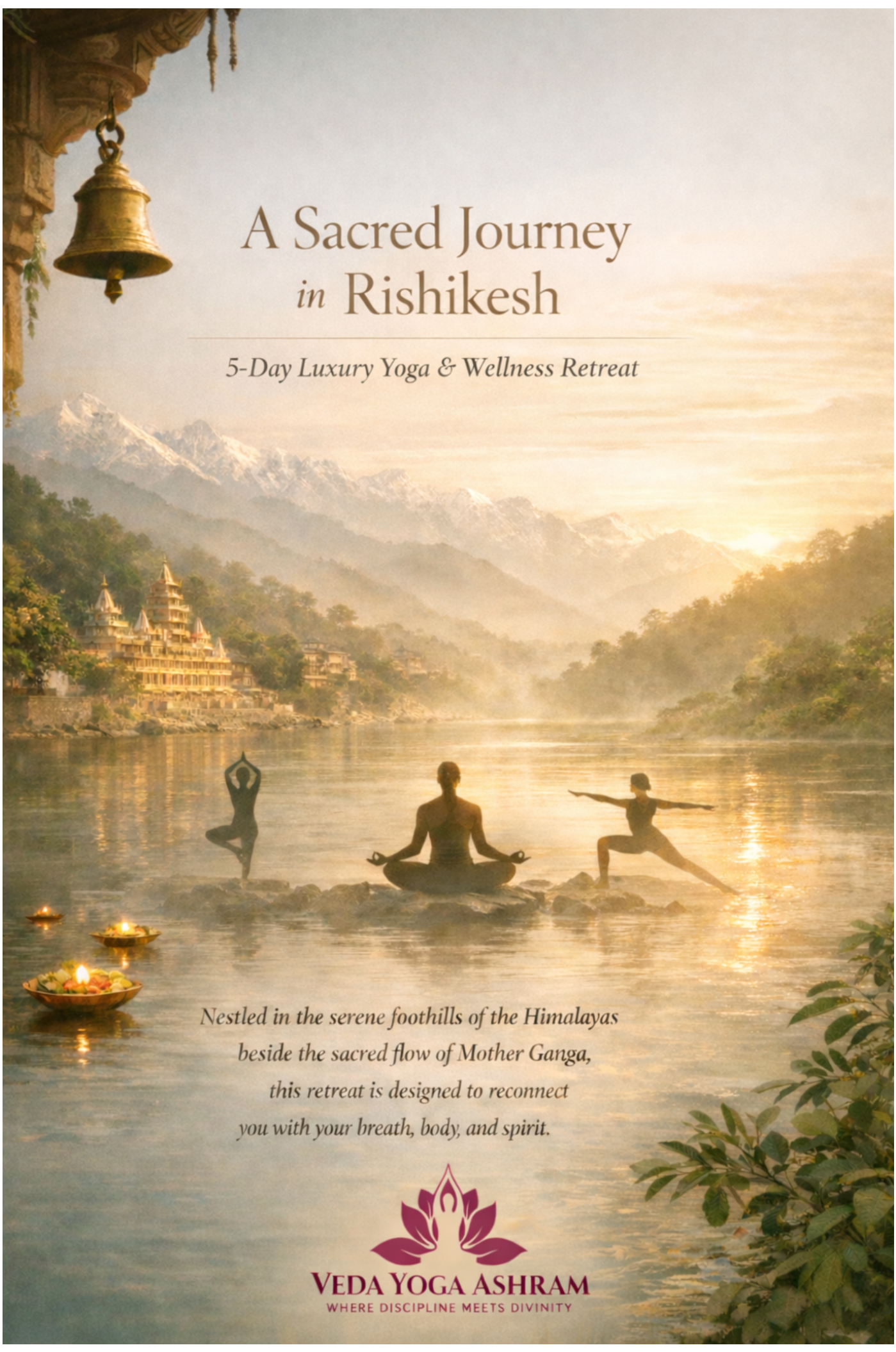




A Sacred Journey *in* Rishikesh


5-Day Luxury Yoga & Wellness Retreat



*Nestled in the serene foothills of the Himalayas
beside the sacred flow of Mother Ganga,
this retreat is designed to reconnect
you with your breath, body, and spirit.*




VEDA YOGA ASHRAM
WHERE DISCIPLINE MEETS DIVINITY




Day 1 – Arrival & Sacred Beginnings

Your journey begins with a warm welcome into our serene retreat sanctuary. As you settle into the tranquil surroundings, we gather for a traditional Hawan Ceremony, an ancient Vedic fire ritual that purifies the space and sets intentions for the days ahead.



