

Rajasthan Wellness Week: Yoga, Ayurveda & Palace Relaxation

Prepared by TourGrids

Destination
Rajasthan

Duration
7 Nights 8 Days

Starting from
Rs. 33,200 / person

ITINERARY ROUTE

↙ Jaipur · 2N

↙ Jodhpur · 2N

↙ Udaipur · 3N

<https://tourgrids.com/packages/rajasthan/rajasthan-7-nights-8-days-package-455>

Overview

Rajasthan Wellness Week: Yoga, Ayurveda & Palace Relaxation is a curated 7 nights / 8 days Rajasthan Family tour package designed for families and couples seeking gentle wellness, cultural immersion, and luxurious palace-style relaxation. This Rajasthan tour package blends daily yoga sessions, rejuvenating Ayurvedic therapies, and stays at heritage hotels—perfect for the Rajasthan Family package and ideal as a 7 and 8 Rajasthan Family tour package choice.

Highlights:

- Daily morning yoga & pranayama led by certified instructors
- Personalized Ayurvedic consultations & therapies (Abhyanga, Shirodhara, steam)
- Stays in restored palace hotels and heritage haveli properties
- Family-friendly cultural experiences: puppet shows, boat rides, folk music
- Leisure time for spa, pool, and palace relaxation

Tip: Best undertaken between October and March for pleasant weather and outdoor yoga.

Additional Notes:

This itinerary balances wellness sessions with light sightseeing to ensure relaxation for all ages. Travel times between cities range from 5–7 hours; private transfers are included to keep the experience comfortable.

✓ **What's Included**

- ✓ Accommodation for 7 nights in heritage/palace hotels (twin/double or family rooms)
- ✓ Daily healthy Ayurvedic breakfasts and select lunches/dinners as specified
- ✓ Daily yoga classes (guided by certified instructors)
- ✓ 3 personalized Ayurvedic therapy sessions per adult + 1 consultation (additional therapies available at extra cost)
- ✓ Private air-conditioned transfers between cities and airport/station transfers
- ✓ All sightseeing as per itinerary with local guides and entrance fees
- ✓ Lake Pichola boat ride in Udaipur
- ✓ Welcome and farewell herbal gifts
- ✓ All applicable taxes

✗ **Not Included**

- ✗ International / domestic flights to India (unless specified)
- ✗ Meals not specified in the itinerary
- ✗ Personal expenses, tips, and gratuities
- ✗ Travel insurance (highly recommended)
- ✗ Additional Ayurvedic treatments beyond the included sessions
- ✗ Any optional activities not listed as included
- ✗ Government-mandated local taxes or fee changes arising after booking

Day-by-Day Itinerary

Day

1

Arrival in Jaipur — Gentle Welcome, Orientation & Evening Yoga

Arrive at Jaipur International Airport / Railway Station. Private transfer to your heritage hotel. Enjoy a welcome drink and Ayurvedic tea and settle into your palace-style room. Late afternoon: a gentle welcome yoga session (60 minutes) focused on grounding and breathwork, followed by an introductory Ayurvedic consultation to customize treatments for the week. Evening at leisure with optional traditional Rajasthani folk music performance.

Stay: Heritage hotel in Jaipur.

Day

2

Jaipur — Sunrise Yoga, Light Sightseeing & Palace Relaxation

Morning: sunrise yoga and pranayama on the hotel terrace (75 minutes). Healthy Ayurvedic breakfast. Mid-morning guided light sightseeing including City Palace and Jantar Mantar (short visits focused on easy walking). Lunch at the hotel with time for an Ayurvedic spa treatment (Abhyanga or Ayurvedic massage - 60 mins).

Late afternoon: free time for pool or palace relaxation. Evening: optional puppet show or a short walking tour of the old bazaar for handicrafts.

Family-friendly pace; sightseeing is optional and kept short to prioritize rest.

Day

3

Transfer to Jodhpur — Travel, Restorative Yoga & Evening Free

After a leisurely breakfast, depart for Jodhpur (approx. 5–6 hours private drive with scenic stops). En route, short stop at a rural village to observe local life and a quick stretch/yoga pause.

Arrival in Jodhpur: check into a converted palace haveli. Late afternoon: restorative yin yoga and guided relaxation (45–60 mins) to ease travel fatigue. Evening at leisure—recommend sampling local Rajasthani cuisine at the hotel.

Tip: Carry light layers for cooler evenings in winter.

Day

4

Jodhpur — Ayurvedic Therapy, Mehrangarh Light Visit & Cultural Evening

Morning: personalized Ayurvedic therapy session (e.g., Abhyanga or Shirodhara) followed by a calming herbal steam.

Post-lunch: short, accessible visit to Mehrangarh Fort (focus on the museum and panoramic views; minimal walking). Late afternoon: family-friendly activity such as a block-printing demo or a short blue city walking drive.

Evening: sunset tea at the fort viewpoint or cultural performance at the hotel.

Accessibility note: Fort visit arranged with minimal steps where possible; alternatives available for guests with mobility concerns.

Day

5

Transfer to Udaipur — Lakeside Arrival & Evening Yoga

After breakfast, depart to Udaipur (approx. 5 hours by private car). Scenic drive with optional stop at Ranakpur Jain temples (time permitting) for a brief serene visit.

Arrive in Udaipur: check into a lakeside palace hotel. Evening: gentle sunset yoga session by the lake followed by a light Ayurvedic dinner.

