

Amoha Wellness Retreat – Reconnect & Refuel

Duration: 2 Nights / 3 Days

Location: Muni Ki Reti, Rishikesh, Uttarakhand

Theme: Yoga • Ayurveda • Mindfulness • Ganga Healing • Nature

Welcome to Amoha Wellness Retreat by the Ganges:

At **Amoha Wellness**, we believe true healing begins when the body, mind, and soul are brought back into harmony. Our retreats are not holidays—they are immersive wellness journeys designed to help you disconnect from stress and reconnect with yourself.

Located on the serene banks of the sacred River Ganga in Rishikesh, our retreat blends **authentic Ayurveda, traditional Yogic sciences, therapeutic treatments, nutritious sattvic cuisine, meditation, and nature experiences** to create a transformative wellness experience.

Unlike commercial spa retreats, every therapy at Amoha is personalized after a consultation with our wellness experts, ensuring that your treatments are based on your body's constitution rather than a one-size-fits-all approach.

What Makes Amoha Different?

Personalized Wellness Assessment

Before beginning your retreat, every guest undergoes a wellness consultation where our vaidhya and therapist understands:

- Lifestyle
- Sleep patterns
- Stress levels
- Digestion
- Energy levels
- Existing pain or health concerns

- Body constitution (Dosha Assessment)

Based on this assessment, therapies and recommendations are customized specifically for you.

Sattvic Wellness Cuisine

Food is considered medicine in Ayurveda.

Meals are freshly prepared using seasonal ingredients and Ayurvedic principles.

Includes:

Breakfast:

- Fresh fruits
- Herbal tea
- Millet porridge
- Poha/Upma
- Stuffed parathas
- Yogurt

Lunch:

- Dal
- Seasonal vegetables
- Brown rice
- Chapati
- Salad
- Buttermilk

Evening:

- Herbal tea
- Roasted snacks
- Fresh juice

Dinner:

- Khichdi
- Soup
- Steamed vegetables
- Light chapatis
- Herbal digestive drink

No processed food.

No artificial flavours.

Minimal refined sugar.

Prepared fresh before every meal.

Lifestyle Guidance

Every guest receives practical guidance on how to continue their wellness journey at home, including:

- Daily yoga routine
- Morning rituals (Dinacharya)
- Seasonal Ayurvedic recommendations
- Simple breathing exercises
- Sleep hygiene tips
- Stress-management practices
- Dietary suggestions based on their dosha

What Your Retreat Includes

- ✓ Luxury accommodation
- ✓ Personalized wellness consultation
- ✓ Daily yoga therapy
- ✓ Daily meditation sessions
- ✓ Daily pranayama
- ✓ Daily **Shirodhara therapy** & Abhyanga massage
- ✓ Herbal steam therapy
- ✓ Nature walk by the Ganga

- ✓ Guided meditation at Vashishtha Gufa
 - ✓ Evening Ganga Aarti experience
 - ✓ Three nutritious sattvic meals daily
 - ✓ Herbal teas throughout the day
 - ✓ Wellness journal
 - ✓ Closing wellness recommendations
-

The Amoha Philosophy

At Amoha Wellness, healing is not just about relieving symptoms—it is about restoring balance at every level of your being. We combine the timeless wisdom of Ayurveda with therapeutic yoga, mindful living, and the tranquil energy of Rishikesh to create a retreat that is deeply personal, restorative, and sustainable. Every guest leaves not only feeling relaxed but also equipped with practical tools to continue their journey toward lifelong wellness.

Our promise is simple: *authentic therapies, individualized care, and a holistic experience that nurtures the body, calms the mind, and uplifts the spirit.*

Day 1 – Arrival, Detox & Grounding

Theme: Slow Down • Detox • Connect with Nature • Embrace the Sacred Ganga

"The first day is dedicated to slowing down, letting go of travel fatigue, and gently preparing your body and mind for the transformative wellness journey ahead."

