

Amoha Yoga Retreat

3 Nights / 4 Days – Reconnect with Yourself

Location: Rishikesh, Uttarakhand

Arrival: 12:00 PM | **Departure:** 11:00 AM

Theme: Yoga • Meditation • Ayurveda • Nature • Mindfulness

Retreat Overview

Escape the demands of everyday life and immerse yourself in a transformative 4-day wellness journey at **Amoha Yoga Retreat**. Set amidst the tranquil surroundings of the sacred Ganges and the Himalayan foothills, this retreat is thoughtfully designed to restore balance to your body, calm your mind, and rejuvenate your spirit.

Whether you are a beginner or an experienced practitioner, each day combines ancient yogic traditions with holistic wellness experiences, nourishing sattvic cuisine, and mindful moments in nature. Leave feeling refreshed, centered, and inspired to continue your wellness journey.

What's Included

-  **Daily Yoga Sessions** – Morning Hatha and evening restorative yoga to improve flexibility, strength, posture, and inner balance.
-  **Guided Meditation & Pranayama** – Learn powerful breathing techniques and mindfulness practices to reduce stress, improve focus, and cultivate inner peace.
-  **Ayurvedic Therapies** – Experience traditional Ayurvedic treatments including **daily Shirodhara**, along with personalized wellness consultations (as per package).
-  **Nature Walks** – Enjoy mindful walks through the serene landscapes of Rishikesh, reconnecting with nature and yourself.
-  **Meditation at Vashishtha Gufa** – Experience deep silence and meditation at one of India's most revered Himalayan meditation caves.
-  **Ganga Aarti Experience** – Witness the divine evening Ganga Aarti on the banks of the holy river, a spiritually uplifting and unforgettable ceremony.
-  **Wholesome Sattvic Meals** – Freshly prepared vegetarian breakfasts, lunches, dinners, herbal teas, and healthy snacks that nourish the body and support holistic well-being.
-  **Healthy Cooking Session** – Learn to prepare simple, nutritious sattvic recipes that you can incorporate into your daily lifestyle.
-  **Yoga Philosophy & Wellness Discussions** – Explore yogic principles, mindfulness practices, and practical wellness habits for everyday living.

- 😊 **Digital Detox & Relaxation Time** – Unplug from daily distractions and enjoy peaceful moments for journaling, self-reflection, reading, or simply relaxing by the Ganges.
- 🕯️ **Closing Wellness Circle** – Conclude your retreat with gratitude meditation, personalized wellness guidance, and practical takeaways to help maintain your healthy lifestyle after returning home.

This retreat offers the perfect blend of movement, healing, spirituality, nourishment, and relaxation—creating a truly holistic experience in the Yoga Capital of the World.

Day 1 – Arrival & Grounding

Theme: *Slow Down & Set Your Intention*

Time	Activity	Details
12:00 PM	Arrival & Traditional Welcome	Begin your wellness journey with a traditional Indian welcome including a tilak ceremony and a refreshing herbal welcome drink, setting a peaceful tone for the retreat.
12:30 PM	Introduction, Check-in & Room Allocation	Meet your retreat hosts, receive an overview of the program, settle into your accommodation, and take time to familiarize yourself with the tranquil surroundings.
1:30 PM	Sattvic Lunch	Enjoy a wholesome, freshly prepared vegetarian meal made with seasonal ingredients to gently nourish and energize the body.
2:30 PM	Rest & Relaxation	Unwind after your journey. Relax in your room, explore the property, or simply enjoy the calming atmosphere by the Ganges.
3:30 PM	Herbal Tea	Refresh with a warm herbal infusion prepared to aid digestion, hydrate the body, and promote relaxation.
4:00 PM – 6:00 PM	Gentle Hatha Yoga & Stretching	A beginner-friendly yoga session focused on mindful movement, gentle stretching, breath awareness, and releasing travel fatigue while preparing the body for the retreat ahead.
6:00 PM – 7:00	Sacred Ganga Aarti	Witness the mesmerizing evening Ganga Aarti on the banks of the holy River Ganges, experiencing devotional chants, lamps, and the serene spiritual atmosphere of

Time	Activity	Details
PM		Rishikesh.
7:30 PM	Sattvic Dinner	Relish a light and nutritious vegetarian dinner designed according to Ayurvedic principles for easy digestion and restful sleep.
9:00 PM – 9:30 PM	Yoga Nidra (Deep Relaxation)	End the day with a guided Yogic Sleep meditation to release physical tension, calm the mind, and prepare for restorative rest.
10:00 PM	Silence & Lights Out	Observe quiet time to encourage deep rest, mindfulness, and complete rejuvenation for the days ahead.

