

*Time for your inner self - Further develop who you truly are
Receive teachings from yogis , enlightened masters and india itself*



*A country where practicing karma yoga is the rule rather than the exception
Mother India : A global identity where acceptance is central.*

FLEXIBILITY

2 weeks or more..

How does this work?

People coming from Europe can start together in Brussels or maybe London.

We all meet at the *airport of New Delhi*.

Private transport will bring us to *Rishikesh, yoga capital of the world!*

2 WEEKS

Then, at the heart of the first two weeks there is a **7 day yoga retreat** at *Phool Chatti Ashram*.

7km outside of Rishikesh surrounded by jungle and wild animals, lays this pittoresk yoga monastery next to the river **Ganga!**

This is a full program retreat with luxurary staying (hotel) and amazing guidance by our female yogateacher Lalitagee.

She has been guiding us and our groups since 2007...

<https://www.phoolchattiyoga.com>



Before and/or after you can discover all the *restaurants, workshops, bookstores, musical performances, ...* at **Rishikesh**.

At that time we are staying at *Swami Samarpans'ashram*.

This beautiful monastery gives you the insight to a more basic way of living.

The ashram is guided by swamiji who will be in silence during 6 months while performing daily severe fire meditation.

Morning time we will have **meditation and asana** class guided by our own yoga teacher *Ramji*.

Daytrips into the mountains, visiting sacred places and *temples, elephantpark, rafting down the Ganga* can be organised on demand.

Those who will can come on a visit to *Shantigee*, our reikimaster and powerwoman who lived here since the 1970's with several of the most renowned masters and gurus from the last centuries like Osho, Babaji, Maharishi,...



This all will be about two weeks.

Private transport will be arranged straight back to the airport.

OR MORE (3 - 4 weeks)

From that point on things will be organised according to the wishes and composition of the group we are travelling with.

Which doesn't mean we all do the same thing.

Accommodation and classes can be organised to your personal wishes.

OPTIONS

1

Die Hard Yogis can go up the *mountains* to our **Shanti Dham Ashram**.

Together with Ramji we are building a place for *intense yoga experience*.

It is situated 1 hour above Rishikesh and has an elevated view on the Ganga and Rishikesh.

If you go a little further up you will see the snowcapped origins of mother Ganga deep in the majestic **Himalayas**.



Accommodation is basic and surrounded by the wildness of nature.

For ages yogis would isolate themselves in the nature to find deep understanding of life.

This is as close as you can get as a westerner.

Daily sessions will be guided by **Ramji** on the rooftop of your modest shared room.

Simple food is provided.

A incredible unique experience that will access the most *basic layer of your being*.

2

Waking up the *buddhist* in you, will bring you to **Dharmasala**, where the Dalai Lama and all the other Tibetan refugees has found a new home since the 1950's.

We are in *the heart of the himalayas* then at around 2000m altitude.

A morning walk uphill will bring you to *daily buddhist meditation*.

You can freely follow lectures and classes tibetan instruments, jewellery, cooking, thanka painting or...



As in Rishikesh there is a wide ranges of **workshops** and **restaurants** available to dive deeper into the experience you are looking for.

The **buddhist** mentality is everywhere and it is quiet an overwhelming experience!

3

Conquered the spiritual inner realm? Time to test it in the outside world.

Those who are up to it we 'll take into the *highest mountainrange of the world*.

Again there are different options here.

We know **Ramesh and Kundan** and their team for more then 20 years.

Together we will design the best mountain experience.



They can guide us on a *moderated* 3 to 4 day journey starting from Phool Chatti Ashram flanking the valley of mother Ganga

There is a daily routine of walking with a **daypack** and staying every night in tents at a local village.

It will bring you closer in contact with local, hindu people who are living there modest lifes.

Tents and your personal luggage is handled by **horses** as they hopefully find there way every evening to you.

After some days upstream we return slightly easier by **backraft**.

Yes, a *24km downstream chase on and in the river Ganga* will bring you back to the heart of Rishikesh!

If you feel like *stepping up your hiking game* we can take you to the Trident of Shiva.

Close to these **6000m high peaks** we hike up , expedition style : you carry your own **multiday backpack** with your own **sleeping gear and food**.

Depending on the chosen track we can have some local support or go by ourselves into the snowy mountains where an ambush of a snowleopard, lonely sadhuyogi our even yeti can happen.