Time	Experience	Your Journey
12:00 PM	Arrival & Traditional Welcome	Your wellness journey begins at MadhvM by the Ganges , where our team welcomes you with a traditional Tilak Ceremony , fresh flower petals, and a refreshing Ayurvedic welcome drink. After a brief orientation introducing the retreat philosophy and your personalized wellness journey, you'll be escorted to your elegant Ganga-view room . Settle in, unwind, and allow the soothing sounds of the sacred river to welcome you into complete relaxation.
12:30 PM – 1:00 PM	Personalized Ayurvedic Consultation	Meet your dedicated Ayurvedic Vaidya (Doctor) for a comprehensive wellness consultation. Your Prakriti (body constitution) , lifestyle, sleep patterns, digestion, stress levels, energy, and wellness goals are carefully assessed. Based on this evaluation, a customized healing plan—including therapies, herbal oils, dietary recommendations, and daily wellness practices—is designed exclusively for you.
1:00 PM – 2:00 PM	Authentic Ayurvedic Therapy	Experience your first personalized healing session. Depending on your consultation, your therapy may include Abhyanga, Marma Therapy, Potli Therapy , or another classical Ayurvedic treatment using warm medicated herbal oils. These therapies promote detoxification, improve circulation, calm the nervous system, release muscular tension, and restore balance to the body. After treatment, enjoy a few moments of quiet relaxation to absorb the therapeutic benefits.
2:00 PM – 3:00 PM	Wholesome Sattvic Lunch	Enjoy a freshly prepared Ayurvedic lunch featuring seasonal vegetables, wholesome grains, lentils, fresh salads, herbal chutneys, and nourishing beverages. Before dining, you'll be introduced to the principles of Mindful Eating , encouraging gratitude, slow eating, and conscious nourishment—an essential aspect of Ayurvedic living.
3:00 PM – 4:00 PM	Personal Relaxation & Reflection	Return to your room overlooking the sacred Ganga. Spend this quiet hour resting, journaling, reading, or simply enjoying the gentle Himalayan breeze. This peaceful pause allows your body to fully integrate the benefits of your therapy while preparing you for the evening experiences.
4:00 PM –	Herbal Tea & Welcome Circle	Gather with your wellness guide and fellow guests for an intimate Welcome Circle. Learn about the retreat philosophy, wellness

Time	Experience	Your Journey
5:00 PM		practices, and the journey ahead while connecting with like-minded travellers. Enjoy your choice of freshly brewed Ayurvedic herbal tea:• Tulsi Tea – Supports immunity, relieves stress, and promotes emotional balance. • Cinnamon Tea – Enhances metabolism, circulation, and natural warmth. • Ginger Lemon Tea – Refreshes, aids digestion, boosts immunity, and gently detoxifies. Served alongside wholesome snacks including roasted seeds, millet crackers, seasonal fruits, and homemade energy bites.
5:00 PM – 6:00 PM	Guided Nature Walk	Discover the natural beauty of Rishikesh through one of our signature wellness walks (approximately 3–4 km). Option 1 – Sacred Ganga Riverside Walk Walk directly from MadhvM by the Ganges towards Janki Jhula, enjoying uninterrupted views of the sacred River Ganga, Himalayan foothills, and riverside temples. Continue your mindful walk towards the spiritually significant Triveni Ghat, while practicing conscious breathing and silent observation. Option 2 – Neelkanth Forest Trail Journey along the scenic Neelkanth Road, where dense Himalayan forests, birdsong, fresh mountain air, and the flowing Ganga create one of Rishikesh's most peaceful landscapes. Guided mindfulness and grounding techniques make every step a meditation.
6:15 PM – 7:45 PM	Sacred Ganga Aarti Experience	As dusk settles over the Himalayas, immerse yourself in one of India's most beautiful spiritual traditions. Choose the experience that resonates most with you: Option 1 – Shatrughan Ghat (<i>Approx. 1 km from Ram Jhula Parking</i>) — A peaceful and intimate Aarti experience away from larger crowds. Option 2 – Triveni Ghat (<i>Approx. 4 km from Ram Jhula</i>) — Witness hundreds of illuminated lamps, devotional chants, temple bells, and the vibrant spiritual energy of Rishikesh's most revered ghat. Option 3 – Parmarth Niketan VIP Aarti — Enjoy a scenic boat ride across the sacred Ganga before witnessing the iconic evening Aarti from an exceptional riverside viewpoint. Option 4 – Private Ganga Aarti at MadhvM by the Ganges — Experience an exclusive ceremony conducted by experienced priests at the private riverside ghat directly in front of the property, creating an intimate atmosphere for prayer, blessings, and spiritual reflection. Following the ceremony, guests are invited to participate

