



Yoga Tour (Delhi)

Note: Price printed on this PDF is valid until **02-05-2025** and is subject to change without notice due to Partner changes and currency fluctuations

Private Touring

- Flexible Dates
- Flexible Itinerary
- Upgrade Accommodation
- Local Guide Service
- Modern Airconditioned Vehicle

Tour Vehicle

Car or Small Van AC

Tour Guide

No Guide

Detailed Itinerary

Day 01: Day 1 Yoga Tour (Delhi)

- Warm up exercises - Breath Pranayama (Kapal Bhati & Anuloma Viloma) - 8 - 12 Basic Yoga Postures (Asanas) - Benefits of each and every Asanas on body and chakras. - Buddhist – Anna Paana & Vipassana • Warm Up exercises are to ensure Zero Muscle injuries • Pranayama helps cleanse Respiratory system and give us fresh ‘Prana’ Energy • The 8-12 basic yoga postures activate all chakras from crown to base. . Releases mental and emotional blocks.

Inclusion

Yoga Session Class, Service of Yoga teacher during Yoga Session, Greater Noida Hotel pickup and drop-off

Note

Cost per person (Based on Minimum 02 Paying Pax)

Tour Dates & Pricing

Day tour

15 Apr 2025 **Till** 15 Apr 2026

AU\$267 Per Twin

Available