



**Cost: - Euro 1450/- per person/-**

### **Includes**

- 12 nights/ 13 days retreat
- All Accommodation 4 night's hotel, 2 night's guest house, 6 nights camping
- Trekking in Chopta valley, Garhwal Himalayas- North india
- Back to the basics village life, 1 cooking lesson
- All Meals
- Porters and ponies
- Daily Yoga/ meditation & coaching sessions
- English speaking trekking guides
- White water rafting down the Ganges
- 1 x Ayurvedic massage
- Transfers from Dehradun airport Rishikesh
- All national park fee's

### **Excludes**

- Flights
- Insurance
- Personal spending money
- Personal porters and ponies
- emergency evacuation