



 *mother india travels*

DELHI • VRINDAVAN • VARANASI

NAG PANCHAMI

26 OF JULY - 1ST OF AUGUST 2025





A DEEP IMMERSION INTO MOTHER INDIA

AN INVITATION TO ABSORB THE ENERGY AND WISDOM OF AUTHENTIC INDIA;
THIS LAND THAT EMBRACES, HEALS, AND TRANSFORMS.

ON THESE JOURNEYS, WE DON'T TRAVEL AS TOURISTS BUT AS SONS AND
DAUGHTERS OF THIS SACRED LAND THAT WELCOMES AND TRANSFORMS US. WE
OBSERVE, UNDERSTAND, AND FULLY EXPERIENCE ITS ENERGY AND WISDOM;
IMMERSED IN ITS NATURE, TRADITIONS, AND CULTURE.

WE WILL DIVE INTO ITS TEACHINGS AND SPIRITUALITY, EXPLORING ITS
RITUALS, TEACHINGS AND ANCIENT CUSTOMS.

WE'LL EXPLORE VIBRANT STREETS AND HIDDEN PATHWAYS, TO
POWERFUL TEMPLES, BUSTLING MARKETS, AND LUSH FORESTS.

SURROUNDED BY A SYMPHONY OF FLAVORS, COLORS, SCENTS, AND MELODIES,
WE'LL FEEL THE DEPTH OF EACH GAZE AND THE SINCERITY OF EVERY SMILE. LIFE
UNFOLDS IN HARMONY AMONG THE PEOPLE, THE SACRED COWS, THE PLAYFUL
MONKEYS, AND THE BEAUTIFUL CHAOS THAT UNIQUELY DEFINES THIS LAND.

YOGA WILL BE LIVED BEYOND THE MAT, IN THE ASHRAM LIFESTYLE WITH WISE
TEACHERS AND GURUS, AND IN THE SIMPLEST, MOST HUMBLE EXPERIENCES.
THESE MOMENTS WILL TAKE ROOT IN OUR SOULS, BECOMING A PART OF WHO
WE ARE.



NAG PANCHAMI

NAG PANCHAMI IS A UNIQUE HINDU FESTIVAL DEDICATED TO THE WORSHIP OF SERPENTS (NĀGAS), REVERED AS DIVINE BEINGS IN HINDU MYTHOLOGY. CELEBRATED WITH DEEP DEVOTION ACROSS INDIA, THIS FESTIVAL REFLECTS THE SACRED CONNECTION WITH NATURE, AS WELL AS THE PROFOUND SPIRITUAL TRADITIONS.

DURING NAG PANCHAMI, YOU'LL WITNESS VIBRANT RITUALS WHERE PEOPLE OFFER MILK, FLOWERS, AND PRAYERS AT SNAKE TEMPLES AND SACRED ANTHILLS.

SNAKES HOLD PROFOUND SYMBOLIC MEANING AND ARE CLOSELY ASSOCIATED WITH MAJOR HINDU DEITIES. LIKE LORD SHIVA WHO WEARS VASUKI AROUND HIS NECK, SIGNIFYING CREATION AND DESTRUCTION. LORD VISHNU RESTS ON THE COSMIC SERPENT ADI SHESHA, REPRESENTING STABILITY AND FOUNDATION OF CREATION. GODDESS MANASA ASSOCIATED WITH FERTILITY AND PROSPERITY, ALSO WORSHIPPED AS THE PROTECTOR FROM SNAKEBITES AND DISEASES.

NAG PANCHAMI IS AN UNFORGETTABLE JOURNEY INTO THE COUNTRY'S MYSTICAL TRADITIONS AND DEEP-ROOTED SYMBOLISM.



OUR TRAVEL WILL INCLUDE:

+ DAILY YOGA CLASSES (HATHA YOGA / YOGA THERAPY,

THOUGHTFULLY ADAPTED TO ALL LEVELS AND PERSONALISED TO EACH PARTICIPANT'S NEEDS). CLASSES WILL BE THOUGHTFULLY ALIGNED WITH EACH DESTINATION, CONNECTING TEACHINGS TO THE EXPERIENCES AND CULTURAL IMMERSION OF THE JOURNEY. THEY WILL INCLUDE INSIGHTFUL LECTURES ON YOGA PHILOSOPHY AND GUIDED MEDITATIONS, ENRICHING YOUR UNDERSTANDING AND DEEPENING YOUR PERSONAL PRACTICE THROUGHOUT THE TRIP.

