

7 DAY ISHTA YOGA RETREAT

7 Day Palace Retreat Itinerary

with

Mona Anand and Tamara Graham

Delhi – Samode – Delhi

March 15 - March 21

DAY 01

15 MAR

TUE

ARRIVE DELHI

Welcome to Delhi !

Delhi – India’s Past and Its Future



Delhi fuses its past and present and evokes its future without losing an iota of its identity. Over 1,300 monuments speak of her antiquity. Delhi is a Melting Pot of cultures, politics and religions of India’s colorful past in its monuments, its palaces, and in the faces of its people that themselves narrate the story of their glorious past.

We arrive in Delhi. As we exit guests arriving on the group scheduled flights from New York and Perth are accorded a traditional floral welcome and transferred to our hotel, Le Meridien. We can arrange for transportation to the hotel for guests not travelling with the group at an additional cost.

Le Meridien

This 5-star hotel is located in the heart of the city. The iconic glass building of Le Meridien New Delhi has been recognized as one of the 100 Icons of Delhi. The hotel is readily accessible to city's important facilities and institutions. The glass building is surrounded by ministries, government institutions, Media Centre and historical monuments. The shopping hubs Connaught Place and Janpath Market are within walking distance from the hotel. The Le Meridien New Delhi can be summed as a Traveler's Paradise.

The Check in at the hotel is at 1400 hours.

Dinner is at the Hotel

Overnight: [Le Meridien](#)

DAY 02	16 MAR	WED	FLY DELHI – JAIPUR
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Breakfast is at the hotel

Morning: Transfer to the airport for departure to Jaipur by Jet Airways flight 9W 747 (0940 – 1035)
OR AI 491 (1200 – 1255)

We arrive Jaipur and drive to Samode. (apprx 45 minutes)

Samode Palace

A splendid example of regal Indo-Saracenic architecture, the Palace combines the best of Indian and Mughal styles. The 475-year-old palace is a celebration of the senses, underlined at all times by contemporary luxury and the signature service of Samode hotels – a magical hospitality and rare courtesy.

- Lunch at hotel
- Free time to relax by the pool, spa treatments and enjoy the hotel
- Afternoon Palace Tour
- Evening Session: Gentle Asana and Meditation Practice

Dinner at the hotel

Overnight: [Samode Palace.](#)

Yoga Menu

We offer an extensive yoga menu that includes a variety of classes, workshops and lectures. Please pick what appeals to you. There is so much to see and do whilst visiting India. Our program gives you the opportunity to pick and choose each day how much time you'd like to spend immersed in your yoga practice, sightseeing, at the spa or relaxing by the pool!

- The morning and evening yoga sessions will be taught by either Mona or Tamara – and some sessions will be taught by both of them! We offer a variety of classes as part of our yoga program including asana, restorative, yin, meditation and yoga nidra.
- Yoga Chats / Lectures – approx. 45 minutes. These are short lectures and discussion groups led by Mona or Tamara on a variety of topics that include mantra, chakras, yoga nidra and yoga philosophy to help deepen your understanding of these topics and answer any questions that come up in your practice
- Workshops – 45 minutes to hour long workshops taught by teachers assisting the retreat and designed to help work on different aspects of your practice. The workshops will include a beginner's workshop, meditation workshop, injury management workshop and inversions workshop.
- ISHTA Teachers from Perth, New York and Stockholm will be assisting classes. They will be giving hands on adjustments during our yoga sessions and will also help to answer questions that come up in your practice or on any aspect of the retreat

DAY 03	17 MAR	SUN	IN SAMODE
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- Pre Breakfast
- Morning Yoga Session: Asana / Meditation
- Brunch is at the hotel
- Yoga chat / lecture with Mona or Tamara
- Free Day for sightseeing / spa / pool time
- Optional afternoon Palace Tour
- Injury Management Workshop – how to adapt the practice for personal injuries
- Meditation Workshop
- Evening Yoga Session: Restorative / Yoga Nidra or Yin
- **Dinner at the hotel**
- **Overnight: [Samode Palace.](#)**

DAY 04	18 MAR	MON	IN SAMODE
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Pre breakfast snack

Yoga Session: Asana / Yoga Nidra / Meditation

Breakfast is at the hotel.

Morning: We drive to Jaipur for a day visit of Amber Fort + City tour.
Leave at 11:00 – return by 6:30

Jaipur – The Pink City!

Jaipur was one of the first examples in the world of city planning. The 250 year old city is a startling blend of forts and palaces, of teeming markets, shops and transport of every kind, from cars to camels! The city is a living testament to one of the most remarkable men of his age - Jai Singh II was extremely talented politically as well as on the battle field. Indulging in his passion for science and the arts resulted in the creation of Jaipur.

