



From Palaces to Peace
GOLDEN TRIANGLE & ANANDA WELLNESS RETREAT
India's most famous wellness retreat

Delhi – Jaipur – Agra – Rishikesh
13 Nights – 14 Day



“Restore your center, refresh your soul”

From Palaces to Peace brings together two very different sides of India in one thoughtfully curated journey — the grandeur of India's Golden Triangle and the restorative experience of a wellness retreat in the Himalayan foothills.

Begin in Delhi, exploring its historic monuments and vibrant streets before traveling to Jaipur, the celebrated Pink City, where royal heritage, magnificent forts, temples, and living traditions come together. Continue to Agra to experience the Taj Mahal, one of India's most extraordinary landmarks.

Then the pace changes.

Travel north to Rishikesh and settle into Ananda in the Himalayas for seven nights of personalized wellness. Surrounded by forested hills and overlooking the Ganges, Ananda offers a peaceful setting for Ayurveda, yoga, meditation, and a range of wellness programs designed around your individual needs.

SOUL INDIA *journeys*

Your stay begins with a wellness consultation and assessment, helping the team create a personalized programs for your time at Ananda. Days include Ayurvedic therapies, yoga, meditation, fitness, Vedanta talks, and more.

Meals are thoughtfully prepared as part of your wellness program, while dedicated time allows you to slow down, rest, and reconnect.

This is not simply a Golden Triangle tour followed by a wellness retreat. It is a journey designed to move from discovery to restoration — from India's extraordinary heritage and culture to a deeper sense of stillness and renewal.

A Journey in Two Chapters

DISCOVER

Delhi · Jaipur · Agra

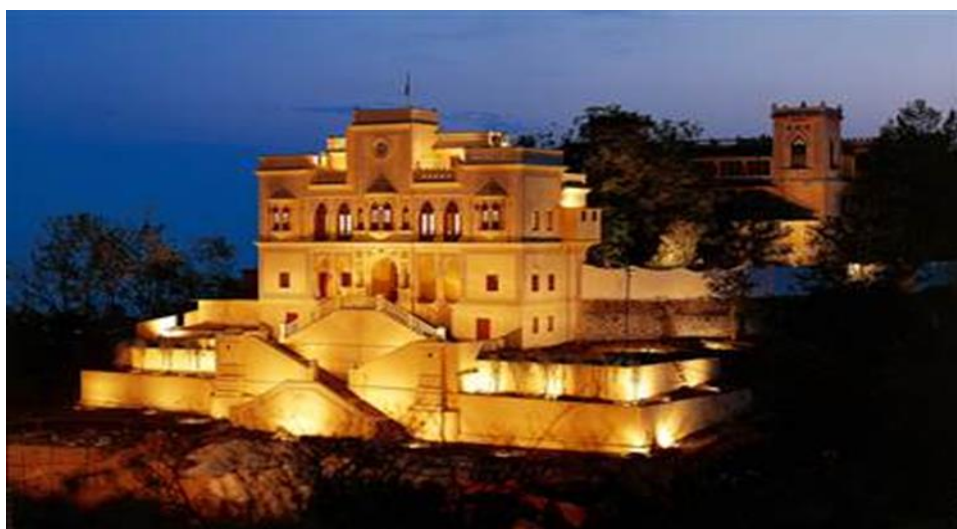
Experience India's history, architecture, traditions, and iconic landmarks through the heart of the Golden Triangle.

RESTORE

Rishikesh · Ananda

Step away from the pace of sightseeing and immerse yourself in Ayurveda, yoga, meditation, and personalized wellness in the Himalayan foothills.

From palaces to peace. From discovery to renewal.



Ananda is a sanctuary of ancient Indian practices, offering Ayurveda. This practice revitalizes the body and spirit. A consultation that confirmed an individual's constitution and tailored their treatment was the highlight of this experience.



ITINERARY

Day 01 — Arrive in Delhi *The journey begins.*

Your first glimpse of India begins the moment you leave the airport.

As you make your way through Delhi, the city slowly reveals itself — tree-lined avenues, gardens, monuments, the movement of daily life, and the unmistakable energy of a place where centuries of history live alongside the present.

In the evening, your journey begins with an Aarti ceremony, a traditional ritual of light and devotion.

As lamps are raised and prayers fill the air, you receive blessings for health, peace, and a meaningful journey ahead.

A tika is placed on your forehead.

A new journey has begun.

Overnight: Delhi Meals: Breakfast



Day 02 — Delhi

Where ancient India meets the present.

Wake up to your first full day in India.

Today, discover Delhi — a city of extraordinary contrasts, where imperial avenues, sacred spaces, bustling streets, and centuries-old history exist side by side.

Explore Old Delhi and visit Raj Ghat, the memorial dedicated to Mahatma Gandhi. Continue through New Delhi, passing Rashtrapati Bhavan and India Gate, before discovering the Salt March Memorial and Connaught Place.

Later, enter the peaceful world of Bangla Sahib Sikh Temple. Take a moment to observe, listen, and experience the quiet sense of devotion within.

