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**PRESS RELEASE**

**Prominent Yoga and Meditation Centers in India**

**Parmarth Niketan**

            Parmarth Niketan – a renowned Yoga and Meditation center is located in Rishikesh on the banks of Ganges River and the foothills of the Himalayas.  With over 1,000 rooms, the facilities are a perfect blend of modern amenities and traditional, spiritual simplicity.  Daily activities at Parmarth Niketan include morning universal prayers, daily yoga and meditation classes, as well as Nature Cure and Ayurvedic treatment and other ancient Indian sciences.

            Rishikesh is well connected by road, rail and air from Delhi. There are daily flights operated by Air India and Jet Airways from Delhi to the Jolly Grant Airport, which is about 30 minutes road journey from Rishikesh.  Flight schedules can be seen from the website [www.yatra.com](http://www.yatra.com).

            Maximum stay of 15 days is permitted to first-time visitors.  For reservation the website [www.parmarth.org](http://www.parmarth.org) provides comprehensive information.  Visitors are required to download an application form and e-mail it to [reservations@parmarth.com](mailto:reservations@parmarth.com).

Full postal address is as follows:

Parmarth Niketan Ashram, P.O. Swargashram, Rishikesh, Uttarakhand – 249304.

Tel. Nos. +91-135-2434301 & +91-135-2434302. Fax No. +91-135-2440066.

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