



# TRAVEL GUIDE

## YOGA & AYURVEDA RETREAT



*Celebrating Life Retreat*

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YOGA & AYURVEDA RETREAT  
**October 29th - November 12th 2025**

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A 14 - day transformative journey of Yoga, Ayurveda, and Cultural exploration in Rishikesh, including the Taj Mahal and the Sattva Summit International Yoga Festival.

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# Introduction

*Your guide, Lydia Burth-Weir*

Lydia Burth-Weir is a renowned Sattva Yoga Master Teacher with over 25 years of experience teaching yoga and Vedic Astrology internationally. Originally from Germany, she has been living in Australia for 25 years and shares her deep knowledge of yoga practices, philosophy, and Vedic Astrology with students across the globe. Lydia's passion for the holistic teachings of yoga and her profound understanding of India's spiritual heritage make her an inspiring guide on any transformational journey.



# WHAT TO EXPECT

Travel from Delhi to Rishikesh and immerse yourself in a 5-day yoga retreat which deepens your understanding of the ancient yogic practices (accessible to all). Recalibrate your entire system, finding peace and ease while being supported by a circle of like-minded travelers under the guidance of an experienced facilitator.

Watch the sunrise over the Himalayan peaks, and enjoy gentle hikes through serene valleys where you'll meet the warm eyes of local women and children. Explore Rishikesh's renowned landmarks, such as the Beatles Ashram, and tap into the powerful energetic vortexes of this sacred landscape as Lydia leads you to hidden spiritual sites rarely discovered by travelers. Rejuvenate in an Ayurvedic spa retreat, where you'll learn about holistic health and receive deeply nourishing treatments.

The journey concludes with a visit to the iconic Taj Mahal before your departure from Delhi. This itinerary offers the perfect balance of activities and leisure time, giving you space to explore, relax, and fully immerse yourself in the experience:

- Expert Guidance - Benefit from the guidance of experienced international yoga teacher Lydia, who has led many retreats in India and around the world, bringing her deep expertise and insights as a seasoned India traveler, guiding you safely through the hustle and bustle of India.
- Personal Growth & Transformation - Engage in guided activities and group processes designed to foster self-reflection, insight, and renewal.
- Daily Practices & Inner Balance - Start each day with accessible Himalayan Kriya Yoga and meditation, designed to bring clarity, energy, and peace—suitable for all levels.
- Meditation & Philosophy - Receive initiation into a Yog-Vedantic meditation technique and engage in daily meditation sessions, complemented by wisdom talks that open a window into India's ancient philosophical traditions.
- Sacred Rituals & Vedic Ceremonies - Take part in traditional fire ceremonies and ancient rituals that connect you to timeless spiritual wisdom.
- Jyotish Astrology - Gain deeper insight into your life's path with a personal Jyotish (Vedic Astrology) birth chart reading.
- Temples & Sacred Sites - Explore revered temples and hidden sacred sites, experiencing the unique cultural and spiritual atmosphere of Rishikesh and its surroundings.
- Ayurvedic Wellness - Immerse yourself in a 3 day Ayurvedic retreat with:  
○ Personalised appointments with Ayurvedic doctors.  
○ Treatments: Therapies such as herbal massages, detox programs, and rejuvenating treatments to restore balance during the Ayurvedic retreat.
- Cultural Discovery - Visit the iconic Taj Mahal in Agra, a symbol of eternal love and architectural brilliance. Explore sights along the way. Begin and end your journey in Delhi, ensuring a smooth and memorable travel experience.
- Festival Experience - Spend a day at the renowned Sattva International Yoga Festival, joining a global community through inspiring talks, music, and workshops.

A supportive group of like-minded travelers, surrounded by the breathtaking beauty of India!

# DISCOVER INDIA Itinerary



*During this 14-day retreat from 29th October -12 November, embark on a profound inner journey as you deepen your yoga practices and explore meditation to cultivate inner stillness. Experience holistic health optimisation through Ayurveda while immersing yourself in the essence of India, including a visit to the majestic Taj Mahal and participation in the renowned Sattva International Yoga Festival.*



*The intimate group size ensures personalised attention and care, allowing for flexibility and spontaneous experiences.*



## *Day 1-8 (29<sup>th</sup> Oct - 5<sup>th</sup> Nov)*

- Arrive in Delhi, Welcome, 1 night stay & drive to Rishikesh/Sattva Retreat Centre on Day 2
- 5 Day Yoga Retreat
- Nature hikes/Excursions



