

AMOHA COUPLE WELLNESS DETOX RETREAT

3 Nights | 4 Days

Reconnect • Heal • Rejuvenate Together

"Step away from everyday distractions and immerse yourselves in a transformative wellness journey designed for couples. Nestled amidst the serene beauty of Rishikesh and the sacred River Ganga, this retreat combines Ayurveda, Yoga, Meditation, nourishing Sattvic cuisine, and meaningful shared experiences to help you reconnect with yourselves and each other."

Package Includes

Luxury Accommodation

Spend **3 nights** in beautifully designed rooms overlooking nature, offering comfort, privacy, and tranquility.

Daily Yoga Therapy

Personalized yoga sessions suitable for beginners and experienced practitioners, focusing on flexibility, strength, emotional balance, and partner connection.

Daily Ayurvedic Therapy

One authentic Ayurvedic therapy every day for each guest, selected after consultation with our wellness therapist. Therapies may include:

- Abhyanga (Full Body Massage)
- Shirodhara
- Potli Massage
- Foot Reflexology
- Head & Shoulder Therapy

Meditation at Vashishth Gufa

Experience guided meditation inside one of India's most sacred caves where sages have meditated for centuries.

Nature Walk

Reconnect with nature through mindful walks along the Himalayan trails and the peaceful banks of the River Ganga.

Evening Ganga Aarti

Witness the divine Ganga Aarti, a soulful spiritual ceremony filled with chanting, lamps, and devotion.

Wellness Cooking Class

Learn to prepare nutritious Sattvic meals using Ayurvedic cooking principles that you can easily recreate at home.

Sattvic Meals

Freshly prepared vegetarian meals designed to detoxify and nourish your body:

- Breakfast
- Lunch
- Evening Herbal Tea
- Dinner

Wellness Consultation

Receive personalized lifestyle recommendations and wellness guidance to continue your healthy journey beyond the retreat.

DAY 1 – ARRIVAL & GROUNDING

Theme: Leave the Outside World Behind

Time	Activity	Experience
12:00 PM	Traditional Welcome Ceremony	Begin your wellness journey with a warm Indian welcome featuring a traditional Tilak, fresh flower petals, herbal detox welcome drink, and introduction to the retreat.
12:30 PM	Check-in & Property Tour	Settle into your luxurious room overlooking the serene surroundings of Maa Ganga. Explore the wellness spaces, yoga deck, gardens, and relaxation areas while meeting your retreat

Time	Activity	Experience
		host.
1:30 PM	Sattvic Wellness Lunch	Enjoy a wholesome Ayurvedic meal prepared using seasonal vegetables, whole grains, fresh salads, homemade chutneys, herbal beverages, and nourishing desserts that support digestion and detoxification.
2:30 PM	Rest & Relaxation	Free time to relax in your room, enjoy the peaceful Ganga views, journal, or simply disconnect from digital distractions.
3:30 PM	Herbal Tea & Healthy Refreshments	Refresh yourself with freshly brewed herbal tea accompanied by healthy millet crackers, roasted seeds, or seasonal fruits.
4:00 PM – 5:00 PM	Ayurvedic Therapy – Couple Abhyanga Massage	Experience synchronized full-body Ayurvedic massage using warm medicated herbal oils that relieve muscular tension, improve blood circulation, nourish the skin, calm the nervous system, and prepare the body for deep relaxation.
5:45 PM – 6:45 PM	Sacred Ganga aarti	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 in Deep Daan, gently placing a floating lamp upon the sacred Ganga while offering prayers, gratitude, and heartfelt intentions.

Time	Activity	Experience
8:30 PM	Sattvic Dinner	A light yet nourishing dinner featuring Ayurvedic soups, steamed vegetables, khichdi, fresh rotis, herbal infusions, and digestive herbal drinks.
9:00 PM	Guided Gratitude Meditation	End your first day with a calming guided meditation and gratitude practice that promotes restful sleep and emotional balance.