As evening approaches, we take a gentle mindful walk toward Ram Jhula, one of Rishikesh's most iconic bridges, absorbing the sacred energy of the town.




We witness the mesmerizing *Ganga Aarti*, where flickering lamps, chanting and devotion create a deeply moving spiritual experience by the river.

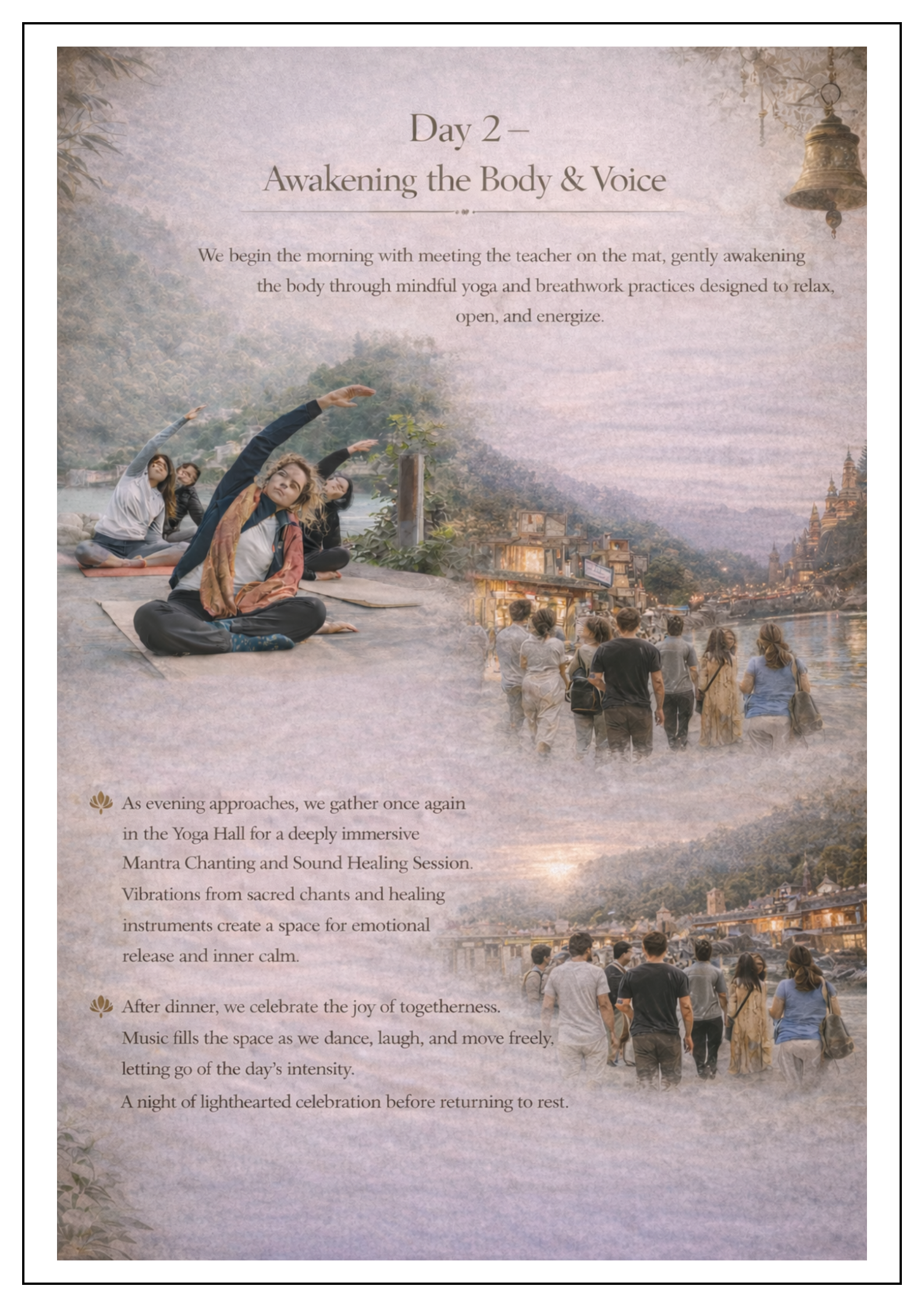
The evening continues with a wholesome sattvic dinner prepared with nourishing ingredients.

