

## A Transformative Journey into the Heart of India

Sacred Mountains & Yoga Retreat – July 3–19, 2026

A transformative experience in the heart of India, discovering ancient traditions, breathtaking landscapes, and a deep connection with your inner self. Join Francesca for an unforgettable journey through yoga, meditation, and the sacred energy of the Himalayan mountains.

### July 3–7: Rishikesh – The City of Yoga

Immerse yourself in the spiritual energy of Rishikesh, the world capital of yoga, located on the banks of the sacred Ganges River. Explore ancient temples, take part in traditional ceremonies, and deepen your yoga and meditation practice.

#### Day 1 – July 3

Arrival in Delhi and transfer to Rishikesh

Hotel check-in

Free time to explore the city

Evening Yoga and Meditation with Francesca

#### Day 2 – July 4

Morning Yoga and Meditation

Visit to Triveni Ghat for the Ganga Aarti ceremony

Exploration of Lakshman Jhula and Ram Jhula

Free time

#### Day 3 – July 5

Morning Yoga and Meditation

Excursion to Kunjapuri Temple to witness sunrise over the Himalayas

Free time

Group sharing and reflection session

Day 4 – July 6

Morning Yoga and Meditation

Ayurvedic cooking class

Visit to a traditional yoga school

Free time

Day 5 – July 7

Morning Yoga and Meditation

Departure for Auli/Joshimath

July 7–12: Auli/Joshimath & Nanda Devi National Park – Sacred Nature and Trekking

Venture into the majestic peaks of the Himalayas and explore the pristine beauty of Nanda Devi National Park. Rejuvenating treks, breathtaking views, and the stillness of the mountains will guide you toward inner strength and harmony.

Day 6 – July 8

Arrival in Joshimath and transfer to Auli (weather permitting)

Check-in at hotel or tented camp

Acclimatization walk

Evening Yoga and Meditation

Day 7 – July 9

Morning Yoga and Meditation

Light trek to Gorson Bugyal (alpine meadows)

Free time to enjoy the scenery

Mindfulness session in nature

Day 8 – July 10

Morning Yoga and Meditation

Excursion to Vishnu Prayag Temple (sacred river confluence)

Free time

Mantra chanting and sharing circle

Day 9 – July 11

Morning Yoga and Meditation

Optional trek to a panoramic viewpoint of Nanda Devi (weather permitting)

Free time for rest and contemplation

Day 10 – July 12

Morning Yoga and Meditation

Departure for Rikhyapeet Ashram

July 12–19: Rikhyapeet Ashram – Yoga Retreat and Ashram Life

Immerse yourself in the simple and spiritual rhythm of a traditional ashram. Participate in intensive yoga practices, guided meditations, seva (selfless service), and satsang (spiritual gatherings). A unique opportunity to disconnect from the outer world and reconnect with your inner essence, in one of the key centers of the Satyananda Yoga tradition.

Day 11 – July 13

Arrival at Rikhyapeet Ashram

Introduction to ashram life

Evening Yoga and Meditation

Satsang

Days 12–17 – July 14–18

Daily ashram routine: early morning wake-up, intensive yoga practice, meditation, karma yoga (seva), study of sacred texts, community meals, and evening satsang.

Day 18 – July 19

Morning Yoga and Meditation

Closing ceremony

Departure for Delhi and flight to Rome

Day 19 – July 20

Arrival in Rome

What to Bring

Comfortable clothing for yoga and trekking

Trekking shoes

Warm and waterproof jacket

Sunscreen and hat

Mosquito repellent

Personal medications

Flashlight

Notebook and pen for reflections

Final Thoughts

This journey is a unique opportunity to explore your inner world, connect with nature, and immerse yourself in ancient spiritual traditions. Francesca will guide you through this path of personal growth with her experience and heartfelt presence.

Join us for an unforgettable adventure of body, mind, and spirit.