



[coxandkingsinbound.com](http://coxandkingsinbound.com)

# MEDITATE IN THE MOUNTAINS

A Soul Searching Experience with Ira Trivedi



## HIGHLIGHTS OF THE TOUR

- Soul searching with Ira Trivedi: Learn ancient yoga, breathing and meditation techniques in the lap of the Himalayas.
- Enjoy lunch with monks at an ancient Monastery
- Meditate at picturesque locales amidst the mountains

₹ 3,11,500\*

Per person on twin sharing

\*Conditions Apply.

Ira is a Master of Yoga, with the highest training-the Acharya training from the famous Shivanand Yoga Vedanta Centre. She has studied and taught yoga around the world, and was part of the team leading the first International Day of Yoga (June 21, 2015) where two Guinness World Records were created – ‘for the largest yoga lesson’ and ‘for the most nationalities in a yoga lesson’. She is the founder of Namami Yoga, a charity that teaches yoga and life skills to underprivileged children.

**Day 01 – Arrive in Leh:** Arrive in the Land of Lamas. Transfer from the airport to Chamba Camp, Thiksey. The day is free for acclimatization. In the evening, enjoy Meditation at the Camp. Overnight at Chamba Camp, Thiksey.

**Day 02 – Leh:** After breakfast at the camp. Enjoy teachings on the principle of Pranayama. Visit the old city of Leh and Thiksey Monastery followed by vegetarian lunch at Chamba Hotel.

**Day 03 – Leh:** Today, experience meditation at one of the highest passes of the World – The Wari La Pass followed by a picnic lunch.



**Day 04 – Leh – Nubra:** After breakfast, drive to Nubra and relax at the Chamba Camp, Diskit.

**Day 05 – Nubra:** Visit the spectacular Maitrayee Budha. In the afternoon, meet a local family and relish a traditional meal with them.

**Day 06 – Nubra – Leh:** Drive back to Leh for a day at leisure.

**Day 07 – Leh:** Enjoy a special session of Pranayama and Yoga on the banks of River Indus. In the afternoon, visit Stok Palace and Stok Village.

**Day 08 – Depart Leh:** Transfer to the airport for onward flight to Delhi.

## DEPARTURE DATES:

8<sup>th</sup> August 2017

1<sup>st</sup> September 2017

## TOUR INCLUSIONS:

• Accommodation on twin sharing basis for 7 nights & 8 days. • Meal Plan is inclusive of vegetarian breakfast, 3 vegetarian lunches and 1 vegetarian picnic lunch. • Special lectures and classes by Ira Trivedi • Arrival and departure transfers • All sightseeing as mentioned in the itinerary • Domestic airfare for Delhi-Leh-Delhi • Services of two English speaking guides

## TOUR EXCLUSIONS:

• Expenses of a personal nature like laundry, beverages, telephone calls, internet, etc. • Sightseeing other than what is mentioned in the itinerary • Government Service tax of 9% • Still camera and video camera fees • International airfare • Pre and post tour stays • Gratuities to the camp staff, porters, guides and drivers • Excess baggage on domestic flight • Travel and medical insurance • Processing of visa

## COX & KINGS DESTINATION MANAGEMENT

Block A & B, Kamal Cinema Commercial Complex, Safdarjung Enclave,  
New Delhi – 110029, India.

Email: [inbound@coxandkings.com](mailto:inbound@coxandkings.com)

Web: [coxandkingsinbound.com](http://coxandkingsinbound.com) | [seatincoach.com](http://seatincoach.com)



[coxandkingsinbound.com](http://coxandkingsinbound.com)