Highlight: Udaipur's romantic lakeside setting—perfect for relaxed family evenings.

Day

6

Udaipur — Morning Yoga, Boat Ride & Ayurvedic Treatment

Sunrise: extended yoga + pranayama session overlooking Lake Pichola (75 minutes). After a nourishing breakfast, enjoy a private boat ride on Lake Pichola visiting Jag Mandir for photos and gentle exploration.

Afternoon: personalized Ayurvedic therapy (choice of 60–90 min treatment) and free time for spa or pool. Evening: optional classical music performance at the hotel or a relaxed walk along the lakeside promenade.

Family-friendly activities arranged for children like simple craft sessions at the hotel.

Day

7

Udaipur — Full Wellness Day: Yoga, Ayurvedic Workshop & Palace Leisure

A full day dedicated to wellness:

- Morning: restorative yoga and group pranayama.
- Mid-morning: Ayurvedic lifestyle workshop (diet, daily routines, simple home remedies) led by an Ayurvedic practitioner.
- Afternoon: choice of therapy (Shirodhara, Abhyanga, or herbal steam) followed by leisure time in palace gardens or by the pool.
- Evening: farewell dinner with Rajasthani thali and optional folk dance demonstration.

This day is ideal for families to participate together in gentle wellness practices.

Day

8

Departure from Udaipur — Final Yoga & Farewell

Morning: short closing circle with light yoga/pranayama and sharing. After breakfast, time for last-minute shopping or a short lakeside stroll. Private transfer to Udaipur Airport / Railway Station for onward journey.

Check-out times and transfer details will be confirmed in advance. A final herbal tea and Ayurvedic gift (pack of recommended herbs/oil) is included as a parting wellness gesture.

? Frequently Asked Questions

? What are the top tourist attractions in Rajasthan?

Rajasthan boasts stunning attractions like the majestic forts of Jaipur (Amber Fort), Jodhpur (Mehrangarh Fort), and Udaipur (City Palace). Don't miss the Thar Desert's scenic dunes, the vibrant markets, and cultural experiences in Pushkar, and the heritage of Chittorgarh. Each site reflects the rich history and vibrant culture of the state.

? What is the best time to visit Rajasthan?

The best time to visit Rajasthan is from October to March. During these months, the weather is pleasant, with cooler temperatures ideal for exploring the state's majestic forts, palaces, and vibrant cultural festivals. This period ensures a comfortable experience while enjoying Rajasthan's rich heritage.

❓ **How do I reach Rajasthan from other parts of India?**

Rajasthan is well-connected by air, rail, and road. Major airports in Jaipur, Udaipur, and Jodhpur serve domestic flights. Train services link cities like Jaipur and Jodhpur with other regions. National highways ensure easy access by car or bus, making it convenient to explore this vibrant state!

❓ **What is the local cuisine like in Rajasthan?**

Rajasthan's local cuisine is a vibrant blend of flavors, featuring dishes like dal baati churma, gatte ki sabzi, and laal maas. The use of spices, lentils, and traditional cooking techniques results in rich and hearty meals. Street food like kachoris and sweets like ghevar add to the culinary experience.

❓ **Are there any cultural festivals celebrated in Rajasthan?**

Yes, Rajasthan is known for its vibrant cultural festivals like the Pushkar Camel Fair, Jaisalmer Desert Festival, and the Teej Festival. These celebrations showcase traditional music, dance, crafts, and local cuisine, offering tourists a rich experience of Rajasthani heritage and culture.

❓ **Is Rajasthan suitable for adventure tourism?**

Yes, Rajasthan is perfect for adventure tourism! Explore thrilling activities like camel safaris in the Thar Desert, hot air ballooning over Jaipur, rock climbing in Aravalli Hills, and white-water rafting in the Chambal River. The state's diverse landscapes and rich culture add to the adventure!

❓ **What safety tips should I keep in mind while traveling in Rajasthan?**

When traveling in Rajasthan, prioritize your safety by keeping these tips in mind: avoid isolated areas after dark, stay hydrated, dress modestly, use reputable transportation options, keep copies of important documents, and be aware of your surroundings. Embrace local customs and always trust your instincts.

★ **Traveller Reviews**



Riddhi Sharma

★★★★★ 5/5

Surprising Art Forms

Exploring various art forms in Rajasthan was surprising! The intricate designs and uniqueness are commendable.



Farah Iqbal

★★★★★ 5/5

Diverse Itinerary with Fun Activities

The itinerary offered a good mix of history, culture, and adventure. Each day was packed with fun activities!



Rohit Sharma

★★★★★ 5/5

Tranquil Stay Amidst Nature

Our stay in a resort amidst nature was tranquil and rejuvenating. The serene environment made for a perfect escape from the city.



Kavya Singla

★★★★★ 5/5

Fascinating Desi Cuisine Tour

Rajasthan's cuisine is as colorful as its culture! We enjoyed trying various traditional dishes, and it was a gastronomical delight.



Umesh Choudhary

★★★★☆ 4/5

Cultural Insights Galore

The cultural insights provided during the tour were incredible. It made me appreciate the heritage of Rajasthan deeply!

⚡ Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

 **Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

 **Best Price Guarantee**

Multiple free quotes and booking at the most competitive rates available.

For the latest pricing, availability, and customization options, visit:

<https://tourgrids.com/packages/rajasthan/rajasthan-7-nights-8-days-package-455>