## *Day 9 (6<sup>th</sup> Nov)*

- participation in the Sattva international Yoga Festival



### *Day 10-12 (7-9 November 2025)*

- 3 days at Ayurveda Center in Rishikesh incl Doctor Consultation & treatments
- Time to explore Rishikesh & shopping
- Ganga Dips
- Sacred Ceremonies
- Visiting Sacred Sites and Temples



### *Day 13 (10 November 2025)*

- Drive to Agra with stop in the holy city of Haridwar
- Haridwar: Visiting Sites, Temples and places of cultural significance.
- Arrive in Agra



### *Day 14 (11 November 2025)*

- Sunrise visit of Taj Mahal
- Drive to Delhi
- Check in to 5 star accommodation,
- Time to relax, contemplate and use Hotel facilities
- Final dinner



### *Day 15 (12 November 2025)*

- Morning Brunch & closing circle
- Time for Farewells and Departure by 10 am possible.



## *Included in Your Retreat:*

- 5 nights at Sattva Yoga Academy, incl 3 vegetarian meals
- 3 nights at a prestigious Ayurveda and Wellness Center in Rishikesh incl Doctor Consultation, treatments , meals
- 1 Day Participation in the Sattva International Yoga Festival
- 1 night in family run homestay in Agra, breakfast included
- 2 nights in 4/5 star Hotel in Delhi
- Daily yoga and meditation classes
- Sacred rituals
- Visits to sacred sites
- All group transportation and entry fees
- Your personal Birth Chart reading
- 4 & 5 star accommodation throughout
- 3 Meals /day

## *Excluded:*

- Flights to India
- Personal expenses and off-site meals
- Travel insurance & Tourist visa



# Travel Etiquette

India is a country of immense diversity, overflowing with vibrant colors, deep traditions, and a rich, complex history. While its people are warm and open-minded, it's important for us as travelers to show respect and honor their culture, treating their country with the reverence we would show to someone else's home.

## DO'S



### DRESS CODE

Dress and trousers - below the knee, shoulders and chests covered, good idea to carry a light scarf



### TIPPING

Tipping is highly expected in most of the places, good to have some small change

## DONT'S



### SHOES IN TEMPLES

No shoes are allowed at temples, homes and some of the local shops



### RUDE ATTITUDE

Indians are very welcoming and humble people, it is important to remember we are only guests

India is a wonderful and welcoming country, where the local saying "Athiti Devo Bhava," meaning "A guest is a god," truly reflects the warmth of its people.



*North of India is mainly vegetarian, and as we will be visiting temples of Hindu religion, the diet we will offer will be vegetarian.*



*No alcohol and any other intoxicating substances will be encouraged or offered.*

# Pricing

Explore our pricing options for the transformative Yoga and Ayurveda retreat in India, designed to offer a holistic journey of wellness and cultural immersion.

## DOUBLE ROOM

- 14 Days
- Yoga, Meditation, Ayurveda, Excursions
- Your Jyotish Birth Chart Reading
- Shared room, Twin beds
- with partner of choice, otherwise allocated
- and more
- Booking closes October 10th!

### DISCOUNTED PRICE:

(expires 7th September 2025)

2100 € / 3700 AUD\$ / 2400 US\$ pp

### Regular price:

2300 € / 4100 AUS\$ / 2700 US\$ pp

## SINGLE ROOM

- 14 Days
- Yoga, Meditation, Ayurveda, Excursions
- Your Jyotish Birth Chart Reading
- Single room
- private bathroom
- and more
- Booking closes October 10th!

### DISCOUNTED PRICE:

(expires 7th September 2025)

2800 € / 4900 AUD\$ / 3200 US\$ pp

### Regular price:

2900 € / 5300 AUS\$ / 3500 US\$ pp

## BOOK NOW!

### > *Initial Deposit*

- Initial Deposit of 1000€ / AUD\$ 1500 / US\$ 1100 per person required
- Payment of full amount for Discounted Pricing at the time of booking or until 7th September 2025 - regular Pricing : full payment at the time of booking or until 10th October 2025
- Non-refundable - travel insurance compulsory.

### > *Special Offer*

- Book with a partner to share a room with and receive a 5% discount each.

