

“Blessing” – Yoga Journey in India

Dates: January 3–18, 2027

Destinations: Varanasi – Dharamshala – Manali – Bihar School of Yoga, Ganga Darshan (Munger)

January 3–5: Varanasi – The Sacred City on the Ganges

January 3 – Arrival in Varanasi

Departure from Italy and arrival in Varanasi.

Transfer to the hotel and room check-in.

Welcome ceremony and evening meditation on the banks of the Ganges.

January 4 – Spirituality and Tradition

Sunrise yoga and pranayama practice on the Ganges.

Breakfast and visits to the main temples (Kashi Vishwanath, Durga Temple).

Walk through the ghats and ancient alleys.

Participation in the evening Aarti ceremony at sunset.

January 5 – Transfer to Dharamshala

Morning yoga session.

Transfer to the airport and flight to Dharamshala.

Arrival and accommodation in a guesthouse surrounded by nature.

Dinner and introduction to Tibetan philosophy.

January 5–8: Dharamshala – Spirituality and Silence

January 6 – Encounter with the Buddhist Tradition

Yoga and meditation practice in a panoramic hall.

Visit to Namgyal Monastery and the Dalai Lama Temple.

Vegetarian lunch and free time for journaling.

Evening workshop: "Compassion and Presence on the Yogic Path."

January 7 – Nature and Introspection

Morning hike through Himalayan trails.

Outdoor yoga and walking meditation.

Return and lunch.

Deep relaxation session (Yoga Nidra).

Dinner and sharing circle.

January 8 – Transfer to Manali

Morning practice and departure for Manali (approx. 7-hour drive).

Scenic stops along the way.

Arrival in Manali and check-in at eco-resort.

Dinner and evening meditation.

January 8–12: Manali – Energy and Renewal

January 9 – Energy and Vitality

Dynamic yoga and conscious breathing.

Breakfast and visit to Hadimba and Manu Temples.

Afternoon free for relaxation or Ayurvedic treatments.

Evening workshop: "Renewing Vital Energy."

January 10 – Connection with Nature

Excursion to Solang Valley.

Yoga and meditation practice in the mountains.

Picnic and time for personal contemplation.

Return and communal dinner.

January 11 – Silence and Inner Listening

Day of silence (mauna) and introspection.

Gentle yoga, meditation, and journaling practices.

Silent dinner and guided reflection.

January 12 – Transfer to Munger (Bihar School of Yoga)

Morning practice and departure for Munger (flight + ground transfer).

Arrival at the Bihar School of Yoga – Ganga Darshan.

Accommodation in ashram rooms.

Introduction to community life and ashram guidelines.

January 12–18: Bihar School of Yoga – Ashram Life

January 13 – Discipline and Awareness

Early morning wake-up and participation in mantra chanting.

Yoga and meditation guided by ashram teachers.

Breakfast and community service (karma yoga).

Lecture on yogic philosophy and pranayama.

Dinner and silent evening meditation.

January 14 – Study and Practice

Daily ashram routine: yoga, meditation, karma yoga.

Lecture on "Yoga as a Way of Life."

Time for reading and personal reflection.

Evening sharing circle.

January 15 – Spiritual Deepening

Yoga and meditation practice.

Meeting with a senior teacher from the Bihar School of Yoga.

Service activities and meditation by the Ganges.

Dinner and evening satsang.

January 16 – Silence and Gratitude

Day of silence and introspection.

Gentle yoga and meditation practices.

Travel journal writing and personal reflection.

Evening gratitude ceremony.

January 17 – Closing and Departure

Final yoga and meditation session.

Closing and thanksgiving ceremony.

Transfer to the airport for the return flight.

January 18 – Arrival in Italy

Arrival in Italy and conclusion of the journey.

Notes

All yoga and meditation practices are optional and suitable for all levels.

Schedule and activities may vary depending on local and logistical conditions.

Recommended items: comfortable clothing, personal yoga mat, and travel journal.