Your day ends at Swaminarayan Akshardham Temple, where architecture, craftsmanship, and spirituality come together on an extraordinary scale.

Today is not simply about seeing Delhi.

It is about beginning to understand it.

Overnight: Delhi Meals: Breakfast

Day 03 — Delhi to Jaipur

From the capital to Pink City.

Leave Delhi behind and travel toward Jaipur, the royal capital of Rajasthan.

As the city gradually gives way to open landscapes, your guide becomes your storyteller — sharing India's traditions, history, rituals, and the stories behind the places you are about to discover.

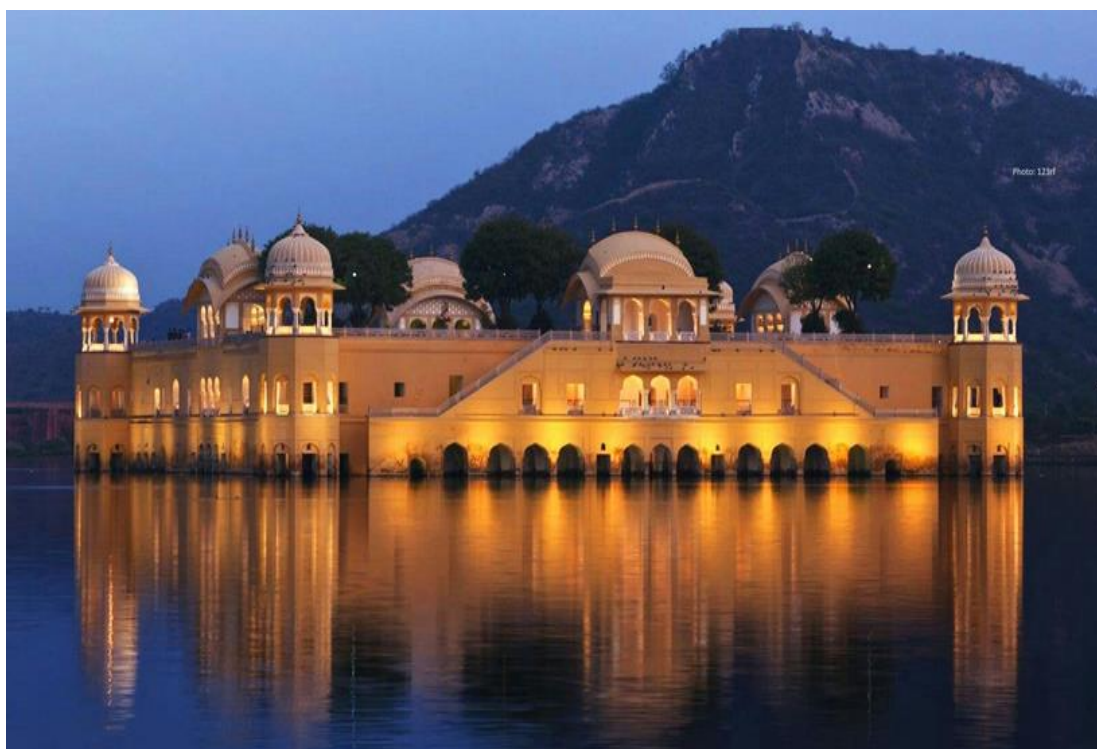
Then, almost as if entering another world, Jaipur appears.

The Pink City welcomes you with its warm colors, grand palaces, magnificent forts, and unmistakable Rajasthani character.

Check into your hotel and let the rhythm of Jaipur begin.

Distance: 256 km.

Overnight: Jaipur Meals: Breakfast



Day 04 — Jaipur & Amber

Enter the world of Rajasthan's royalty.

This morning begins with a Hawan ceremony, a traditional Hindu fire ritual associated with purification, blessings, and positive energy. Then journey toward Amber Fort, rising dramatically above the surrounding landscape. Walk through its courtyards and palaces. Discover gardens, temples, and intricate architecture shaped by centuries of Rajput and Mughal influence. Later, Jaipur comes alive around you. Explore local markets and textile workshops where traditional patterns and craftsmanship continue to be part of everyday life. As the sun begins to set, visit Birla Temple for an evening Aarti. Then sit down to a traditional dinner as the colors, music, and movement of Rajasthan come alive through folk dance. Tonight, you don't simply visit Rajasthan. You feel it.

Overnight: Jaipur Meals: Breakfast



Day 05 – Jaipur – Abhaneri – Agra (236 km)

A journey toward one of India's greatest wonders.

Leave Jaipur and travel through the landscapes of northern India toward Agra. Along the way, stop at Abhaneri, home to a remarkable historic stepwell — a quiet reminder of the ingenuity and beauty found throughout India's lesser-known places. Continue toward Agra. And then, the moment you've been waiting for. The Taj Mahal appears. Its white marble changes with light, its symmetry almost dreamlike against the sky. Built by Emperor Shah Jahan in memory of Mumtaz Mahal, it has endured for centuries as one of the world's most extraordinary expressions of love. Take your time here.

