

Digital Detox Retreat

3 Nights / 4 Days

Theme: *Disconnect from Screens • Reconnect with Yourself*

Location: Rishikesh, Uttarakhand

Step Away from the Digital World. Step Into Inner Peace.

Escape the constant notifications, endless scrolling, and daily stress. Our **3 Nights / 4 Days Digital Detox Retreat** is thoughtfully designed to help you disconnect from technology and reconnect with nature, your body, and your mind.

Nestled in the serene surroundings of Rishikesh along the sacred River Ganga, this immersive retreat combines Ayurveda, yoga, meditation, mindful living, and healing therapies to restore balance and clarity.

Whether you're seeking mental peace, better sleep, reduced stress, or simply a break from the digital world, this retreat offers the perfect sanctuary.

Retreat Includes

- 🌿 3 Nights Luxury Accommodation
 - 🍽️ Daily Sattvic Breakfast, Lunch & Dinner
 - 🍵 Herbal Tea & Detox Drinks
 - 🧘 Daily Yoga Therapy Sessions
 - 🧘♀️ Guided Meditation & Breathwork
 - 🙏 Daily Shirodhara Therapy (1 session each day)
 - 🦋 Guided Visit to Vashishtha Gufa
 - 🚶 Nature Walks & Forest Bathing
 - 🌃 Evening Ganga Aarti Experience
 - 📵 Complete Digital Detox Experience
 - 📖 Wellness Journal & Reflection Activities
 - 🔥 Bonfire & Mindful Sharing Circle (weather permitting)
 - 🎁 Farewell Wellness Gift
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Perfect For

- Working professionals experiencing burnout
 - Entrepreneurs & corporate leaders
 - Digital creators & remote workers
 - Couples seeking quality time together
 - Anyone feeling mentally exhausted or overwhelmed
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Benefits

- Reduce stress & anxiety
 - Improve sleep quality
 - Enhance focus & concentration
 - Calm the nervous system
 - Digital habit reset
 - Better emotional balance
 - Deep relaxation through Ayurveda
 - Renewed energy & mental clarity
 - Reconnect with nature and yourself
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Leave Behind

- ✗ Phones
- ✗ Emails
- ✗ Meetings
- ✗ Social Media
- ✗ Notifications

Take Home

- ✓ Peace
 - ✓ Presence
 - ✓ Better Sleep
 - ✓ Mindfulness
 - ✓ Healthy Daily Habits
 - ✓ Inner Balance
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Experience the joy of living in the present moment—where every sunrise, every breath, and every step becomes your path back to yourself.

Day 1 – Arrival & Unplug

Theme: Slow Down • Disconnect from Technology • Reconnect with Yourself

The first day is designed to gently transition you from a fast-paced digital lifestyle into a slower, more mindful rhythm. Every experience encourages you to be present, embrace silence, and absorb the healing energy of Rishikesh.

Time	Activity	Experience Details
12:00 PM	Traditional Welcome & Check-in	Begin your retreat with a warm Indian welcome featuring a traditional tilak, fresh flower petals, and a refreshing Ayurvedic herbal welcome drink. Our retreat team will assist you with check-in and help you settle into your peaceful accommodation surrounded by the serene beauty of Rishikesh.
12:30 PM	Digital Detox Orientation & Intention Setting	Gather for an introductory session where you'll learn the philosophy behind digital detox and mindful living. Guests are invited to voluntarily hand over their mobile phones, laptops, and smart devices, which will be securely stored throughout the retreat. You'll receive a wellness journal and set a personal intention for the journey ahead through a short guided mindfulness exercise.
1:30 PM	Ayurvedic Sattvic Welcome Lunch	Enjoy a wholesome vegetarian lunch prepared according to Ayurvedic principles using fresh seasonal vegetables, whole grains, homemade lentils, salads, herbal chutneys, and refreshing buttermilk. The meal is served mindfully, encouraging slow eating and gratitude for nourishing food.
2:30 – 3:30 PM	Rest, Relaxation & Mindful Silence	Take time to unwind in your room or spend quiet moments overlooking the Ganges. Read a spiritual book, journal your thoughts, sip warm herbal water, or simply relax without digital distractions. This period allows your mind to gradually disconnect from constant stimulation.
3:30 PM	Herbal Detox Tea Ritual	Enjoy a specially prepared Ayurvedic herbal tea made with ingredients like tulsi, lemongrass, ginger, cinnamon, or peppermint. Learn about the healing properties of these herbs while taking in the peaceful mountain breeze.
4:00 –	Shirodhara	Experience one of Ayurveda's most profound relaxation therapies. A continuous stream of warm medicated herbal oil