Time	Experience	Your Journey
		in Deep Daan , gently placing a floating lamp upon the sacred Ganga while offering prayers, gratitude, and heartfelt intentions.
8:00 PM	Light Ayurvedic Dinner	Return to the retreat for a nourishing Ayurvedic dinner featuring comforting soups, herbal lentils, steamed vegetables, millet breads, khichdi, and digestive herbal beverages. Every meal is thoughtfully prepared to support overnight detoxification and restful sleep.
9:00 PM		
9:00 PM		Wind down with a calming herbal infusion followed by guided breathing, Yoga Nidra, or meditation. Optional Ayurvedic bedtime practices may also be recommended to promote deep relaxation and quality sleep.
9:45 PM	Herbal Bedtime Ritual	
10:00 PM		Drift into restful sleep accompanied by the soothing sounds of the flowing River Ganga. The peaceful Himalayan surroundings naturally support the body's overnight healing and rejuvenation, preparing you for another day of holistic wellness experiences.
	Deep Rest	

The Day Concludes...

As the day comes to an end, you'll find yourself feeling lighter, calmer, and more connected—not only to nature but also to yourself. With travel fatigue left behind and your body gently introduced to the principles of Ayurveda, your wellness journey at **MadhvM by the Ganges** has truly begun.

"Tomorrow unfolds with sunrise yoga, deeper Ayurvedic therapies, meditation, and immersive healing experiences that continue your journey towards complete balance and wellbeing."

Day 2 – Deep Rejuvenation

Theme: Restore • Renew • Rejuvenate • Reconnect

"Day Two is dedicated to deeper healing through authentic Ayurveda, therapeutic yoga, mindful nourishment, and spiritual experiences. As your body begins to adapt to the retreat, each activity

is designed to restore vitality, calm the nervous system, and enhance your overall sense of wellbeing."

Time	Experience	Detailed Journey
6:30 AM – 7:45 AM	Sunrise Yoga Therapy	Begin your morning with a rejuvenating yoga session overlooking the serene River Ganga and the Himalayan foothills. Building on the gentle warm-up practice from Day 1, today's session focuses on improving flexibility, strength, posture, and energy flow. Session Includes: • Centering & Breath Awareness• Gentle Warm-up & Joint Mobility• Surya Namaskar (Sun Salutations)• Hatha Yoga Asanas• Standing & Balancing Postures• Twisting & Back Strengthening Poses• Guided Pranayama (Nadi Shodhana, Bhramari & Ujjayi)• Deep Relaxation (Shavasana) Benefits: Improves flexibility, increases stamina, enhances circulation, strengthens muscles, calms the mind, and prepares the body for the day's Ayurvedic therapies.
8:00 AM – 8:30 AM	Morning Herbal Detox Drink	Continue your morning with a freshly prepared detox drink while enjoying peaceful views of the Ganga. Choose from: • Warm Lemon & Ginger Detox Drink – Supports digestion and natural detoxification.• Cinnamon Herbal Infusion – Promotes healthy metabolism and improves circulation.This quiet morning ritual encourages mindfulness while gently awakening the digestive system.
8:30 AM – 9:00 AM	Refresh & Personal Time	Return to your room to freshen up and relax before breakfast. Enjoy a few peaceful moments on your private balcony overlooking the river or simply embrace the calm Himalayan surroundings.
9:00 AM – 10:00 AM	Wholesome Ayurvedic Breakfast	Begin your day with a nourishing Sattvic breakfast prepared using fresh, locally sourced ingredients and Ayurvedic cooking principles. Sample Breakfast Menu: • Fresh Seasonal Fruits• Idli with Sambar & Coconut Chutney or Masala Dosa• Vegetable Poha / Upma / Millet Porridge (rotational menu)• Homemade Yogurt• Dry Fruits & Seeds• Fresh Fruit Juice• Herbal Tea or Freshly Brewed CoffeeEach meal is balanced to provide sustained energy while remaining light and easy to digest.
10:00 AM – 11:00 AM	Leisure & Wellness Reflection	Relax at the property, enjoy the riverside ambience, journal your wellness journey, or simply unwind before your afternoon therapy session.
11:00 AM – 12:30 PM	Personalized Ayurvedic Therapy – Session II	Experience another deeply restorative therapy prescribed by your Ayurvedic Vaidya based on your body's progress.Your treatment may include:• Shirodhara – A continuous stream of warm herbal oil poured over the forehead to calm the nervous system, improve sleep, and relieve stress. • Abhyanga – Traditional full-body herbal oil massage. • Marma

