

PRINCETON JOURNEYS

India IMMERSION: *Yoga and Meditation*



December 4-17, 2025

alumni.princeton.edu/journeys

Dear Princetonian,

In 2017, Princeton offered its first Yoga and Meditation Fellowship in India to students. Led by Vineet Chander, assistant dean of Hindu Life, and Angela Quinn, a beloved yoga teacher on campus, the fellowship engaged students in the study of yoga, discussions of philosophy, and transformational inner journeys in some of the most sacred and rejuvenating places in the world.

This December, Princeton Journeys is thrilled to bring this immersive fellowship experience to the alumni community. Join Vineet and Angela on a journey through the subcontinent, participating in daily yoga and meditation practices, transformative conversations, and visits to yoga ashrams and sacred spaces.

Explore Rishikesh, the yoga capital of the world, and stay at Govardhan Ecovillage, a retreat nestled in the Sahyadri mountains where yogis from around the world gather to study. Travel to Udaipur, the dazzling “City of Lakes,” and see the highlights of bustling Mumbai.

This Princeton-exclusive experience is one of a kind, and we encourage you to secure your place.

With kind regards,



Bridget St. Clair

Director, Alumni Education and Travel, Princeton University

Please note: No prior experience is required, as all yoga sessions will be tailored to accommodate different skill levels.

Traveling with You



Vineet Chander, *Assistant Dean of Hindu Life,
Office of Religious Life*

Dr. Vineet Chander, Princeton University’s Hindu chaplain, is an American-born Hindu priest and educator. His areas of specialty include Bhakti, the Bhagavad-Gita and models of pastoral counseling. Chander has studied the theology and praxis of Hinduism’s Chaitanya Vaishnava tradition in both the United States and India. He earned his J.D. from the George

Washington University Law School; his M.A. in religious studies at Rutgers University; and his doctorate in education from New York University. He co-leads Princeton University’s Yoga and Meditation Fellowship.



Angela Quinn, *Administrator, Alumni Education and Travel;
Yoga Teacher*

Angela Quinn began studying the science of yoga in India in 2011, where she also began the practices of pranayama, pratyahara, kriya and meditation. Two additional trips to India furthered her yogic studies. She has a B.A. in international relations and affairs and a master’s in education. Before joining the University staff as lead yoga instructor for campus

recreation, she taught yoga in the Princeton community for more than a decade. In 2022, she joined the University’s Advancement team as an administrator for Princeton Journeys. She co-leads Princeton University’s Yoga and Meditation Fellowship and will facilitate yoga practices throughout this journey.

alumni.princeton.edu/journeys



Itinerary

DAY 1. DECEMBER 4 DEPART U.S.

Depart the U.S. on an overnight flight to Delhi, arriving December 5.

DAY 2. DECEMBER 5 ARRIVE DELHI

Arrive at Delhi's Indira Gandhi International Airport. Enjoy VIP airport assistance, with a local representative there to meet you after disembarking the aircraft. Transfer to your airport hotel.

JW MARRIOTT AEROCITY, NEW DELHI
(Meals aloft)

DAY 3. DECEMBER 6 RISHIKESH

After breakfast, transfer to the domestic airport and fly to Dehradun, then set out on the one-hour drive to Rishikesh, stopping for a buffet lunch enroute. Set on the bank of the sacred Ganges River and at the base of the Himalayas, Rishikesh is a world-renowned center for yoga and meditation with deep spiritual significance for local Hindus.

Check into the five-star Roseate Ganges Hotel, with individual villas each opening to a private balcony, and settle into the rhythm of the journey with an afternoon yoga and meditation session. This evening, take part in a puja (river prayer service) and welcome dinner with your fellow travel companions.

ROSEATE GANGES
(B, L, D)

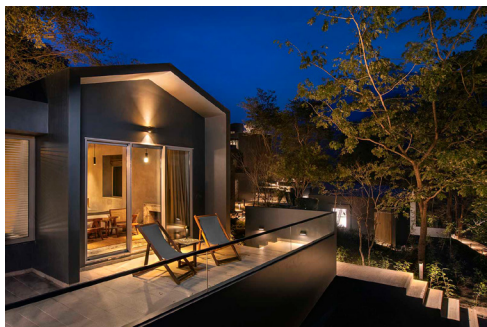
DAY 4. DECEMBER 7 RISHIKESH

Begin the morning with a meditation and yoga session, then set out for the Vashistha Gufa Ashram, a meditation cave on the banks of the Ganges River. Meditate in the cave where learned sages have meditated for centuries, experiencing the peace and serenity of the flowing river.