Day 2 – Balance & Connection

Theme: Awaken the Body • Nourish the Soul • Deepen Your Bond

The second day is dedicated to restoring balance through mindful movement, Ayurveda, conscious nutrition, and nature. Every experience is thoughtfully designed to help couples reconnect with themselves, each other, and the healing energy of Rishikesh.

Time	Activity	Experience
6:00 AM	Morning Herbal Tea	Begin your day with a warm cup of freshly brewed herbal tea, thoughtfully prepared using Tulsi, Cinnamon, Lemongrass, Ginger, or Lemon . These Ayurvedic herbs gently awaken the digestive system, boost immunity, stimulate metabolism, and prepare the body for the day's wellness practices.
6:30 AM – 8:00 AM	Yoga Therapy & Pranayama	Start the morning with a rejuvenating yoga session led by an experienced instructor. The class begins with gentle joint mobility exercises and stretches to warm up the body, followed by traditional yoga asanas that improve flexibility, posture, and strength. Couples also practice synchronized breathing exercises, partner stretches, and guided Pranayama techniques such as Anulom Vilom, Bhramari, and Nadi Shodhana to calm the mind, improve lung capacity, and create emotional harmony. The session concludes with a short guided meditation and deep relaxation.
8:00 AM – 9:00 AM	Personal Refresh & Leisure Time	Return to your room to freshen up, enjoy the peaceful surroundings, or spend a few quiet moments journaling or relaxing before breakfast.

Time	Activity	Experience
9:00 AM	Nutritious Sattvic Breakfast	Enjoy a wholesome breakfast prepared according to Ayurvedic principles using fresh seasonal ingredients. The menu may include fresh fruits, sprouts, herbal porridge, millet upma, vegetable poha, stuffed multigrain parathas with homemade yogurt, fresh fruit juices, herbal tea, smoothies, homemade granola, and Ayurvedic chutneys. Every meal is designed to provide sustained energy while supporting digestion and detoxification.
10:00 AM – 10:45 AM	Personal Ayurvedic Wellness Consultation	Meet one-on-one with our Ayurvedic wellness expert for a personalized consultation. Through an assessment of your Dosha (Vata, Pitta, or Kapha) , lifestyle, eating habits, sleep patterns, stress levels, and overall health, you'll gain a deeper understanding of your body's natural constitution. Based on this consultation, personalized recommendations are provided regarding diet, daily routine, yoga practices, herbal support, and the most suitable Ayurvedic therapy for your individual needs.
11:00 AM – 12:15 PM	Relaxation & Free Time	Enjoy time at leisure. Relax in the gardens, read by the riverside, journal, or simply embrace the peaceful atmosphere of the retreat before the afternoon activities begin.
12:30 PM – 1:15 PM	Ayurvedic Wellness Cooking Experience	Discover the philosophy of Ayurvedic cooking in this interactive hands-on session. Learn how food is considered medicine in Ayurveda and how the six tastes (Sweet, Sour, Salty, Bitter, Pungent, and Astringent) help create balance within the body. Our chef demonstrates the use of healing spices such as turmeric, cumin, coriander, fennel, ginger, and cinnamon while explaining seasonal eating, digestive fire (<i>Agni</i>), food combining, mindful cooking, and simple techniques for preparing nourishing Sattvic meals at home. Couples participate in preparing healthy dishes and herbal beverages together, making this both an educational and enjoyable experience.
1:30 PM	Ayurvedic Sattvic Lunch	A nourishing lunch featuring seasonal organic vegetables, wholesome lentils, steamed rice or millet, multigrain rotis, fresh salads, homemade yogurt or buttermilk, lightly spiced vegetable curries, detox soups, herbal chutneys, and natural desserts made without refined sugar. Every meal is carefully