Later, we gather for an intimate *Gup-Shup* circle with calming chamomile tea, sharing stories, laughter, and connection under soft lights.

A peaceful end to the first day.

Lights off — rest, restore, and prepare for the journey ahead.



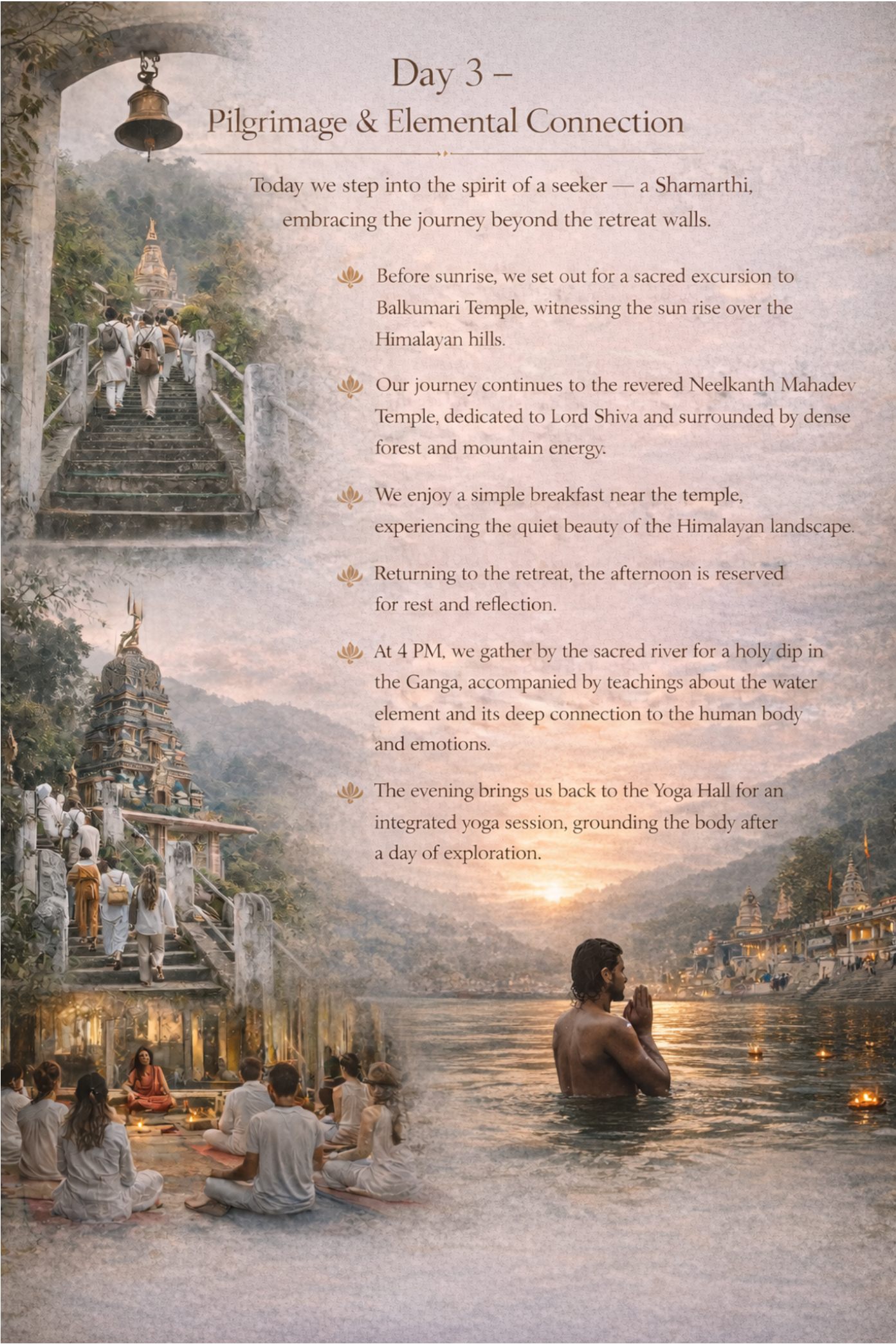


Day 2 – Awakening the Body & Voice

We begin the morning with meeting the teacher on the mat, gently awakening the body through mindful yoga and breathwork practices designed to relax, open, and energize.

🌸 As evening approaches, we gather once again in the Yoga Hall for a deeply immersive Mantra Chanting and Sound Healing Session. Vibrations from sacred chants and healing instruments create a space for emotional release and inner calm.

🌸 After dinner, we celebrate the joy of togetherness. Music fills the space as we dance, laugh, and move freely, letting go of the day's intensity. A night of lighthearted celebration before returning to rest.



Day 3 – Pilgrimage & Elemental Connection

Today we step into the spirit of a seeker — a Shamarthi, embracing the journey beyond the retreat walls.

- 🌸 Before sunrise, we set out for a sacred excursion to Balkumari Temple, witnessing the sun rise over the Himalayan hills.
- 🌸 Our journey continues to the revered Neelkanth Mahadev Temple, dedicated to Lord Shiva and surrounded by dense forest and mountain energy.
