



Weight Loss Management Retreat in Rishikesh

A CURATED RETREAT EXPERIENCE IN
RISHIKESH



PRANAYAMA



MEDITATION



AYURVEDA
TREATMENTS



NATUROPATHY
TREATMENTS

A holistic journey to restore balance, renew your energy,
and reconnect with your true self in the serene
spiritual capital of the world.

About this retreat

Weight Loss Management Retreat in Rishikesh, India

Achieve your health and wellness goals through our Weight Loss Management Retreat in Rishikesh, India, a holistic program designed to support sustainable weight management naturally. Nestled in the serene Himalayan foothills, this residential retreat combines the ancient wisdom of Yoga and Ayurveda with mindful nutrition and healthy lifestyle practices to help you restore balance in body and mind.

Retreat highlights

- 6 Nights / 7 Days all-inclusive residential wellness retreat
- Daily Yoga sessions designed for healthy weight management and improved fitness
- Guided Pranayama and Meditation for stress reduction and emotional well-being
- Personalized Ayurvedic consultation and lifestyle recommendations
- Traditional Ayurvedic detox therapies (optional/add-on)
- Nutritious sattvic vegetarian meals to support natural weight loss
- Metabolism-boosting yoga flows and mindful movement practices
- Detox and cleansing techniques for improved digestion and vitality
- Wellness workshops on healthy eating, mindful living, and sustainable weight management
- Nature walks and peaceful surroundings in the Himalayan foothills
- Small group experience with personalized guidance from experienced teachers
- Suitable for beginners as well as experienced yoga practitioners
- Learn practical habits to maintain a healthy weight after the retreat
- Experience authentic yoga and Ayurveda in the Yoga Capital of the World – Rishikesh, India
- Certificate of Participation (if applicable)
- Complimentary Wi-Fi and comfortable accommodation
- Airport transfer assistance (available on request)



Daily Schedule

A well-structured day designed
to nourish your body, calm your
mind, and uplift your spirit.



TIME

6:30 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

1:00 PM

3:00 PM

4:30 PM

5:00 PM

6:00 PM

8:00 PM

9:00 PM

10:30 PM

ACTIVITY

Shatkarma

Pranayama

Yoga

Healthy Breakfast

Treatment section

*Check previous page for all the therapies we will provide.

Lunch

Pain Management

Herbal Tea

Yoga

Meditation

Dinner

Let's Talk

Lights Out

The full itinerary, day by day.

Day 2 – Detox & Rejuvenation

- Yogic cleansing (Shatkarmas)
- Yoga Session
- Pranayama (Breathwork)
- Naturopathy Therapie
- Ayurvedic Treatments (Panch Karma)
- Evening Asanas and meditation

Day 3 – Balance Mind & Body

- Yogic cleansing (Shatkarmas)
- Yoga Session
- Pranayama (Breathwork)
- Naturopathy Therapie
- Ayurvedic Treatments (Panch Karma)
- Evening Asanas and meditation

Day 4 – Inner Healing

- Yogic cleansing (Shatkarmas)
- Yoga Session
- Pranayama (Breathwork)
- Naturopathy Therapie
- Ayurvedic Treatments (Panch Karma)
- Evening Asanas and meditation

Day 5 – Strength & Vitality

- Yogic cleansing (Shatkarmas)
- Yoga Session
- Pranayama (Breathwork)
- Naturopathy Therapie
- Ayurvedic Treatments (Panch Karma)
- Evening Asanas and meditation

Day 6 – Deep Relaxation

- Yogic cleansing (Shatkarmas)
- Yoga Session
- Pranayama (Breathwork)
- Naturopathy Therapie
- Ayurvedic Treatments (Panch Karma)
- Evening Asanas and meditatio

Day 7 – Integration & Departure

- Morning Yoga Session
- Breakfast
- Closing ceremony
- Check-out with renewed energy, clarity, and inner peace.





