



NORTH INDIA EXCURSION

Yoga and Ayurvedic Retreat

with Luke Ketterhagen

& Dr. Stephanie, Ayurvedic Physician

November 6 - 21, 2026

DAY 1



6 November - Delhi

Welcome to India! We'll pick you up at Indira Gandhi International Airport (DEL) and go to our first fabulous hotel/resort and settle in. Our adventure has begun!

DAY 2



7 November - Delhi

After our Indian breakfast, we'll tour Delhi for a day packed with fun stops including the Gandhi Memorial and Jama Mosque. Our bicycle rickshaw ride will take us through the narrow lanes of Chandni Chowk, the "spine" of Old Delhi. The day culminates with a special welcome dinner at a local restaurant.

DAY 3



8 November - Jaipur

Welcome to the "Pink City" (aka the color of hospitality) Jaipur is also known as the "City of Gems" for its historic culture around emeralds, rubies and sapphires. Our immersion continues with Traditional Rajasthani cuisine while we enjoy a local dance and musical performance. Three days of being treated like the royalty that founded this city in 1727 awaits!

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Thank you, Luke, for such an amazing journey. My heart and soul needed it, and both were fulfilled.

- Lyn C 2023

Thank you for leading us on a journey that was life changing for me. My gratitude is forever embedded within my heart.

~ Amy 2025

DAY 4



9 November - Jaipur

Start the day with a jeep adventure to the majestic Amber Fort Palace built in 1593. We'll learn about the art of hand-block printing on cloth and understand the art of silk and wool carpet making - on a loom! Lunch at a local restaurant and then onto an elephant sanctuary. Traditional henna for all interested rounds out the day!

DAY 5



10 November - Jaipur

Textile, culture, history and science lovers, this is your day! Explore the City Palace Museum priceless collection of antiques, costumes and armoury of the Mughals and Rajputs. Then onto the largest collection in the world of outdoor astrological instruments at Jantar Mantar. After lunch we visit Galta Ji (Monkey temple renowned for a natural spring flowing down the hilltop) that is considered holy and worth a sprinkle or two for good luck! Last stop for the day is a gemstone factory - a perfect ending.

DAY 6



11 November - Agra Via Abhaneri

On our way to Agra to visit the awe inspiring Taj Mahal we'll walk around one of the hidden secrets of India - the largest step-well in the world built over a thousand years ago! Then onto Agra where we check into our next fabulous hotel. Then we will tour a factory where they show us how in 1632 the Persians who built the Taj perfected the art of inlaying 28 different kinds of stones in marble including onyx, lapis-lazuli and jade... beauty abounds!

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Luke, your willingness to be present and vulnerable has allowed us all to open up our hearts as a group. Your compassion and patience was felt by every one of us.

~ Betsy 2025

This journey to India felt like an exploration across many lifetimes. What I experienced was nothing short of evolutionary.

~ Stephanie M 2025

DAY 7



12 November - Agra

Sunrise at the Taj Mahal is simply magical. After breakfast we'll visit the massive Agra Fort, built by Emperor Akbar in 1565. Then the "Baby Taj" and Mehtab Bagh park are on the agenda. What better way to round out this day than to see the setting sun cast its pink hues on the great white marble of the Taj Mahal from the east bank of the Yamuna river. Head to bed so we can catch our early train to Varanasi!!

DAY 8



13 November - Varanasi

All aboard the Vande Bharat Express! The "City that illuminates" here we come! You will never forget this special place - it pulses with authenticity and energy and is one of the oldest living cities in the world. At sunset we will go to the banks of the holy Ganges and not only be witness to this unbelievable devotional ceremony called Aarti - we'll participate in it.

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If you are looking for a stress-free first trip to India, go with Luke! A perfect balance of culture, history, and everyday life in India with time built in for reflection and relaxation.

~ Christina C 2023

DAY 9



14 November - Varanasi

Our spiritual uplifting experience in Kashi will continue with a sunrise boat ride on the Ganges to see the bathing ghats and the cremations sites. Then we'll visit the powerful and potent Kashi Vishwanath Temple in the old narrow lanes. We'll have brunch then visit Sarnath, the sublime location where Buddha gave his first lectures after enlightenment, making it a renowned school of learning from the 16th century BC to 12th century AD. You'll visit the ruins, the massive stupa, the Buddhist temple & the museum.

DAY 10



15 November - Mussoorie

Now we prepare for the yoga and ayurveda retreat! Today we take a short flight to Dehradun en route to our Ayurvedic Retreat Center. A scenic drive through the foothills of the Himalayas takes us to our most fabulous "home" for five nights.

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Traveling alone in India is inconceivable to me, and the fact that Luke and his team were able to guide thirteen people and keep all of them happy is truly remarkable!

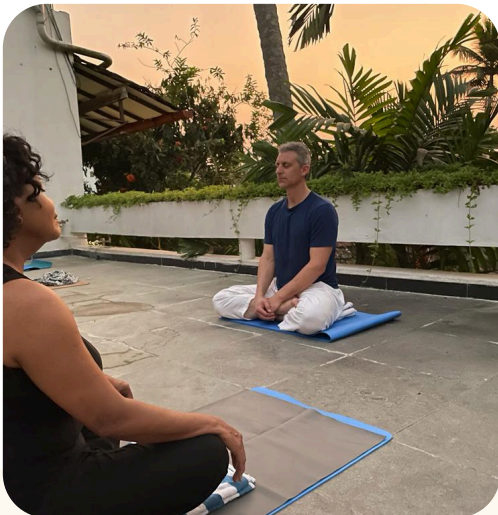
~ Christine P 2023

DAY 11-14



16 November Mussoorie

With 7am yoga we'll begin our retreat! You'll be immersed in the deeply relaxing and revitalizing ayurvedic treatments, lush location, and enriching yoga and meditation practices, options to trek in the foothills of the Himalayas and go to the famous "Beatles Ashram" established by Maharisi Mahesh Yogi.



DAY 15



20 November Mussoorie

Retreat concludes and we take off toward Dehradun to catch our flight to Delhi. After hotel check in we enjoy a farewell dinner celebration at an authentic Indian specialty restaurant.

DAY 16



21 November Delhi

Early am flight departure from Indira Gandhi International Airport home or to your next adventure!

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It was all so well done that only years of travel knowledge, hours of preparation, thoughtfulness and personal attention could manifest this trip of a lifetime. Well done Luke. Truly well done. – Linda 2025



Hope you will join us for a trip of a lifetime! Namaste.