After lunch, explore "the Beatles Ashram" inside Rajaji National Park. This now defunct ashram was the home base of Maharishi Mahesh Yogi, the founder of Transcendental Meditation, and where the Beatles studied in 1968. Stroll the grounds, soaking in the nature, history and spirituality of the place, then convene at the edge of the park for a meditation session and philosophy discussion overlooking the river.

At dusk, gather at the Parmarth Niketan Ashram to experience the Ganga Aarti, a nightly devotion in honor of the Ganges River. During this moving ceremony, lamps are set afloat and the air hums with the chants of ancient hymns. Conclude the day with dinner and live music.

ROSEATE GANGES
(B, L, D)





DAY 5. DECEMBER 8 **RISHIKESH**

This morning, enjoy a yoga and meditation session at Anand Prakash Ashram, immersing yourself in its rich spiritual heritage, serenity, and yoga practice. While there, experience a traditional havan (fire ritual).

Following lunch, visit the ancient Rishikund holy pond and 13-story tall Trayambakeshwar Temple. Spend the remainder of the afternoon strolling through some of Rishikesh's vibrant markets, where you can find colorful handicrafts, spiritual artifacts, and a wide assortment of yoga mats, meditation cushions and artisanal jewelry. Alternatively, enjoy time at leisure for inner reflection.

ROSEATE GANGES
(B, L, D)

DAY 6. DECEMBER 9 **UDAIPUR**

Fly to Udaipur via Delhi in the morning, then transfer to your hotel. Often called the "City of Lakes," Udaipur is a stunning oasis nestled in the Aravalli hills, where majestic palaces, shimmering lakes and intricate temples create a fairy-tale ambiance.

After a late afternoon yoga session, embark on a boat ride on serene Lake Pichola, with breathtaking views of the city's lush hills and historic landmarks. See the iconic City Palace, the floating Lake Palace and Jag Mandir, a beautiful island retreat.

TRIDENT UDAIPUR HOTEL
(B, L, D)

DAY 7. DECEMBER 10 **UDAIPUR**

After a morning meditation and yoga session, visit the City Palace, a grand and opulent complex perched on Lake Pichola. Built over a period of 400 years, the palace is a stunning maze of courtyards, terraces, pavilions, corridors and gardens. Continue to the Crystal Gallery, housing a rare collection of Osler's crystal.

Stop for a traditional Rajasthani lunch at a local restaurant offering stunning views of the lake and palace.

In the afternoon, explore the intricate carvings and detailed architecture of the 17th-century Jagdish Temple, dedicated to Lord Vishnu. Spend the remainder of the day meandering through a few of Udaipur's markets.

TRIDENT UDAIPUR HOTEL
(B, L, D)

DAY 8. DECEMBER 11 **UDAIPUR**

Venture to Neemach Mata Temple in the morning for a special hilltop yoga session with panoramic views of Fateh Sagar Lake, the Arvalli hills and the cityscape.

After returning to the city in the early afternoon, immerse yourself in the rich culinary traditions of Rajasthan with a hands-on cooking class in the heart of Udaipur. Enjoy the rest of the afternoon at leisure before gathering for dinner.

TRIDENT UDAIPUR HOTEL
(B, L, D)



DAY 9. DECEMBER 12 GOVARDHAN ECOVILLAGE

Depart on a morning flight to Mumbai and transfer to Govardhan Ecovillage. Nestled in the picturesque Sahyadri mountains, this eco-friendly retreat is dedicated to promoting harmony between nature and humanity. It features organic farms, lush gardens and traditional Indian architecture, providing a peaceful environment for rejuvenation and self-discovery.

During your stay, you will have the opportunity to participate in a variety of yoga and meditation sessions, Ayurvedic treatments, and workshops focused on sustainability and spirituality. All meals will be vegetarian and served at the village.

