



# YOGA & WELLNESS RETREAT PROGRAM

WITH THE HELP OF BREATHTAKING GREENERY AND JAW-DROPPING VIEWS, OUR RISHIKESH YOG KENDRA PROVIDES YOU WITH ONE OF THE BEST MIND AND BODY RETREAT PROGRAMS.

NOT ONLY DO WE ALLOW YOU TO RELAX & RESTORE YOUR ENERGY, BUT WE ALSO HELP YOU TO REJUVENATE YOUR SOUL.

**BOOK NOW 813-030-0687**

[WWW.RISHIKESHYOGKENDRA.COM](http://WWW.RISHIKESHYOGKENDRA.COM)

ADDRESS: UPPER TAPOVAN, RISHIKESH-249201



OUR RISHIKESH YOG KENDRA IS A WELL-ORGANIZED YOGA CENTRE THAT HELPS YOU TO DISCOVER AN INTEGRATED APPROACH TO WELLNESS FOR YOUR MIND AND BODY. OUR EXPERTS MAKE YOU GO THROUGH THE HEALTH AND LIFESTYLE CHANGES SO YOU FEEL AN ENERGETIC BODY, MIND, AND SOUL WITHIN YOURSELF.

SINCE WE ALL KNOW THAT HEALTH IS ONE OF THE BEAUTIFUL GIFTS GIVEN BY GOD TO US. BUT DUE TO A LACK OF AWARENESS AND A BUSY SCHEDULE, WE ARE RUINING OUR BODIES TO A GREAT EXTENT. ALONG WITH ANXIETY, STRESS, AND ANGER WITHIN US, OUR BODY AND MIND HAVE STARTED TO FOLLOW UNHEALTHY HABITS, AND THUS THERE IS A GREAT NEED TO MOVE TOWARDS A HEALTHY LIFESTYLE.

THEREFORE, OUR RISHIKESH YOG KENDRA BRINGS A GREAT IDEA TO YOUR DOORSTEP IN THE FORM OF A MIND-BODY RETREAT PROGRAMME WHERE YOU CAN ENROL YOURSELF TO RESET AND RESTORE THE MAGICAL ENERGY IN YOUR BODY. THIS PROGRAMME IS BASICALLY CUSTOMISED TO HELP YOU HAVE A PEACEFUL MIND AND A HEALTHY BODY. CHOOSE THE PATH OF RECOVERY AND GOOD HEALTH AND GET RID OF AN UNHEALTHY LIFESTYLE. WE ENSURE YOU WILL FIND YOURSELF FIT AND FINE AFTER THE RETREAT AND LOOK FORWARD TO HAVING MORE RELAXING SESSIONS IN THE FUTURE.



# DAY-1 ARRIVAL & SACRED FIRE CEREMONY

TIME  
6: 00AM TO 7:00AM  
7:00AM TO 7:30AM  
7:30AM TO 9:00 AM  
9:00AM TO 10:00AM  
10:30AM TO 11:30AM  
11:30AM TO 1:00PM  
1:00PM TO 2:00PM  
2:30PM TO 4:30PM  
4: 30PM TO 6:00PM  
7:30PM TO 8:30PM

MEDITATION TECHNIQUES AND THEORY  
CLEANSING PRACTICE  
ASANA AND PRANAYAMA  
BREAKFAST  
YOGA PHILOSOPHY GYAN  
SITE SEEING TO LAXMAN JHULA & RAM JHULA  
LUNCH AND REST  
FREE TIME  
ASANA AND PRANAYAMA  
DINNER

## DAY-2

TIME  
6: 00AM TO 7:00AM  
7:00AM TO 7:30AM  
7:30AM TO 9:00 AM  
9:00AM TO 10:00AM  
10:30AM TO 11:30AM  
11:30AM TO 1:00PM  
1:00PM TO 2:00PM  
2:30PM TO 4:30PM  
4: 30PM TO 6:00PM  
7:30PM TO 8:30PM

APA - JAPA/TRATAK/ BHAJJAN/ MANTRA CHANTING /  
DYNAMIC MEDITATION AND MANY MORE  
CLEANSING PRACTICE  
ASANA AND PRANAYAMA  
BREAKFAST  
YOGA PHILOSOPHY GYAN  
AYURVEDIC MASSAGE  
LUNCH AND REST  
AYURVEDIC MASSAGE  
OFF FOR GANGA ARTI AT 5:30PM  
DINNER

## DAY-3

TIME  
5:30AM TO 5:45AM  
  
9:00AM TO 10:00AM  
10:30AM TO 11:30AM  
1:00PM TO 2:00PM  
2:30PM TO 4:30PM  
7:30PM TO 8:30PM

EARLY RISE AT 5:30AM AND HERBAL TEA  
OFF TO VASHIST GUFA AT 5:45 AM TO THE SACRED  
DIP TO HOLY WATER AND MEDITATION (MAUNA)  
BREAKFAST  
YOGA PHILOSOPHY GYAN  
LUNCH AND REST  
ASANA AND PRANAYAMA  
DINNER

## DAY-4

TIME  
6AM TO 7AM  
7AM TO 7:30AM  
7:30AM TO 9:00 AM  
9:00AM TO 10:00AM  
10:30AM TO 11:30AM  
1:00PM TO 2:00PM  
2:30PM TO 4:30PM  
6:00PM TO 7:00PM  
7:30PM TO 8:30PM

HERBAL TEA  
CLEANSING PRACTICE  
ASANA AND PRANAYAMA  
BREAKFAST  
YOGA PHILOSOPHY GYAN  
LUNCH AND REST  
ASANA AND PRANAYAMA  
BHAJAN AND KIRTAN/ SOUND HEALING  
DINNER

## DAY-5

# DAY-6 CHECK OUT



 More Info:  
**+91 813-030-0687**