YOGA WILL BE LIVED FAR BEYOND THE MAT. THROUGH THE TEACHINGS OF WISE GURUS AND TEACHERS AND THE PROFOUND LESSONS FOUND IN INDIA'S SIMPLEST AND HUMBLEST MOMENTS.



+ ACCOMMODATION (DOUBLE OR SINGLE)

WE WILL BE STAYING IN A WELL-LOCATED SERENE TRADITIONAL ASHRAMS OR IN COZY, FAMILY-RUN GUESTHOUSES OFFERING COMFORT, AUTHENTICITY, AND A TOUCH OF TRADITION.

+ MEALS

MEALS AT THE ASHRAM ARE FULLY INCLUDED IN THE TRAVEL PROGRAM. AT OTHER LOCATIONS, BREAKFAST AND DINNER ARE PROVIDED, BUT LUNCH IS NOT, ALLOWING YOU THE FREEDOM TO EXPLORE THE RICH AND DIVERSE FLAVORS OF INDIA AT YOUR OWN PACE.

+ INTERNAL TRANSPORTATION (INCLUDING INTERNAL FLIGHTS)

+ ALL ACTIVITIES INCLUDED IN THE PROGRAM

+ ASSISTANCE WITH ALL TRAVEL PREPARATIONS AND PROCESSES (VISA, INSURANCE, PACKING LIST, ETC.)



+ DEEP INSIGHTS AND AUTHENTIC EXPERIENCES OF INDIA

DELVING INTO ITS RICH MYTHOLOGY, SYMBOLISM, AND ANCIENT TRADITIONS. EXPLORE THE STORIES AND RITUALS THAT HAVE SHAPED INDIAN CULTURE FOR CENTURIES, UNCOVERING THEIR DEEPER MEANINGS AND MODERN RELEVANCE.

+ PERSONALIZED SUPPORT THROUGHOUT YOUR JOURNEY

FROM NAVIGATING DIVERSE FOOD OPTIONS TO MASTERING THE ART OF BARGAINING WHILE SHOPPING, ENSURING A SEAMLESS AND ENRICHING TRAVEL EXPERIENCE.



+ DELHI

DELHI IS A CITY THAT DAZZLES WITH ITS VIBRANT, UNRELENTING ENERGY, A PLACE WHERE THE PAST AND PRESENT CONVERGE IN A MESMERIZING DANCE. AS WE IMMERSE OURSELVES IN ITS PULSATING SOUL, EVERY SENSE WILL COME ALIVE; THROUGH THE AROMA OF SIZZLING SPICES IN BUSTLING FOOD MARKETS, THE KALEIDOSCOPE OF COLORS IN LIVELY BAZAARS, AND THE RHYTHMIC HUM OF DAILY LIFE ECHOING THROUGH ITS ANCIENT STREETS.

WE WILL VISIT TEMPLES THAT RADIATE INDESCRIBABLE BEAUTY AND SPIRITUAL POWER, THEIR INTRICATE CARVINGS AND SACRED RITUALS OFFERING A GLIMPSE INTO CENTURIES-OLD TRADITIONS. WANDERING THROUGH ARTISAN CRAFT STALLS AND GRAND HISTORIC LANDMARKS, WE'LL WITNESS THE HEARTBEAT OF A CULTURE THAT THRIVES ON CONTRAST; WHERE TRADITION MEETS PROGRESS, AND EVERY STREET HOLDS A STORY.

NESTLED AMIDST THE URBAN WHIRLWIND, OUR ASHRAM STAY WILL BE A PEACEFUL OASIS, IN THIS SERENE SPACE, WE WILL FIND BALANCE, RECONNECTING WITH OURSELVES THROUGH THE GENTLE RHYTHM OF DAILY ASHRAM LIFE. IT IS HERE, IN THE QUIET MOMENTS, THAT WE WILL ABSORB THE DEEPER ESSENCE OF DELHI, AN EXTRAORDINARY CITY THAT BOTH ELECTRIFIES AND ENLIGHTENS.



+ VRINDAVAN

VRINDAVAN, THE MYSTICAL TOWN WHERE LORD KRISHNA'S PRESENCE LINGERS IN EVERY CORNER, IS A PLACE WHERE DEVOTION AND JOY INTERTWINE EFFORTLESSLY.

