



7-Day Rejuvenation Retreat in Rishikesh, India

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

Reconnect with yourself through a carefully designed 7-day wellness journey that nurtures your body, calms your mind, and uplifts your spirit. Set in the tranquil surroundings of Rishikesh, this retreat combines the timeless wisdom of yoga, meditation, pranayama, Ayurveda, and naturopathy to support complete physical, mental, and emotional well-being.

Each day includes guided yoga sessions, mindful meditation, breathwork, deep relaxation, wholesome vegetarian meals, and opportunities for self-reflection. Personalized Ayurvedic and naturopathy consultations, along with optional therapeutic treatments, help restore balance, reduce stress, and enhance your natural vitality.

Whether you're looking to unwind, improve your health, or simply take a meaningful break from everyday life, this retreat offers the ideal space to relax, recharge, and return home feeling refreshed, balanced, and renewed.

Retreat highlights

- Shatkarmas: Detox & Purification
- Asanas: Alignment, Technique & Mindful Practice
- Pranayama: Breathing Techniques for Health & Well-Being
- Meditation: Theory, Practice & Mindfulness
- Ayurveda – Panchakarma : A traditional Ayurvedic detoxification and rejuvenation therapy that eliminates toxins, restores dosha balance, and promotes overall health and vitality.
- Hydrotherapy: Hot and cold compresses, therapeutic baths, and hot foot baths that stimulate circulation, reduce inflammation, and support healing.
- Sun Bath Therapy: Controlled exposure to sunlight to promote vitality, improve mood, and support overall wellness.
- Mud Therapy: Mineral-rich mud applications that help detoxify the body, reduce inflammation, and refresh the skin.
- Acupressure: Gentle pressure on specific points to improve energy flow, relieve stress, and support the body's natural healing process.
- Acupuncture: Fine needle therapy that helps reduce pain, restore energy balance, and promote overall well-being.
- Physiotherapy Exercises: Guided therapeutic movements to improve strength, flexibility, posture, and mobility.
- Cupping Therapy: A traditional suction therapy that relieves muscle tension, improves blood circulation, and supports recovery.

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

Daily Schedule

Day 1 – Arrival & Wellness Assessment

- Welcome ceremony
- Ayurveda consultation
- Gentle yoga and meditation
- Orientation session

Day 2 – Detox & Rejuvenation

- Morning yoga and pranayama
- Abhyanga massage
- Ayurveda lifestyle workshop
- Yoga Nidra

Day 3 – Balance Mind & Body

- Hatha Yoga
- Shirodhara or prescribed therapy
- Meditation techniques
- Sound Healing session

Day 4 – Inner Healing

- Breathwork
- Restorative Yoga
- Nature walk by the Ganges
- Evening Satsan

Day 5 – Strength & Vitality

- Energizing yoga practice
- Ayurvedic rejuvenation therapy
- Wellness lecture
- Guided relaxation

Day 6 – Deep Relaxation

- Meditation and gentle yoga
- Therapeutic treatments
- Sacred Ganga Aarti visit (subject to schedule)
- Closing reflection circle

Day 7 – Integration & Departure

- Final yoga and meditation
- Healthy breakfast
- Closing ceremony
- Departure
- This schedule is thoughtfully designed to restore physical vitality, calm the mind, reduce stress, improve flexibility, support natural detoxification, and help you reconnect with your inner well-being in the peaceful surroundings of Rishikesh.





 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 ₹38,500
\$409 / €353



 Twin Sharing

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

₹40,999
\$429 / €376



 Private Room

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

₹46,999
\$491 / €431

Seat Reservation Amount

₹ 5,000 INR / \$50 USD

 **ASK ABOUT DATES**

Quad sharing available for female students only.

WHAT IS INCLUDED?

- Accommodation & nourishing vegetarian meals
- Daily yoga,
- pranayama, and meditation
- Rebirthing breathwork & energy practices
- Sound healing & chakra balancing
- Reiki sessions & guided workshops
- Fire ceremony & integration practices
- Tarot guidance
- Massage Therapy

WHAT TO BRING?

- Comfortable yoga clothing for daily practice
- Light jacket or shawl for mornings and evenings
- Personal toiletries and hygiene essentials
- Reusable water bottle
- Notebook and pens for study and journaling
- Personal medications and basic first-aid items
- Valid passport, visa, and travel documents (for international students)
- Comfortable walking shoes or sandals
- Sunscreen, hat, and insect repellent (if needed)
- Small daypack or bag for daily use
- Positive attitude and willingness to learn

WHAT IS EXCLUDED?

- International or domestic airfare
- Visa fees and travel documentation
- Travel and medical insurance
- Airport transfers (unless specifically stated)
- Personal expenses and shopping
- Laundry services
- Additional meals, snacks, or beverages outside the provided menu
- Optional excursions, sightseeing, and recreational activities
- Private consultations or therapies not included in the curriculum
- Additional accommodation before or after the course dates
- Certification reissue or courier charges (if applicable)



— 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

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 www.omyogainternational.org



Registration and payment
(USD)

Om Yoga International 
Verified



Registration & Payment