Jaipur today, is the capital of Rajasthan with a population of over 2½ million people. Jaipur is called the "Pink City", for by law, all the buildings in the old city must be painted a deep saffron-pink.

Amber – The Medieval Rajput Citadel



"I have seen many royal palaces..... but for varied and picturesque effect, for the richness of carving, for wild beauty of situation and the strangeness of finding such a building in such a place and country, I am able to compare nothing with Amber." Bishop Heber, 1824.

About 7 miles from Jaipur is Amber, the former capital of Jaipur state stunningly situated on a hillside and overlooking a lake which reflects its terraces and ramparts. We ascend the hill in a jeep.

Construction of the palace - fortress began in 1592 by Raja Man Singh, the Rajput commander of Akbar's army and developed into a pleasure retreat to which Amber's maharajas would return, battle-weary, from their campaigns with the Mughal armies all over India. It was later extended and completed by Jai Singh. An imposing stairway leads to the "Hall of Public Audience" which has a double row of columns and latticed galleries. Next to the hall is the Kali Temple whose entrance doors are made of silver. Walk over to the "Hall of Victory" noted for its inlaid panels and glittering mirror ceiling. On the opposite side is the "Hall of Pleasure" with an ivory - inlaid sandalwood door.

The "Hall of Private Audience" is decorated with delicate murals. But the jewel of the fort is the "Hall of Mirrors" whose interior is encrusted with tiny mirrors. The oldest part of the palace is the apartments of Raja Man Singh where each of his dozen wives had a separate suite.

Lunch at Baradari Café, Jaipur.

After lunch, we visit **The City Palace, the Observatory and Palace of Winds**

'The largest single pieces of silver in the world'; the Guinness Book of World

We visit the **City Palace**. The exquisite and sprawling City Palace and Museum comprises of several courtyards, gardens and buildings and is a blend of Rajasthani and Mughal architecture. It is almost a city within a city. The museum has an extensive collection of art, carpets, enamelware, old weapons, miniature paintings, an armoury of guns and swords, costumes and dresses of the former Maharajas and Maharanis of Jaipur. On display are 2 huge silver vessels which have found their way into the world record of being the largest single pieces of silver in the world. A former Maharaja used them to carry his drinking water to England as he was a devout Hindu.



Adjacent to the city palace is the **Observatory** built in 1728 by Jai Singh who had a passion for astronomy. Stop at the highly ornamented **Hawa Mahal** or the Palace of Winds built in 1799 which has no less than 953 little windows and balconies. It is a stunning example of Rajput artistry and was originally built to enable ladies of the royal household to watch the everyday life in the streets below through the delicately honeycombed sandstone windows.

Evening: We return to Samode - No evening yoga session

Dinner at the hotel

Overnight: Samode Palace

DAY 05	19 MAR	TUE	IN SAMODE
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- Optional early morning group hike to Hanuman temple
- Pre Breakfast
- Morning Yoga Session – Asana with Meditation
- Brunch is at the hotel – Silent Brunch
- Yoga Chat / Lecture
- Free day: sightseeing / shopping / safaris can be organized by hotel. Pool / spa Treatments
- Inversions Workshop – work on inversion of your choice
- Beginner’s Workshop – Fundamentals of ISHTA alignment
- Optional walking tour of Samode Village
- Evening Yoga Session: Restorative / Yoga Nidra or Yin Practice
- **Dinner at the hotel**
- Book Club
- **Overnight: Samode Palace.**

DAY 06	20 MAR	WED	IN SAMODE
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Pre Breakfast is at the hotel

Morning Yoga Session: Asana and Mediation

Brunch

Holi celebration

Day at leisure – sightseeing / spa / pool

Chat / Lecture

Evening Yoga Session: Restorative / Yoga Nidra or Yin Practice

Overnight: [Samode Palace.](#)

DAY 7	21 MAR	THU	DRIVE SAMODE – JAIPUR & FLY TO DELHI
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Pre Breakfast

Yoga Session: Asana with Meditation

Brunch is at the hotel

Morning: At leisure

Afternoon: Drive to Jaipur airport for departure to Delhi by Jet Airways flight 9W 788 (1630 – 1725)

Upon arrival, we proceed to the International airport for our final departure.

This itinerary may be modified!

Cost includes

1	Single, Double or Triple luxury hotel accommodations
2	Breakfast / brunch and dinners throughout plus two additional lunches
3	Transportation by Air Conditioned Large coaches as per above itinerary.
4	Local English speaking guides for visits as per the itinerary.
5	Entrances to monuments as mentioned in above itinerary
6	Yoga Program

Cost does not include

1	Lunches except as specified above.
2	Porterage at hotels.
3	Items of a personal nature.
4	Camera fees at monuments.
5	Any visits or excursions other than those mentioned above.