Some places are worth simply standing still for.

Distance: 236 km

Overnight: Agra Meals: Breakfast

The Taj Mahal is closed on Fridays.



Day 06 — Agra to Rishikesh

From the wonders of India to the sacred Ganges.

Today, the journey changes.

Leave the palaces, forts, and monuments of the Golden Triangle behind and travel north toward Rishikesh, where the foothills of the Himalayas meet the sacred River Ganges.

Visit the Beatles Ashram, a place with a fascinating connection to India's modern spiritual history.

Later, make your way to the banks of the Ganges for the evening Ganga Aarti.

As the light fades, lamps begin to glow along the river. Bells ring. Prayers rise. The Ganges flows quietly beside you.

Take a breath.

This is the moment when the pace of the journey begins to slow.

From here, continue to Ananda in the Himalayas.

Overnight: Vasundhara Palace or similar in Rishikesh.

SOUL INDIA *journeys*



Day 7 - 14 Ananda Wellness Retreat



This package includes a 7-night stay at Ananda in the Himalayas, featuring the Comprehensive Wellness Program that you can choose. Each program requires a 7-nights minimum stay. If you wish to choose a longer program, or extend your stay, extra nights can be added on a pro-rated basis.



During your stay, you are welcome to join Ananda's group activities: yoga, meditation, fitness classes, Vedanta talks, cooking classes and treks. All of which are complimentary and conducted in small groups.

Comprehensive wellness program (starting 7 nights) – These are immersive programs to address proactive health goals, ongoing lifestyle issues, and moderate disorders. These programs include continuous wellness consultations with experts prior to arrival, during the program and post departure to guide and monitor progress and achieve wellness goals. These programs include therapies combined with personal sessions of yoga, meditation, fitness, and other wellness practices. On average, Comprehensive Wellness Programs include 2 hours of wellness sessions daily. Rate for all programs under Comprehensive Wellness is the same.

1.- Detox & Cleansing:

- Holistic Detox (7 Nights – 14 Nights - 21 Nights)
- Yogic Detox (7 Nights – 14 Nights - 21 Nights)
- Panchakarma (21 Nights)

2.- Immunity & Vitality

- Ayurvedic Rejuvenation (7 Nights – 14 Nights - 21 Nights)
- Renew (7 Nights – 14 Nights - 21 Nights)
- Holistic Yoga (7 Nights – 14 Nights - 21 Nights)

3.- Mental Health & Spiritual Balance

- Stress Management (7 Nights – 14 Nights - 21 Nights)
- Dhyana Meditation (7 Nights – 14 Nights - 21 Nights)
- Sleep Enhancement (7 Nights – 14 Nights - 21 Nights)

4.- Fitness & Weight Management

- Weight Management (14 Nights – 21 Nights)
- Activ-Fitness (7 Nights – 14 Nights - 21 Nights)



5.- Hormonal Disorders

- Diabetes Management (14 Nights - 21 Nights)
- Hormonal Rebalance (7 Nights - 14 Nights - 21 Nights)
- Menstrual Health (14 Nights - 21 Nights)
- Fertility Enhancement (14 Nights - 21 Nights)

6.- Chronic Ailments

- Pain Management (7 Nights - 14 Nights - 21 Nights)

Days 14- Rishikesh - Delhi

After breakfast, transfer to Delhi by road. Upon arrival in Delhi, proceed to Terminal 3 for your international connection back home.

HOTELS

- Delhi: Park Plaza Shahdara or similar (2 nights)
- Jaipur: Sarovar Premiere or similar (2 nights)
- Agra: Royal Sarovar or similar (1 night)
- Rishikesh: Vasundhara Palace or similar (1 night) + Ananda Wellness Center (7 nights)

INCLUDED

- Airport assistance and transfers.
- Private air-conditioned vehicle with driver.
- The first 6-night accommodation with breakfast as per itinerary, then 7 nights with all meals in Ananda Wellness Center.
- 7 days Comprehensive Wellness Program + Activities: yoga, meditation, fitness classes, Vedanta talks, cooking classes and treks.
- All entrance fees.
- English speaking guide during excursions mentioned above.
- Daily bottled mineral water.
- Rickshaw ride in Old Delhi



- One traditional dinner with cultural dances.
- Hindu cooking class and village visit.
- All applicable taxes and tolls

NOT INCLUDED

- Beverages not mentioned
- Excess baggage charges
- Tips and portorage
- Personal expenses
- Costs arising from cancellations or circumstances beyond the operator's control

IMPORTANT NOTES

- Taj Mahal closed on Fridays
- Red Fort and Akshardham Temple closed on Mondays
- Boat rides subject to river conditions
- Hotels subject to availability
- Check-in 14:00 / Check-out 12:00
- Travel times are approximate and not guaranteed.
- Hotel check-in: 14:00 | Check-out: 12:00
- Early check-in subject to availability
- Prices subject to currency fluctuations and fuel surcharges

“Conclude your journey with renewed body, mind, and spirit”.

