

Rishikesh & Yātrā 2023

"Take it to the Source"

18th Sept. – 7th Oct. 2023

BOOK NOW!

Part 1: Ashtanga Yoga Workshop with Mike Berghan of Te Aro Astanga Yoga

7 Nights of the wonderful food and hospitality of Rainforest House

Mon. 18th to Mon. 25th September - 14 people max.

Morning Mysore session + Workshop + Explore Rishikesh and Area

Cost: \$NZ1300

Part 2: A 13 Day Yātrā – A Pilgrimage into the Himalaya

Mon. 25th Sept. to Sat. 7th Oct. - 14 people max.

Travel with Mike on a guided tour into the Indian Himalayas.

Have Darshan - see and be seen by God - at Temples that have been sites of pilgrimage for centuries.

Gangotri - Kedarnath - Badrinath.

Cost: \$NZ1700

Cost for Whole Trip (Delhi to Delhi): \$NZ2900

Terms and conditions apply

To Register your interest: Contact Mike – info@astanga.co.nz