Time	Activity	Experience
		curated to promote digestive health, energy, and overall well-being.
3:00 PM	Herbal Tea & Healthy Refreshments	Enjoy a refreshing herbal infusion accompanied by roasted seeds, nuts, millet crackers, or seasonal fruits while relaxing in the peaceful surroundings.
4:00 PM – 5:00 PM	Personalized Ayurvedic Therapy	Indulge in your scheduled Ayurvedic treatment, selected according to your wellness consultation. Depending on your individual needs, therapies may include Abhyanga, Shirodhara, Potli Massage, Pada Abhyanga (Foot Therapy), or Head & Shoulder Therapy . These authentic treatments help improve circulation, relieve muscular tension, calm the nervous system, promote detoxification, and restore physical and emotional balance.
5:30 PM – 7:00 PM	Signature Wellness Walk	Reconnect with nature through one of Amoha's guided wellness walks designed to cultivate mindfulness and inner peace. Option 1 – Sacred Ganga Riverside Walk: Walk from the retreat along the tranquil banks of the holy River Ganga towards Janki Jhula, enjoying uninterrupted river views, riverside temples, and the majestic Himalayan foothills. Continue towards Triveni Ghat while practicing conscious breathing, silent observation, and gratitude. Option 2 – Neelkanth Forest Trail: Journey along the scenic Neelkanth Road surrounded by lush Himalayan forests, birdsong, fresh mountain air, and breathtaking natural beauty. Guided grounding exercises and mindful walking transform every step into a moving meditation.
8:00 PM	Healthy Sattvic Dinner	End the day with a light, nourishing dinner prepared using fresh seasonal ingredients. The menu may include wholesome soups, vegetable stews, millet khichdi, sautéed vegetables, multigrain rotis, herbal infusions, fresh salads, and naturally sweetened desserts designed to support restful sleep and overnight healing.
8:30 PM – 9:00 PM	Yoga Nidra & Guided Relaxation	Experience the profound benefits of Yoga Nidra, often referred to as <i>Yogic Sleep</i> . While comfortably lying down, you'll be guided through a deeply restorative meditation that systematically relaxes the body and mind. This practice helps release accumulated stress, improve sleep quality, reduce

Time	Activity	Experience
		anxiety, enhance emotional well-being, and leave you feeling completely refreshed.
9:30 PM	Lights Off	Retire for the night and allow your body to naturally restore itself after a fulfilling day of movement, nourishment, healing, and connection.

Day 3 – Inner Peace

Theme: *Reflect • Heal • Connect*

Day three invites you to slow down and immerse yourselves in the spiritual essence of Rishikesh. Through meditation, mindful silence, therapeutic healing, and meaningful conversations, couples experience a deeper sense of inner peace while strengthening their emotional connection.

Time	Activity	Experience
6:00 AM	Morning Herbal Tea	Begin the day with a warm cup of freshly prepared Ayurvedic herbal tea infused with Tulsi, Cinnamon, Ginger, Lemongrass, or Ashwagandha , helping to awaken the body, improve digestion, strengthen immunity, and gently prepare you for your morning wellness practices.
6:30 AM – 8:00 AM	Yoga Therapy, Pranayama & Breathwork	Start your morning with an energizing yoga session focused on improving flexibility, balance, and posture. The class includes gentle stretching, therapeutic yoga asanas, spinal strengthening, and mindful movements suitable for all levels. Guided Pranayama practices—including Anulom Vilom, Bhastrika, Bhramari, and Nadi Shodhana —help improve oxygen flow, reduce stress, enhance mental clarity, and cultivate emotional harmony. The session concludes with a brief meditation and relaxation.
8:00 AM – 9:00 AM	Refresh & Leisure Time	Return to your room to freshen up, enjoy the peaceful surroundings, or spend a few quiet moments appreciating the natural beauty before breakfast.
9:00	Ayurvedic Sattvic	A nourishing breakfast prepared using fresh seasonal