- 🌸 We enjoy a simple breakfast near the temple, experiencing the quiet beauty of the Himalayan landscape.
- 🌸 Returning to the retreat, the afternoon is reserved for rest and reflection.
- 🌸 At 4 PM, we gather by the sacred river for a holy dip in the Ganga, accompanied by teachings about the water element and its deep connection to the human body and emotions.
- 🌸 The evening brings us back to the Yoga Hall for an integrated yoga session, grounding the body after a day of exploration.

Day 4 – *Celebration & Adventure*



Morning: Sattvic Breakfast at the Retreat

Begin the day with nourishing food, fresh fruits, herbal teas, and wholesome dishes by the serene Ganga.



Late Morning: White Water Rafting on the Ganga

Experience adventure, teamwork & nature as you ride the sacred Himalayan currents!

Afternoon: Free Time for Exploration

- Relax by the river
- Visit local markets & cafés
- Reflect • Enjoy the Himalayan peace.

Evening: Soulful Kirtan Session

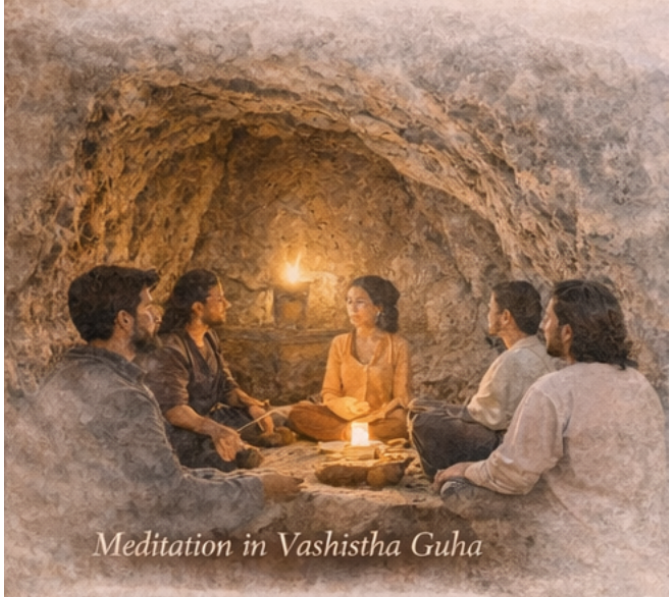
Chant, sing, and celebrate with music, devotion & gratitude in the Yoga Hall



Day 5 – *Gratitude, Reflection & Celebration*



🌸 The final day begins with a deeply spiritual experience at the ancient Vashistha Guha, a sacred meditation cave where sages once practiced profound silence.