GOVARDHAN ECOVILLAGE
(B, L, D)

DAYS 10-11. DECEMBER 13-14 GOVARDHAN ECOVILLAGE

Spend two full days experiencing life at Govardhan Ecovillage, taking advantage of the village's offerings at your own pace.

GOVARDHAN ECOVILLAGE
(B, L, D)

DAY 12. DECEMBER 15 MUMBAI

The final leg of your tour brings you back to Mumbai, the pulsating heart of India. The streets teem with life, from the bustling vendors of Colaba Causeway to the vibrant stalls of Crawford Market.

Upon arrival, check into your hotel, located on Mumbai's waterfront. After lunch, discover the city's highlights, including the Gateway of India, Malabar Hill and the famous Hanging Gardens offering panoramic views of the Arabian Sea and Marine Drive.

Celebrate the conclusion of your transformative journey at a festive farewell dinner.

TAJ MAHAL PALACE
(B, L, D)

DAY 13. DECEMBER 16 DEPARTURE

After breakfast, transfer to the airport for your flight home, arriving in the U.S. on December 17.

(B)



PROGRAM RATES

Standard room, double occupancy:.....\$7,500 per person

Premium room upgrade (Roseate Ganges,

Rishikesh), double occupancy:.....\$7,800 per person

Standard room, single occupancy:\$9,310 per person

Program Rates Include Accommodations as listed; VIP arrival at Delhi airport; VIP assistance at Mumbai Airport; meals as listed in itinerary; exclusive designated venues for yoga and meditation in Rishikesh and Udaipur; all excursions, activities and sightseeing as listed in itinerary; overland transportation; services of an English-speaking national guide; all entrance fees to sites listed in itinerary; bottled water and juices at all included meals; domestic airfare in India in economy class; all gratuities.

Program Rates Do Not Include Cost of Indian visa; international airfare; transportation/guide services or additional experiences during the stay at Gordhavan Ecovillage; travel insurance; alcohol; items of purely personal nature.

Reservations and Payments To reserve a space, please register online at: alumni.princeton.edu/india-dec2025 or contact the Princeton Journeys team at 609.258.8686/journeys@princeton.edu. Balance of payment is due four months prior to departure.

Air Arrangements U.S. domestic and international airfare is not included in the program rates. You are welcome to book your air transportation through your local travel agent, an online travel site or the airline of your choice.

Insurance As a service to its travelers, Princeton University automatically provides Princeton Journeys participants traveling internationally* with basic medical, accident and evacuation coverage under a group emergency travel protection plan. It is highly recommended that you supplement this basic protection with your own additional coverage, as well as trip cancellation/interruption or baggage coverage. Information on additional insurance will be emailed to you upon receipt of your reservation.

*Please note, only U.S. residents are covered under the group emergency travel plan. Foreign national travelers should purchase insurance separately.

Group Size This program is limited to 20 Princeton Journeys travelers.

What To Expect In addition to daily yoga practice, which is tailored to accommodate all skill levels, this trip involves a certain amount of physical activity, such as some uphill hiking, stair climbing and walking on uneven surfaces. **Travelers must be in good physical health and able to walk on uneven surfaces to participate in the tour.**

Disclaimer Princeton University is pleased to facilitate travel opportunities for its alumni and friends through Princeton Journeys. Princeton Journeys works with tour operators to make available interesting and enriching travel opportunities for the Princeton family. Please note that neither the University nor Princeton Journeys conducts tours, nor does either act as an agent for guests interested in tours. Princeton Journeys acts as a facilitator with tour operators, and tour participants contract directly with tour operators to make arrangements for completing travel. Princeton Journeys encourages you to familiarize yourself thoroughly with the tour operator's cancellation and refund policies, and also to investigate available services such as trip cancellation insurance. Neither the University nor Princeton Journeys is responsible for changes to trips or travel arrangements or for losses or additional expenses resulting from or relating to travel.

Princeton Journeys' complete terms, which you are required to agree to before enrolling in a tour, can be found at: alumni.princeton.edu/connect/princeton-journeys/terms-and-conditions.

Cancellation Policy and Refund The tour deposit of \$1,500 per person is nonrefundable. The final invoice will be sent 120 days prior to departure and is due upon receipt. Cancellations shall not be effective until they are received in writing and confirmed by Princeton Journeys.