Time	Activity	Experience
AM	Breakfast	ingredients. Enjoy wholesome options such as millet porridge, vegetable poha, sprouts, fresh fruits, herbal smoothies, homemade granola, multigrain parathas with fresh yogurt, herbal teas, and freshly squeezed juices—all carefully designed to provide sustained energy while supporting digestive health.
10:00 AM	Departure for Vashishth Gufa	Set off on a scenic drive through the Himalayan foothills to the sacred Vashishth Gufa , one of Rishikesh's most revered meditation caves. Along the way, enjoy breathtaking views of the River Ganga, forest-covered hills, and peaceful villages while your guide shares stories about the spiritual significance and history of this ancient destination.
11:00 AM – 11:30 AM	Guided Meditation at Vashishth Gufa	Experience the profound stillness of one of India's most sacred meditation sites. Inside the cave, a guided meditation focuses on mindful breathing, inner awareness, and complete silence, allowing you to disconnect from external distractions and reconnect with your inner self. The peaceful energy of the cave offers a deeply transformative experience for both individuals and couples.
11:30 AM – 12:00 PM	Silent Reflection by the Holy Ganga	Spend quiet moments beside the sacred River Ganga practicing mindful observation, gratitude, and silent reflection. Listen to the soothing sounds of the flowing river, embrace the surrounding Himalayan landscape, and simply be present in nature. This peaceful practice encourages emotional clarity, mental relaxation, and deeper appreciation of the present moment.
12:00 PM – 1:00 PM	Return Journey to the Retreat	Relax during the drive back while soaking in the serene mountain views and reflecting on the morning's spiritual experiences.
1:00 PM	Ayurvedic Sattvic Lunch	Relish a freshly prepared wholesome lunch featuring seasonal organic vegetables, wholesome lentils, brown rice or millet, multigrain rotis, fresh salads, herbal chutneys, probiotic buttermilk, nourishing soups, and naturally sweetened desserts. Every dish is prepared according to Ayurvedic principles to restore energy and support optimal

Time	Activity	Experience
		digestion.
2:00 PM – 3:30 PM	Leisure & Relaxation	Enjoy free time to unwind in your room, relax by the gardens or riverside, read, journal, or simply embrace the peaceful atmosphere before your afternoon therapy session.
3:30 PM – 4:30 PM	Personalized Ayurvedic Therapy	Continue your healing journey with a personalized Ayurvedic therapy based on your wellness consultation. Treatments may include Shirodhara, Abhyanga, Potli Massage, Pada Abhyanga (Foot Therapy), or Head & Shoulder Therapy , promoting deep relaxation, improved circulation, detoxification, stress reduction, and emotional balance.
5:00 PM	Herbal Tea & Healthy Refreshments	Refresh with a warm herbal infusion accompanied by roasted nuts, seeds, millet snacks, or fresh seasonal fruits while enjoying the tranquil surroundings.
5:30 PM – 6:30 PM	Relationship Wellness Session	Strengthen your connection through a thoughtfully guided couple's wellness session. This interactive experience includes mindful communication exercises, gratitude practices, partner breathing techniques, trust-building activities, and simple mindfulness tools that encourage emotional openness, deeper understanding, and meaningful connection. Couples also receive practical wellness rituals they can continue together at home to nurture their relationship long after the retreat.
7:30 PM	Organic Sattvic Dinner	Enjoy a beautifully prepared organic dinner featuring nourishing soups, seasonal vegetables, wholesome grains, millet khichdi, fresh salads, herbal beverages, and naturally sweetened desserts. The light evening meal supports restful sleep and overnight rejuvenation.
8:30 PM – 9:30 PM	Bonfire Gathering (Seasonal) or Live Acoustic Music Evening	Conclude the day with a cozy bonfire under the stars (seasonal) or a relaxing live acoustic music evening. Share stories, enjoy soulful conversations, sip warm herbal tea, and soak in the peaceful ambiance of Rishikesh. This gentle social experience offers the perfect ending to a day of healing, reflection, and togetherness.