Time	Experience	Detailed Journey
		Therapy – Activation of vital energy points to restore internal balance. • Potli Therapy – Warm herbal poultice therapy to relieve muscular stiffness and joint discomfort. • Steam Therapy (Swedana) – Opens pores, improves circulation, and supports detoxification. Following your treatment, enjoy a period of complete relaxation, allowing the therapeutic oils to continue their healing effects. Enjoy a nourishing lunch thoughtfully prepared according to Ayurvedic principles and your dosha requirements. Sample Menu: • Seasonal Vegetable Soup • Steamed Rice or Brown Rice • Moong Dal / Seasonal Lentils • Seasonal Vegetable Curry • Whole Wheat or Millet Rotis • Fresh Garden Salad • Homemade Raita • Ayurvedic Chutneys • Jeera Buttermilk • Seasonal Fresh Fruit Prepared using fresh seasonal produce and digestive herbs, each meal supports vitality without placing stress on the digestive system.
1:00 PM – 2:00 PM	Sattvic Ayurvedic Lunch	
2:15 PM – 3:15 PM	Yoga Nidra & Guided Meditation	Experience profound relaxation through Yoga Nidra (Yogic Sleep) followed by guided meditation. While comfortably resting, your instructor guides you through breath awareness, body relaxation, visualization, and conscious mindfulness. Benefits: • Deep nervous system restoration • Reduced stress and anxiety • Improved emotional wellbeing • Enhanced concentration • Better sleep quality
3:15 PM – 4:00 PM	Personal Leisure Time	Spend time relaxing in your room, enjoying panoramic views of the Ganga, reading, journaling, or simply appreciating the peaceful environment before the evening activities begin.
4:00 PM – 5:30 PM	Herbal Tea & Mindful Nature Walk	Begin the evening with your choice of freshly brewed herbal tea: • Tulsi Tea • Cinnamon Tea • Ginger Lemon Tea Accompanied by light healthy snacks, this is followed by a guided Mindful Nature Walk (approximately 3–4 km). Choose Your Experience: Sacred Ganga Riverside Walk – Walk from MadhvM by the Ganges towards Janki Jhula, following the riverside promenade to Triveni Ghat, surrounded by breathtaking Himalayan views and the calming flow of Maa Ganga. Neelkanth Forest Trail – Explore the scenic Neelkanth Road through dense Himalayan forests with the Ganga flowing gracefully alongside. Practice mindful breathing, grounding techniques, and silent observation while reconnecting with nature.
6:00 PM – 7:30 PM	Sacred Ganga Aarti Experience	As evening descends, immerse yourself once again in the spiritual energy of the sacred Ganga. Guests may choose one of our signature Aarti experiences: Shatrughan Ghat – A peaceful and intimate evening ceremony. Triveni Ghat – Experience the vibrant atmosphere of Rishikesh's

Time	Experience	Detailed Journey
		most iconic riverside Aarti. Parmarth Niketan VIP Aarti – Cross the Ganga by boat before witnessing the world-famous evening ceremony. Private Ganga Aarti at MadhvM by the Ganges – An exclusive ceremony performed at our private riverside ghat for a deeply personal spiritual experience.Following the ceremony, participate in Deep Daan , offering a floating lamp to Mother Ganga while expressing gratitude, prayers, and positive intentions.
8:00 PM – 9:00 PM	Light Ayurvedic Dinner	End the day with a comforting Ayurvedic dinner featuring wholesome, easy-to-digest dishes. Sample Dinner Menu: • Moong Dal Khichdi• Seasonal Vegetable Soup• Steamed Vegetables• Millet or Whole Wheat Rotis• Herbal Lentils• Fresh Salad• Digestive Herbal TeaThe meal is specially prepared to support overnight detoxification and promote restful sleep.
9:00 PM – 9:45 PM	Herbal Tea & Reflection Session	Gather for a peaceful evening reflection while enjoying a soothing cup of herbal tea. Guests are invited to share their experiences, practice gratitude, and conclude the day with a short guided meditation or mindfulness exercise before retiring for the night.
10:00 PM	Deep Rest	Return to your room and drift into restorative sleep, accompanied by the soothing sounds of the sacred River Ganga. Your body continues its natural healing process, preparing you for the final day of your transformative wellness journey.

The Essence of Day 2

By the end of Day 2, you will experience a deeper sense of physical relaxation, mental clarity, emotional balance, and renewed vitality. Through personalized Ayurvedic therapies, therapeutic yoga, mindful nourishment, meditation, and the spiritual energy of the Ganga, this day forms the heart of your wellness journey at **MadhvM by the Ganges**, where every experience is thoughtfully designed to restore harmony between body, mind, and soul.