### > *Payment plans available*

- Please send an email to [yogakulabyronbay@gmail.com](mailto:yogakulabyronbay@gmail.com)

# Next Steps...

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1. Fill out and submit the Registration Form.
  2. Pay the deposit of Euros 1000/AUD \$ 1500 / US\$ 1100 to secure your spot or full payment.  
(Bank details or Credit Card Payment details listed below.)
  3. Pay final amount by September 7<sup>th</sup> (Discount) or October 10<sup>th</sup> for regular price..
  4. Get in touch to clarify any questions you may have anytime:  
yogakulabyronbay@gmail.com or WhatsApp +61424718813
  5. As soon as you registered - log onto the Indian Visa application websites to familiarise yourself with the requirements: <https://indianvisaonline.gov.in/evisa/tvoa.html>
  6. Check your passport
  7. Approx. 3 weeks prior to the retreat start applying for your visa
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## PAYMENTS:

Please make payments in the relevant currency to:

**PAYMENTS IN AUS \$:**

Lydia Burth-Weir BSB code: 774001 Account number: 206930560

**PAYMENTS IN EUROS:**

BIC: TRWIBEB1XXX, IBAN: BE86 9677 5009 9750

**PAYMENTS IN US \$:**

Lydia Burth-Weir, ACH and Wire routing number: 026073150 , Account number: 8313704176

**PAYPAL**

Paypal to: [lydia@lydiaburth.de](mailto:lydia@lydiaburth.de) (Additional 3.5% processing fee applies - please add!)

[https://paypal.me/yogakulanbs?country.x=AU&locale.x=en\\_AU](https://paypal.me/yogakulanbs?country.x=AU&locale.x=en_AU)

**CREDIT CARD PAYMENT LINKS**

Please [email me](#) to receive your payment link for Credit Card payments.

# Registration Form

Register now for the Yoga & Ayurveda Retreat to India by filling out the form below.

First name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Citizenship: \_\_\_\_\_ Passport no: \_\_\_\_\_

For your Jyotish Reading:

Time of Birth: \_\_\_\_\_ (am/pm?) Place of Birth: \_\_\_\_\_

Pre-existing medical conditions you have which may affect your ability to complete your travel arrangements: \_\_\_\_\_  
\_\_\_\_\_

Have you done yoga before? \_\_\_\_\_

Have you travelled to India before? \_\_Yes/No \_\_\_\_\_

I am booking a \_\_\_Double Occupancy room/\_\_\_Single Occupany room (please tick)

I have paid the deposit. \_\_\_ I will pay the full amount by the 1st February 2025. \_\_\_

I have acknowledged the Terms & Conditions: Yes/No

I have a compulsory Travel insurance \_\_\_ or I will have one before the retreat start \_\_\_

(some Credit Cards include Travel Insurance if you pay your trip with CC-please check )

Signature: \_\_\_\_\_

Date: \_\_\_\_\_, Place: \_\_\_\_\_

# ADDITIONAL INFORMATION

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This retreat is open to all levels of yoga experience, including beginners. Bring an open heart and mind, and trust in India's transformative power.

## HOW TO GET THERE

Book your international flights to and from: Indira Gandhi International Airport New Delhi.

## MEETING

We will meet at 5 pm on the 29th October in the Hotel in Delhi. A taxi pick up from the airport will be arranged.

## SCHEDULED ZOOM CALLS

Schedule your zoom call with me to discuss the retreat in more detail.

## VISA

A visa is required to enter India. Please apply for your visa through the official website:

<https://indianvisaonline.gov.in/evisa/tvoa.html>

Be cautious of fraudulent websites!

Allow up to 7 days processing time and be sure to enter the correct dates and personal details.

## TERMS AND CONDITIONS

Read the Terms and Conditions here: <http://www.yogakulabyronbay.com/india-terms/>

## WHATS APP GROUP

I'll create a WhatsApp group for retreat members to coordinate shared travel, like taxis to the retreat, sharing of photos, etc.

## QUESTIONS?

*If you have any questions contact Lydia +61424718813 or email [yogakulabyronbay@gmail.com](mailto:yogakulabyronbay@gmail.com)*

WWW.YOGAKULABYRONBAY.COM

Keep an eye for updates and offers here

YOGAKULABYRONBAY

instagram to have a browse

YOGAKULABYRONBAY@GMAIL.COM

If you have any questions, please do not hesitate to get it touch!

+61424718813

I am available to assist you with any queries you may have.



# *Happy Travels!*

*I am honored to take you on this incredible journey!*

Come, and experience for yourself!

*Lydia Burth-Weir*

CONNECT WITH ME