You need to be fit for this mentally and physically.



4
On our way back to Delhi we can take the nighttrain to **Mathura**, birthplace of *Krishna*.
We visit sacred temples and the huge Ma Durga Statue.
We are welcomed in the sacred temple of Swami Maharaj.

Just a small drive away is the world famous **Taj Mahal**.

Before getting to the airport we go Indian-time-die-hard and loose ourself in the bustling city of Delhi.

STRENGTH

More then 20 years of experience

If you come with us , we deliver long time experience in India travels.
Many of the people we work with are *locals*, which we consider *family*.

Sigurd will serve as your **tour guide**. It is his 8th journey to Mother India.
In total he spent more then a year in Rishikesh and around.

He guided plenty of people though the cultural jungle of this beautiful land.

Being more then comfortably has been proven by spending more then 5 months locally together with Elly and the kids.

First time was in 2025 when our son was only 4 years old and our daughter 1.



As our western cultural is definitely very different, we will *softly guide* you.

There is a clear vision in making you **comfortable** so you are able to seamlessly slipping into the local habits and customs.

At the same time you are encouraged to open up as much as possible to the gentle gifts the yoga, meditation and the indian culture has to offer you.

Local teachers are **professionally** skilled how to help you on your way.

Practical organisation on the ground is in hands of people with a lifetime of experience of taking care of foreigners to explore at the fullest.

B A L A N C E

You, your life and the experience of a lifetime.

Maybe it is a *once-in-a-lifetime journey* for you.

And so we try to accomodate you with the atmost **comfort** as to develop yourself to the max.

As we all know : everything comes at a **price**.

As the journey will be customized to your desire, there are some *expenses*.

As we will be well received at the beautiful *Phool Chatti Ashram*, it is not cheap.

Though lower then our western standards the fee is well balanced towards the western comfort you will experience.

Single room with private bathroom, luxurious, though full yogic meals and an astounishing surrounding should not be missed in this **unique journey**.

As you get more comfortable,we will bring you deeper into contact with **sages** and **wise** people then can change your point of view forever.

We like to support these opportunities to the fullest by generously compensating the time these people are gladly willing to spend with us.



Once in the mountains we will be in our **own hiking party**.

Personnel guiding every step of the way, delicious cooking and as feel good as it get when you conquer the Himalayas.

Nevertheless we also would love everyone to be able to enjoy this kind of trip.
And as it is learnt from Indian Philosophy we will not take more than needed.

So as a basic fee for accommodation, guidance, classes and lectures, we ask for around **1490 euros for the basic 2 weeks**.
This includes also all local transport.

The week at Phool Chatti Ashram and the trekking will have all inclusive, so also meals, drinks, etc...

While living in Rishikesh we want you to be able to find your own way, at your own budget in the hundreds of cosy restaurants, shops and extra workshop opportunities.

A good meal in a restaurant does not need to cost more than 2-5 euros.

All sorts of delicious foods are available and if you wish you can also do some self-catering in between.

Every **extra week** will have a surplus of *max 1000 euros*

Airplane tickets are not included.

As much as possible we will do the booking together for people starting off in Belgium.

Early one-way-and-back can be as cheap as 600 euros.

We can also accommodate electronic visas for less than 100 euro.

The image shows two documents side-by-side. On the left is a British Airways confirmation email for a flight to New Delhi. It includes the flight details, passenger information, and a total cost of €1,826. On the right is a Belgian passport with an Indian e-Visa. The passport is for Sigurd Vanderschueren, born 05/05/1978, and the e-Visa is for India, valid until 26/08/2025.

If you are not used to travel to different continents, we advise you to check with your local tropical institute for **vaccinations** and more.

We will assist you on passport, Visum, health issues,...

We will share all that info with you at due time.

If you want you can purchase a local SIM for your cellphone and for about 10 euros you have full connection at any time.

Many more *tricks and tips* we will share with you at our online or live meeting beforehand.

If you feel a strong call to join, but are *financially unable* you can contact us.

We are here to **serve**...

If you are interested, contact us.

If you want to go already send us your preferences so we can puzzle the journey together.

Just as you will need to be able to negotiate in India, we will figure out together what will be your best personal journey.



ELLGURD vzw

Meer info : sigurd@ellgurd.be