Day 3 – Integration & Departure

Theme: Reflect • Integrate • Renew • Carry Wellness Home

*"Every meaningful journey deserves a mindful ending. Your final day at **MadhvM by the Ganges** is designed to help you integrate everything you've experienced over the past three days, leaving not only refreshed but also empowered with practical wellness tools to continue your journey long after you return home."*

Time	Experience	Detailed Journey
6:30 AM – 7:45 AM	Sunrise Yoga, Pranayama & Meditation	Welcome your final morning with a peaceful yoga session overlooking the sacred River Ganga as the sun rises over the Himalayan foothills. This gentle practice is designed to integrate the physical, mental, and emotional benefits of your retreat while preparing your body for the journey ahead. Session Includes: • Centering & Breath Awareness• Gentle Joint Mobility & Stretching• Slow Flow Hatha Yoga• Surya Namaskar (Gentle Sequence)• Guided Pranayama (Nadi Shodhana, Bhramari & Ujjayi)• Short Gratitude Meditation• Deep Relaxation (Shavasana) Benefits: Encourages flexibility, balances energy, calms the nervous system, improves breathing, and creates a lasting sense of inner peace before departure.
8:00 AM – 8:45 AM	Morning Herbal Tea & Leisure Time	Enjoy a peaceful morning overlooking the flowing Ganga with your choice of freshly brewed Ayurvedic herbal tea. Choose from: • Tulsi Tea – Supports immunity and emotional balance.• Cinnamon Tea – Promotes healthy circulation and digestion.• Ginger Lemon Tea – Refreshes, detoxifies, and revitalizes the body.Take this time to sit quietly by the river, read, journal your retreat experience, capture photographs, or simply absorb the serenity of the Himalayan surroundings one last time.
9:00 AM – 10:00 AM	Farewell Sattvic Breakfast	Gather for your final wholesome breakfast prepared using fresh seasonal ingredients and Ayurvedic cooking principles. Sample Breakfast Menu: • Fresh Seasonal Fruits• Stuffed Paratha with Homemade Yogurt or Masala Dosa / Idli (Rotational Menu)• Vegetable Poha / Upma / Millet Porridge• Fresh Fruit Juice• Dry Fruits & Seeds• Herbal Tea or Freshly Brewed CoffeeEnjoy this leisurely meal together while reflecting on your wellness journey and the meaningful connections made during the retreat.
10:00 AM – 10:45 AM	Closing Meditation, Wellness Consultation & Lifestyle Guidance	Before concluding your retreat, join a final guided meditation focused on gratitude, mindfulness, and carrying the retreat's positive energy into everyday life.Following the meditation, meet with your Ayurvedic wellness expert for a personalized closing consultation that includes:• Review of your wellness progress• Lifestyle recommendations based on your Dosha• Personalized daily yoga and pranayama routine• Ayurvedic dietary guidance• Stress management techniques• Seasonal wellness practices (Ritucharya)• Dinacharya (Daily Ayurvedic Routine) recommendations• Open Q&A session with the wellness expertThis session ensures that the benefits of your retreat continue well beyond your stay at MadhvM by the Ganges .
10:45 AM –	Farewell Ceremony & Check-out	As your retreat comes to a close, receive a heartfelt farewell from our team along with your personalized wellness folder containing your

Time	Experience	Detailed Journey
11:00 AM		Ayurvedic consultation notes, recommended daily practices, dietary suggestions, and self-care guidance. Before departure, we present you with a thoughtfully prepared Healthy Travel Snack Box , filled with nutritious treats such as fresh fruits, dry fruits, energy bites, herbal tea sachets, and healthy snacks to support your journey home. Depart with renewed energy, a peaceful mind, and practical wellness practices that will continue to inspire a healthier, more balanced lifestyle.

The Essence of Day 3

Your retreat may come to an end, but your wellness journey is only just beginning.

Over the past three days, you have experienced the timeless wisdom of Ayurveda, the transformative power of yoga and meditation, nourishing sattvic cuisine, the healing energy of the sacred River Ganga, and the serenity of the Himalayan landscape.

At **MadhvM by the Ganges**, our intention is not simply to offer a retreat—it is to help you cultivate lasting habits that support physical vitality, mental clarity, emotional balance, and spiritual wellbeing long after you leave.

We look forward to welcoming you back whenever your soul calls you to the Ganges once again.