Time	Activity	Experience
9:30 PM	Rest & Lights Out	Return to your room for a peaceful night's sleep, allowing your body and mind to fully absorb the day's healing experiences and awaken refreshed for your final day.

Day 3 Wellness Focus

- ☐ **Deep Meditation** – Experience profound inner stillness at the sacred Vashishth Gufa.
- 🦋 **Mindful Reflection** – Reconnect with yourself beside the holy River Ganga.
- 🧘 **Holistic Healing** – Continue your Ayurvedic detox and rejuvenation journey.
- ♥ **Relationship Wellness** – Strengthen emotional connection through mindful communication and shared experiences.
- 🔥 **Joy & Togetherness** – End the evening with a warm bonfire or soothing live music in a peaceful natural setting

Day 4 – Renew & Depart

Theme: Carry the Wellness Within

Your final morning is a gentle transition from retreat life back to everyday living. Through mindful movement, meditation, and a heartfelt closing ceremony, you'll leave feeling refreshed, empowered, and equipped with simple wellness practices to continue your journey together long after returning home.

Time	Activity	Experience
6:00 AM	Morning Herbal Tea	Begin your final day with a soothing cup of freshly brewed Ayurvedic herbal tea prepared with Tulsi, Cinnamon, Ginger, Lemongrass, or Mint . This revitalizing blend gently awakens the body, aids digestion, supports immunity, and creates a calm, mindful start to the day.
6:30 AM – 7:30 AM	Sunrise Yoga Therapy	Welcome the rising sun with a gentle yoga practice overlooking the serene surroundings. The session includes light stretching, spinal mobility exercises, restorative yoga postures, and mindful partner movements that improve flexibility, release muscular tension, and leave you feeling energized. The practice is suitable for all levels and focuses on integrating the benefits of the retreat into your daily lifestyle.

Time	Activity	Experience
7:30 AM – 8:00 AM	Meditation & Breathwork	Conclude your wellness journey with a guided meditation and Pranayama session. Gentle breathing techniques such as Nadi Shodhana, Bhramari , and mindful breath awareness help cultivate inner peace, emotional balance, and mental clarity. This quiet practice encourages gratitude for your shared experience and offers simple techniques to continue your wellness routine at home.
8:00 AM – 9:00 AM	Personal Time & Refresh	Return to your room to freshen up, pack your belongings, or enjoy a few final moments surrounded by the peaceful ambiance of the retreat before breakfast.
9:00 AM	Ayurvedic Healthy Farewell Breakfast	Savor a wholesome farewell breakfast prepared with fresh seasonal ingredients. The menu may include fresh fruits, herbal porridge, millet pancakes, vegetable poha or upma, sprouts, homemade yogurt, herbal tea, fresh juices, smoothies, and naturally sweetened delicacies. Every dish reflects the principles of Sattvic nutrition, leaving you nourished and energized for your journey home.
10:00 AM – 10:30 AM	Wellness Reflection & Take-Home Guidance	Before departure, receive a personalized wellness summary with practical recommendations based on your Ayurvedic consultation. Our wellness expert will share simple daily yoga practices, breathing exercises, dietary suggestions, and lifestyle tips to help you continue the benefits of the retreat in your everyday life.
10:30 AM – 11:00 AM	Closing Blessing Ceremony	Gather for a heartfelt closing ceremony filled with gratitude and positive intentions. Participate in a short blessing ritual, reflection circle, and receive a small Ayurvedic wellness gift as a remembrance of your journey. This meaningful farewell celebrates your commitment to health, harmony, and togetherness.
11:00 AM	Check-out & Departure	Bid farewell to Team Amoha and depart feeling refreshed, deeply connected, and inspired. Take home cherished memories, renewed energy, and practical wellness tools to continue nurturing your mind, body, soul, and relationship.