



TRAVEL GUIDE

YOGA & AYURVEDA RETREAT



Journey into your heart

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

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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Traveling is one of the greatest gifts we can give ourselves—it opens our eyes and hearts, allowing us to discover who we are through exploring the unknown.

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View full details of what is included in your journey





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.



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www.yogakulabyronbay.com

WHAT TO EXPECT

- **Yogic Practices:** Deepen your practice with guided daily Himalayan Kriya yoga practices suitable for all levels.
- **Meditation:** Initiation into yog-vedantic Meditation technique, daily meditation practice.
- **Wisdom Talks:** exploring the yogic teachings
- **Rituals & Vedic Ceremonies:** Participate in traditional rituals and ceremonies to connect with ancient wisdom.
- **Your Jyotish Birth Chart Reading**
- **Sacred Temples and sites:** Visit revered temples and sites and experience their profound spiritual significance.
- **Gentle hiking to remote Himalayan villages**
- **Ayurvedic Wellness:** Enjoy a dedicated 4-day Ayurvedic retreat including:
- **Doctor Appointments:** Personalized consultations with Ayurvedic doctors to tailor treatments to your needs.
- **Daily Treatments:** Receive Ayurvedic treatments, such as herbal massages, detox therapies, and rejuvenating procedures.
- **Cultural Excursion:** Experience the awe-inspiring beauty of the Taj Mahal, a symbol of eternal love and architectural brilliance.
- **Sattva International Yoga Festival:** Spend 2 days at the Sattva International Yoga Festival, immersing yourself in high-vibrational teachings, workshops, and practices with leading yogic masters.
- **Personal Growth:** Engage in activities designed for self-discovery, insight, and elevation.

DISCOVER INDIA Itinerary

During this 15-day retreat from March 1st - March 15th, 2025, embark on a profound inner journey as you deepen your yoga practices and explore meditation to cultivate inner stillness. Experience holistic health optimization through Ayurveda while immersing yourself in the essence of India, including a visit to the majestic Taj Mahal and participation in the renowned International Yoga Festival.



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



Day 1-6

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



Day 7-10

- 4 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 11-12

- participation in the Sattva international Yoga Festival



Day 13

- 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

- 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

- Morning Brunch
- Time for Farewells and Departure by 10 am.



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
- 2 Day Participation in the Sattva International Yoga Festival
- 1 night in family run homestay in Agra, breakfast included
- 1 night in 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

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.

Bookings close on the 10th February 2025.

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 1/7/2025)

2900 € / 4800 AUD\$ / 2950 US\$ pp

Regular price:

3000 € / 4990 AUS\$ / 3200 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 1/7/2025)

3200 € / 5200 AUD\$ / 3350 US\$ pp

Regular price:

3400 € / 5600 AUD\$ / 3550 US\$ pp

BOOK NOW!

> *Initial Deposit*

- Initial Deposit of 1000€ / AUD\$ 1500 / US\$ 1100 per person required
- Payment of full amount Discounted Pricing at the time of booking or until June 31st 2025 - regular Pricing July 1st 2025 - October 10th 2025.
- Non-refundable - travel insurance recommended.

> *Special Offer*

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

Next Steps...

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 of the discounted price.
(Bank details or Credit Card Payment details listed below.)
 3. Pay final amount by February 10th for regular Pricing.
 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>
Approx. 3 weeks prior to the retreat start applying for your visa
 6. Schedule a Zoom call with me (optional).
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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 (Additional 3.5% processing fee applies - please add!)

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 Occupancy 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

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: 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

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 in 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