ITS NARROW STREETS ECHO WITH THE MELODIOUS CHANT OF SACRED BHAJANS, WHILE ANCIENT TEMPLES STAND AS TIMELESS WITNESSES TO DIVINE LOVE.

PILGRIMS FROM ALL WALKS OF LIFE GATHER HERE, SEEKING SOLACE IN THE RHYTHMIC KIRTANS AND THE SACRED WATERS OF THE YAMUNA. IN EVERY CORNER, FROM THE SERENE GHATS TO THE BUSTLING MARKETS, VRINDAVAN RADIATES A MYSTICAL CHARM, WHERE THE PRESENCE OF KRISHNA IS FELT IN EVERY BREATH.

WE'LL IMMERSE OURSELVES IN THE TOWN'S UNIQUE RHYTHM, WALKING ALONG FLOWER-STREWN PATHS, WITNESSING MESMERIZING RAASA LEELA PERFORMANCES, AND PARTAKING IN THE TOWN'S LEGENDARY PRASADAM. FROM THE GRANDEUR OF BANKE BIHARI TEMPLE TO THE SERENE BEAUTY OF ISKCON VRINDAVAN, EVERY EXPERIENCE HERE DEEPENS THE CONNECTION TO DIVINE LOVE. IN THE MIDST OF IT ALL, OUR STAY WILL PROVIDE A TRANQUIL HAVEN, ALLOWING US TO REFLECT ON THE SPIRITUAL ENERGY THAT VRINDAVAN BRINGS US.



+ VARANASI

VARANASI, KNOWN AS KASHI (THE “CITY OF LIGHT”, THE OLDEST LIVING CITY IN THE WORLD, CONSIDERED THE SPIRITUAL HEART OF HINDUISM. A MESMERIZING BLEND OF SPIRITUALITY, HISTORY, AND RAW ENERGY.

SITUATED ON THE BANKS OF THE SACRED GANGA RIVER, IT IS BELIEVED TO BE THE EARTHLY ABODE OF LORD SHIVA AS WE WANDER THROUGH ITS LABYRINTHINE ALLEYS, THE SCENT OF INCENSE AND TEMPLE BELLS FILL THE AIR, GUIDING US TO THE SACRED GANGA. AT THE GHATS, WE’LL WITNESS THE HYPNOTIC GANGA AARTI, WHERE FLICKERING FLAMES DANCE TO THE RHYTHM OF ANCIENT CHANTS. FROM SUNRISE BOAT RIDES TO HIDDEN TEMPLES RADIATING DEEP SPIRITUAL POWER, VARANASI’S ESSENCE IS AN INVITATION TO SURRENDER, TO TIME, TO DEVOTION, TO THE PROFOUND MYSTERIES OF EXISTENCE.

AMIDST THIS SACRED CITY’S INTENSITY, OUR RETREAT IN AN ASHRAM WILL OFFER A SPACE OF QUIET CONTEMPLATION, BALANCING THE DEEP ENERGY OF VARANASI WITH MOMENTS OF STILLNESS AND REFLECTION.

VARANASI IS MORE THAN A CITY; IT IS A LIVING MYTH, A GATEWAY TO LIBERATION, THE EMBODIMENT OF HINDU SPIRITUALITY. EVERY STREET, TEMPLE, AND GHAT TELLS A STORY WOVEN INTO THE VAST MYTHOLOGY OF HINDUISM, MAKING IT A SACRED PILGRIMAGE SITE UNLIKE ANY OTHER.



PRICE: 1100€

THE AMOUNT CAN BE PAID IN INSTALLMENTS UNTIL 2 WEEKS BEFORE THE TRIP.

WE ARE PART OF THE WASTE WARRIORS ORGANIZATION, AND PART OF OUR PROFITS CONTRIBUTE TO THEIR ACTIONS TO CLEAN THIS MAGICAL LAND, TAKING CARE OF OUR HOME. WE ALSO HAVE DONATE TO SMILE FOUNDATION BENEFITING CHILDREN AND FAMILIES THROUGH EDUCATION AND HEALTHCARE.

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INDIA TRIP AND RETREAT

REGISTRATION:

NAME:

AGE:

INJURIES/CONDITIONS:

FOOD INTOLERANCES:

EMAIL:

WHATSAPP CONTACT:

INFORMATION YOU FEEL LIKE SHARING:

WHY WOULD YOU LIKE TO EMBARK ON THIS
JOURNEY?

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