Day 2 – Awakening & Inner Balance

Theme: *Connect with Your Body, Breath & Nature*

Time	Activity	Details
6:00 AM	Sunrise Yoga & Pranayama	Begin the day with an energizing Hatha Yoga session followed by guided pranayama practices to improve flexibility, increase vitality, and cultivate mental clarity.
7:30 AM	Herbal Tea	Enjoy a warm herbal infusion to gently awaken the body and support digestion before breakfast.
8:00 AM	Sattvic Breakfast	A wholesome breakfast prepared with fresh, seasonal ingredients to nourish and energize you for the day's experiences.
9:30 AM – 12:30 PM	Meditation at Vashishtha Gufa	Its 45mins from the property towards the Badrinath road. Visit the sacred Vashishtha Cave, one of Rishikesh's most revered meditation sites. Experience guided meditation in its peaceful atmosphere, allowing deep introspection and inner stillness.
1:00 PM	Sattvic Lunch	Enjoy a balanced vegetarian meal prepared according to Ayurvedic principles to restore energy and support overall wellness.

Time	Activity	Details
2:30 PM	Rest & Personal Reflection	Free time to relax, journal, or simply enjoy the peaceful surroundings of the retreat.
3:30 PM	Herbal Tea	Refresh with a nourishing herbal beverage before the evening wellness session.
4:00 PM – 5:00 PM	Ayurvedic Therapy	Experience the calming benefits of an Ayurvedic therapy, where a continuous stream of warm herbal oil is gently poured over the body to relax the nervous system, improve sleep, and reduce stress.
5:30 PM – 6:30 PM	Restorative Yoga & Guided Meditation	Gentle stretches, mindful breathing, and meditation to restore balance, release tension, and promote emotional well-being with a scenic view towards maa ganga
7:30 PM	Sattvic Dinner	Enjoy a nourishing dinner featuring fresh vegetables, wholesome grains, and Ayurvedic preparations.
9:00 PM	Mindfulness & Silence	End the day with quiet reflection before retiring for a peaceful night's sleep.

Day 3 – Healing & Self-Discovery

Theme: *Nourish, Learn & Transform*

Time	Activity	Details
6:00 AM	Morning Yoga Flow & Breathwork	A rejuvenating yoga practice combining mindful movement, stretching, and breathing techniques to awaken the body and enhance energy flow.
7:30 AM	Herbal Tea	Enjoy a refreshing herbal drink to support hydration and overall wellness.
8:00 AM	Sattvic Breakfast	Freshly prepared breakfast using nutritious seasonal ingredients for sustained energy.
9:30 AM – 11:00 AM	Healthy Sattvic Cooking Workshop	Learn the principles of sattvic nutrition and prepare simple, wholesome recipes that can easily become part

Time	Activity	Details
		of your everyday lifestyle.
11:30 AM – 12:30 PM	Yoga Philosophy & Wellness Discussion	Explore yogic wisdom, mindfulness practices, and practical Ayurvedic lifestyle habits to support long-term physical and mental well-being.
1:00 PM	Sattvic Lunch	Enjoy a delicious vegetarian meal prepared with balanced nutrition and mindful cooking practices.
2:30 PM	Relaxation & Leisure Time	Spend time reading, journaling, enjoying the Ganges, or simply embracing moments of stillness.
3:30 PM	Herbal Tea	A calming herbal beverage before your wellness therapy.
4:00 PM – 5:00 PM	Ayurvedic Shirodhara Therapy	Continue your healing journey with another deeply relaxing Shirodhara session to calm the mind and restore emotional balance.
5:30 PM – 6:30 PM	Nature Walk & Mindfulness Practice	Walk through the serene surroundings of Rishikesh while practicing mindful observation, conscious breathing, and gratitude in nature.
7:30 PM	Sattvic Dinner	A light, nourishing dinner designed to promote digestion and restful sleep.
9:00 PM	Guided Meditation	A peaceful meditation session to cultivate gratitude, awareness, and inner calm before bedtime.

Day 4 – Integration & Departure

Theme: *Carry the Practice Home*

Time	Activity	Details
6:30 AM	Sunrise Yoga & Gentle Stretching	A final yoga practice to awaken the body, improve flexibility, and integrate the retreat experience with mindful movement.

Time	Activity	Details
7:30 AM	Herbal Tea	Enjoy a soothing herbal tea while embracing the peaceful morning atmosphere.
8:00 AM	Farewell Sattvic Breakfast	Share a nourishing breakfast prepared with fresh seasonal ingredients as you reflect on your wellness journey.
9:00 AM – 10:00 AM	Final Shirodhara Therapy	Conclude your retreat with a final deeply relaxing Shirodhara session to leave you feeling refreshed, balanced, and rejuvenated.
10:00 AM – 10:45 AM	Closing Meditation & Wellness Sharing Circle	Participate in a gratitude meditation, share your experiences, receive personalized wellness recommendations, and learn simple practices to continue your journey at home.
11:00 AM	Check-out & Departure	Bid farewell to the retreat with renewed energy, inner peace, and lasting memories of your wellness experience in Rishikesh.