Meditation in Vashistha Guha



🌸 Returning to the retreat, we enjoy a delightful breakfast before taking time to explore **Rishikesh** — browse local markets, visit charming cafés, or take one final peaceful walk along the sacred banks of the Ganga.

🌸 In the evening, we gather for our **Closing Circle in the Yoga Hall**, including:

- ◆ Asana Practice
- ◆ Meditation
- ◆ Mantra Chanting

🌸 As the retreat gently comes to a close, we celebrate with a beautiful **Farewell Dinner and Soulful Jam Session**, sharing music, laughter, and heartfelt gratitude.



What began as a gathering of strangers has now blossomed into a circle of friends and family.

A closing evening filled with warmth, connection, and unforgettable memories.

Retreat Highlights

This retreat is thoughtfully designed to offer a perfect balance of wellness, spirituality, exploration, and joyful connection.



Sacred Opening Ceremony

Begin your journey with a traditional Hawan Fire Ceremony to set intentions and invite positive energy for the retreat.



Mantra Chanting & Sound Healing

Experience the deep vibrations of sacred mantras and healing sounds that promote emotional release and inner harmony.

Ganga Aarti Experience

Witness the powerful evening Ganga Aarti, a beautiful spiritual ritual filled with chants, lamps, and devotion on the banks of the sacred river.



Temple & Sunrise Excursion

Visit the serene Balkumari Temple for sunrise and the revered Neelkanth Mahadev Temple, surrounded by Himalayan forests.



White Water Rafting on the Sacred Ganga

Experience the thrill of navigating the refreshing Himalayan rapids on the sacred Ganga River. Guided by experienced instructors.



White Water Rafting on the Sacred Ganga

Experience the thrill of navigating the refreshing Himalayan rapids on the sacred Ganga River. Guided by experienced instructors, this adventure blends excitement, teamwork, and breathtaking views of the surrounding mountains.

Meditation in Vashistha Cave

Practice meditation in the historic Vashistha Guha, a sacred cave where ancient sages meditated.



Ganga Dip & Elemental Wisdom

Experience the purifying waters of the Ganga while learning about the water element and its connection to the human body.

Soulful Evenings & Community Gatherings

What's Included

Your retreat experience includes carefully curated offerings to ensure comfort, nourishment, and transformation.

What's Included

- ✓ 3 nights comfort accommodation at the retreat premises
- ✓ Daily yoga and breathwork sessions with experienced teachers
- ✓ Mantra chanting and sound healing sessions
- ✓ Traditional Hawan opening ceremony
- ✓ Meditation session at Vashistha Guha
- ✓ Guided visit to **Balkumari** Temple and **Neelkanth Mahadev** Temple
- ✓ Sacred Ganga Aarti experience
- ✓ Ganga dip and water element session
- ✓ Daily sattvic breakfast and dinner
- ✓ Herbal teas and evening **community** gatherings
- ✓ Free time for exploring Rishikesh
- ✓ Closing **ceremony** and farewell jam session



What's Not Included

To allow guests flexibility and personal choice, the following are not included:

- Travel to and from Rishikesh
- Airport or railway transfers
- Lunch and café visits during free exploration time
- Personal shopping and souvenirs
- Additional spa or wellness treatments
- Personal travel insurance
- Any personal expenses outside the retreat itinerary



VEDA YOGA ASHRAM

WHERE DISCIPLINE MEETS DIVINITY

Retreat Offer

Take a step toward balance, peace, and inner transformation
with our yoga retreat experience.

Course Fees

Private Room: ₹28,000 → ₹ 24,000

• Shared Room: ₹24,000 → ₹ 22,000

Limited seats available – reserve your spot now!



To Book Your Spot:

+91 8130300687

vedayogaashram29@gmail.com



Scan the QR Code to start
a WhatsApp chat with Veda Yoga
Ashram