Triple Sharing

- ✓ Shared washroom ✓ Bed
- ✓ Attached bathroom ✓ Hot water
- ✓ Wi-Fi ✓ Fresh towels ✓ Mountain view
- ✓ AC ✓ Daily housekeeping
- ✓ Western toilet ✓ Mosquito net
- ✓ Heater

BEST VALUE

₹29,500
\$309 / €275



Twin Sharing

- ✓ Shared washroom ✓ Bed
- ✓ Attached bathroom ✓ Hot water
- ✓ Wi-Fi ✓ AC ✓ Mountain view
- ✓ Daily housekeeping ✓ Fresh towels
- ✓ Western toilet ✓ Mosquito net
- ✓ Heater

₹31,999
\$339 / €299



Private Room

- ✓ Bed ✓ Private washroom ✓ Hot water
- ✓ Wi-Fi ✓ Attached bathroom ✓ AC
- ✓ Mountain view ✓ Heater
- ✓ Daily housekeeping ✓ Fresh towels
- ✓ Western toilet ✓ Mosquito net

₹37,999
\$399 / €349

Seat Reservation Amount

₹ 5,000 INR / \$50 USD

 **ASK ABOUT DATES**

Quad sharing available for female students only.

WHAT IS INCLUDED?

- 6 Nights / 7 Days comfortable residential accommodation
- Daily yoga sessions focused on weight management, strength, flexibility, and overall fitness
- Daily pranayama and guided meditation classes
- Personalized Ayurvedic consultation with wellness recommendations
- Nutritious sattvic vegetarian breakfast, lunch, and dinner
- Herbal tea and filtered drinking water
- Detox and cleansing practices (Shatkarma) under expert guidance
- Wellness workshops on healthy eating, mindful living, and sustainable weight management
- Yoga philosophy and lifestyle guidance for long-term wellness
- Nature walks and relaxation sessions (as per schedule)
- Study materials and wellness resources
- Experienced yoga instructors and Ayurveda practitioners
- Certificate of Participation
- Complimentary Wi-Fi
- Daily housekeeping
- All applicable taxes
- Support and guidance throughout your wellness journey

WHAT IS EXCLUDED?

- Airfare, train tickets, or other transportation to and from Rishikesh
- Airport transfers (available upon request at an additional cost)
- Travel or medical insurance
- Visa fees and related travel documentation
- Personal expenses, including shopping, laundry, and telephone charges
- Additional Ayurvedic treatments, massages, or therapies not included in the retreat package
- Private yoga or wellness consultations outside the scheduled program
- Adventure activities, sightseeing tours, or excursions not listed in the itinerary
- Meals and beverages outside the retreat menu
- Special dietary requests beyond the standard meal plan (where applicable)
- Optional wellness services and spa treatments
- Any medication or medical expenses
- Anything not specifically mentioned under "What is Included."

WHAT TO BRING?

- Comfortable yoga clothing for daily practice
- Light, breathable casual wear
- A light jacket or shawl for cool mornings and evenings
- Comfortable walking shoes or sandals
- Reusable water bottle
- Personal toiletries and skincare essentials
- Any prescribed medications
- Sunscreen, sunglasses, and a hat or cap
- Insect repellent (seasonal)
- Personal journal and pen for reflections and notes
- Small backpack or day bag for outings
- Valid passport and visa (for international guests)
- Travel insurance documents (recommended)
- Personal yoga mat (optional; mats are provided)
- An open mind and a positive attitude for your wellness journey

— PLAN YOUR TRIP —

Upcoming retreat dates

Every batch runs for 7 Days / 6 Nights (6 nights).

✓ 14th August - 20th August
2026

✓ 24th Sep. - 30th Sep. 2026

✓ 24th Oct. - 30th Oct. 2026

✓ 24th Nov. - 30th Nov. 2026

✓ 24th Dec. - 30th Dec. 2026

✓ 24th Jan. - 30th Jan. 2027

✓ 24th Feb. - 2nd Mar. 2027

✓ 24th March - 30th March 2027

✓ 24th April - 30th April 2027

CHECK AVAILABILITY



WHATSAPP

Om Yoga International 
Verified



Contact & Registration

Om Yoga International, Rishikesh

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 www.omyogainternational.org



Registration and payment
(USD)

Om Yoga International 
Verified



Registration & Payment