The Following Cancellation Fees Will Apply

If a written request is received within 120-75 days prior to departure: 50% of the trip price will be refunded.

If a written request is received within 74-60 days prior to departure: 25% of the trip price will be refunded.

If a written request is received less than 60 days prior to departure: no refund shall be issued.

No refund shall be issued after the tour has commenced, or for leaving the tour early. No refunds shall be issued for missed meals, sightseeing or any unused services.

Responsibility Tour participants assume the responsibility to select a tour that is appropriate for their abilities and health. Authentic Asia acts only in the capacity of agents for the hotels, airlines, bus and ship lines or owners of contractors providing accommodations, transportation or other services. As a result, all coupons, receipts or tickets are issued subject to the terms and conditions specified by the supplier. By acceptance of tour membership, the participant agrees that neither Authentic Asia nor any of its subsidiaries shall become liable or responsible for personal injury or illness, damage to person or property, loss, delay or irregularity caused by person not controlled by it, such as (without limitation) airlines, bus and shipping companies, suppliers of accommodations or other services, or resulting from any acts of God, defects in vehicles, strikes, wars, whether declared or otherwise, civil disturbances, medical or customs regulations, acts of terrorism, epidemics, government restrictions, criminal or negligent acts of others, weather, or any other circumstances over which Authentic Asia has no control. Authentic Asia is not responsible for any additional expenses or liability sustained or incurred by the participants as a result of the abovementioned causes.

Tour participant acknowledges receipt of a copy of these terms and conditions and signifies acceptance of, and consents to all of the terms and conditions set forth herein, when registering for or making payments on this tour.



▶ [Please scan to register online](#)

India

IMMERSION:

Yoga and Meditation

December 4-17, 2025

Register online at alumni.princeton.edu/india-dec2025 or fill in the form below and mail to: Princeton Journeys, P.O. Box 5256, Princeton, NJ 08543. For more information, contact Princeton Journeys at journeys@princeton.edu or 609.258.8686.

PAYMENT

Enclosed is my check for \$_____ (\$1,500 per person, made out to Princeton Journeys), to reserve _____ places.

OR

Please charge my deposit to:

Visa MasterCard American Express Discover

CREDIT CARD NUMBER

EXP. DATE

CARDHOLDER SIGNATURE

SECURITY CODE

I/we understand that final payment is due Aug. 6, 120 days prior to departure. Registrations after Aug. 6: Full payment is due.

TITLE

NAME #1 (AS ON PASSPORT)

DOB

EMAIL

PRINCETON AFFILIATION

TITLE

NAME #2 (AS ON PASSPORT)

DOB

EMAIL

PRINCETON AFFILIATION

STREET ADDRESS

CITY

STATE

ZIP

HOME PHONE

MOBILE PHONE

ACCOMMODATIONS

Bed preference in hotel (not guaranteed): Two beds One bed

I/we have read the tour information and agree to the terms and conditions therein.

SIGNATURE

DATE

SIGNATURE

DATE

Personal checks should be made out to Princeton Journeys.



India

IMMERSION:

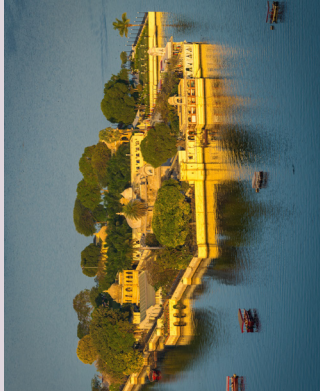
Yoga and Meditation

IMMERSE YOURSELF in the practices of yoga and meditation in Rishikesh, the “yoga capital of the world.”

DISCOVER THE REGAL HERITAGE OF UDAIPUR, the dazzling “City of Lakes.”

STAY AT GOVARDHAN ECOVILLAGE, a renowned spiritual retreat nestled in the Sahyadri mountains.

FOLLOW IN THE FOOTSTEPS of Princeton’s Yoga and Meditation Fellowship, engaging with yoga philosophies and philosophers from across the subcontinent and challenging what you know about the ancient practice of yoga.



December 4-17, 2025



Princeton University
P.O. Box 5256
Princeton, NJ 08543