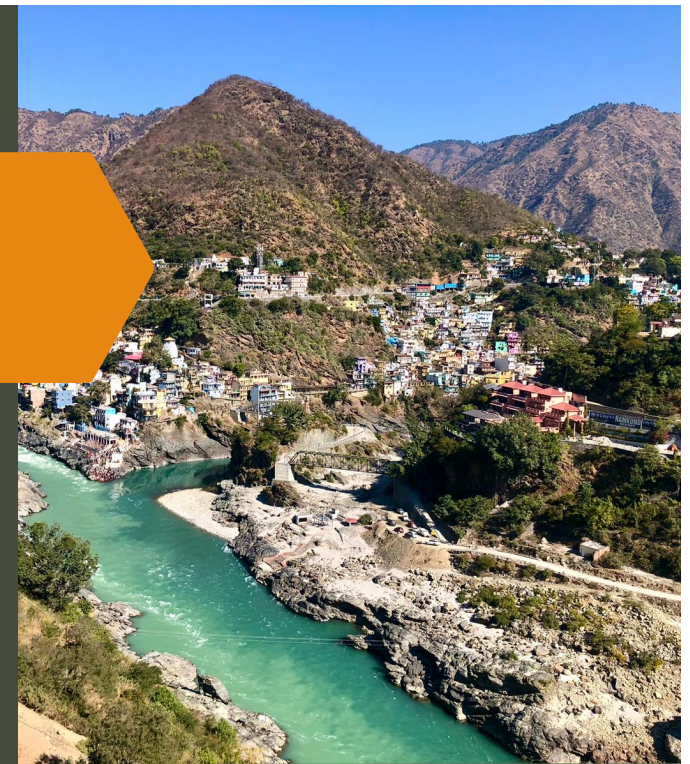
- **Trek Distance:** 15 km | **Trek Duration:** 7 hours | **Altitude Loss:** 7810 ft to 7600 ft via 9,020 ft

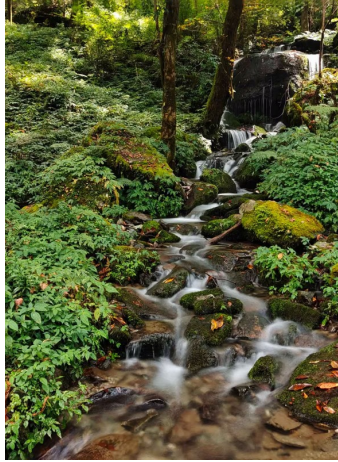
DAY 4 Trek from Baniya Kund to Chopta Chandrashila

- **Trek Distance:** 13 km | **Trek Duration:** 7-8 hours | **Altitude Gain:** 8,520 ft to 12,083 ft via 11410 ft

DAY 5 Drive from Rudraprayag to Rishikesh

- **Visit Rudraprayag, Dhari Devi Temple & Devprayag Rebirth at the origine of the Ganga**





About The Trek

- ▶ You will cover a total of around 32 km in four trekking days during which you will gain approximately 5,523 ft (6,560 ft to 12,083 ft).
- ▶ Every day will include ascents and descents. But, they are mostly gradual and steady, except for the summit climb on Day 4.
- ▶ Even though the Chandrashila summit is at an altitude of 12,083 ft, the climb is gradual. This makes acclimatisation easy.
- ▶ Deoriatal-Chandrashila trek in Autumn: Day time temperature: Between 10 °C and 15 °C
Night time temperature: Will drop to zero
- ▶ No. of warm layers required: 3-4 warm layers
- ▶ Accommodation: First Night stay in Homestay on double sharing basis, Second Third- and Fourth-Night's stay will be in an established campsite at Deoriatal and Chopta on double sharing basis.
- ▶ And it's a perfect time for the Deoriatal Chandrashila trek which is known for the **stunning views of the Garhwal Himalayas**. It is in autumn that you get the clearest views of these mountains.



✓ Inclusions

Meals

- All vegetarian Indian meals from dinner on Day 1 to breakfast on the last day.
- Guide carries some bread and fruits for breakfast.
- Experienced cook and support staff.
- Fresh Himalayan boiled water for drinking during the trek.

Trekking Team

- Professional trek guide from Rishikesh to Rishikesh.
- 1 accompanying support staff during the trek.

Logistics

- Porter and 2 mules for luggage transport.
- After Deoriatal, your luggage is transported to Sari village and collected by the driver for Chopta.

Camping Facilities

- Kitchen tents, common tents, and toilet tents.
- Clean sleeping bags and foam mattresses.
- Toilet paper provided.

Medical Support

- First-aid kit included.

Taxes

- All applicable government and local taxes.

✗ Exclusions

- Personal expenses (tips, medicines, phone calls, etc.)
- Transportation during the trek not mentioned in the inclusions.
- Any services not explicitly listed under "Inclusions".
- Adventure insurance.
- Unexpected expenses due to bad weather, medical emergencies, or roadblocks.

What Should You Carry While Trekking?

- Reusable lunch box (to avoid polythene and aluminum foil).
- Water bottle (to refill with boiled water).
- Trekking poles.
- Sunglasses and sunscreen.
- Clothing layers and a rain jacket or poncho.
- Headlamp or flashlight.
- Trekking shoes with good grip.
- Waterproof backpack.
- Basic toiletries and a bandana.

Rishikesh

- **Monday 27 October**
- Check in Hotel with Ganga View (single room)
- Sharing Circle
- **Tuesday 28 October**
- Rishikesh Tour - Beatles Ashram
- **Wednesday 29 October**
- Open day – Free Time - Shopping
- Ganga Aarti - Farewell Dinner
- **Thursday 30 October**
- 11am Drive to Delhi
- Evening check-in airporthotel (double sharing room) with swimming pool
- **Friday 31 October**
- Flight Home



Transformation Investment **2222,00 €**
for october 2025 & january 2026
or 122,00 € a Day excl. Taxes

INCLUDED

	DELHI	ASHRAM	TREK	RISHIKESH	DELHI
Nights	2	5	4	3	1
Breakfast	2	4	4	3	0
Lunch	0	4	3	0	0
Dinner	1	5	4	1	0
Transport	ALL	ALL	ALL	ALL	ALL
Activities	Tour	Schedule	Package	Excursion	Swim

Not included:

Flights

Travel & Cancellation Insurance

Tips

Breakfast on 22 October

Lunch on 17, 18, 22, 27, 28, 29 and 30 October

Diner on 27, 28 and 30 October

Important

FOOD

CLOTHING

WEATHER

VISA

MONEY

MOBILE PHONE

CULTURE

ASHRAM & TEMPLE RULES:

"To respect the local culture and minimize distraction from sadhana, we ask that you respect the dress code, even on balconies, on the roof and in the garden.

Generally, shoulders, chests, tummies, and legs should be covered for women & men. Please avoid low-cut tops and tight sportswear such as leggings and vests.

Please wear white or light-coloured clothing, as much as possible, to help maintain the Sattvic energy."



Q&A



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

We are not here to simply
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.