Time	Activity	Experience Details
5:00 PM	Therapy	is gently poured over the forehead (third-eye chakra), calming the nervous system, relieving mental fatigue, reducing anxiety, improving sleep quality, and promoting deep emotional balance. This therapy marks the beginning of your complete mind-body detox.
5:15 PM	Mindful Walk Along the Ganga	Take a silent guided walk along the sacred River Ganga. Leave conversations behind and immerse yourself in the sounds of flowing water, birdsong, fresh Himalayan air, and the peaceful surroundings. Practice mindful breathing and become fully aware of each step, reconnecting with nature and the present moment.
6:00 – 7:00 PM	Sacred Ganga Aarti Ceremony	Witness the world-renowned evening Ganga Aarti—a deeply spiritual ritual performed with devotional chants, bells, incense, fire lamps, and Vedic mantras. Participate in silent prayer, gratitude, and meditation as the sacred river is honored. This uplifting experience offers a profound sense of peace, devotion, and inner stillness.
7:30 PM	Light Sattvic Dinner	Enjoy a nourishing dinner featuring freshly prepared seasonal vegetables, millet or whole wheat rotis, wholesome lentils, steamed rice, soup, and naturally sweet desserts. The menu is intentionally light to support digestion and promote restful sleep.
8:30 PM	Guided Reflection & Gratitude Journaling	Gather for a quiet journaling session using thoughtfully designed prompts that encourage self-reflection, gratitude, and emotional release. Write about your relationship with technology, your expectations for the retreat, and the intentions you wish to cultivate over the coming days.
9:00 – 9:30 PM	Yoga Nidra & Deep Relaxation	Conclude your first day with a guided Yoga Nidra (Yogic Sleep) session. Through conscious relaxation and body awareness, you'll release accumulated physical tension, calm the nervous system, and prepare for a night of restorative sleep. This practice is especially beneficial for reducing stress and improving mental clarity.
9:30 PM onwards	Digital-Free Quiet Hours	Lights are dimmed, conversations are minimized, and guests are encouraged to embrace complete silence. Fall asleep to the soothing sounds of nature and the flowing River Ganga,

Time	Activity	Experience Details
		allowing your mind and body to fully begin the healing process.

Day 1 Intention

"Today is about letting go. Leave behind the noise of constant notifications and deadlines, and step into a space of stillness, presence, and conscious living. Allow Rishikesh's sacred atmosphere, the healing flow of the Ganga, and the wisdom of Ayurveda to gently guide you toward inner peace."

Day 2 – Mind & Body Reset

Theme: Restore Balance • Cultivate Mindfulness • Deepen Inner Awareness

The second day focuses on gently restoring the body's natural rhythm while calming the mind through yoga, meditation, Ayurveda, and immersion in nature. Free from digital distractions, you'll begin to experience greater mental clarity, emotional balance, and a deeper connection with yourself.

Time	Activity	Experience Details
6:00 AM	Morning Herbal Tea	Begin your day with a warm cup of Ayurvedic herbal tea infused with tulsi, lemongrass, ginger, or cinnamon. This gentle morning ritual stimulates digestion, awakens the senses, and prepares the body for yoga and meditation while you enjoy the fresh Himalayan air.
6:30 – 8:00 AM	Sunrise Yoga Therapy & Pranayama	Welcome the day with a guided yoga session overlooking the peaceful surroundings of Rishikesh. The practice includes gentle stretches, Surya Namaskar, therapeutic yoga postures, pranayama (breathing techniques), and a short relaxation session to improve flexibility, increase energy, reduce stress, and promote overall wellbeing.
8:00 – 8:30 AM	Mindful Silence & Relaxation	Spend a few quiet moments after yoga observing your breath, listening to nature, or journaling your thoughts before breakfast. This silent transition helps deepen awareness and maintain a calm, focused mind.
9:00	Ayurvedic	Enjoy a nourishing sattvic breakfast featuring fresh seasonal

Time	Activity	Experience Details
AM	Nutritious Breakfast	fruits, millet porridge, herbal chutneys, sprouts, homemade yogurt, fresh juices, and herbal tea. Prepared according to Ayurvedic principles, the meal supports digestion, sustained energy, and mental clarity.
10:00 AM – 12:00 PM	Meditation at Vashishtha Gufa	Journey to the sacred Vashishtha Gufa , one of Rishikesh's oldest meditation caves where Sage Vashishtha is believed to have performed intense penance. Experience guided meditation inside the naturally silent cave, followed by quiet contemplation on the banks of the holy Ganga. The peaceful atmosphere encourages deep introspection, emotional healing, and profound inner stillness.
12:15 PM	Riverside Mindfulness Practice	Before returning, enjoy a few moments of silent walking or mindful breathing beside the Ganga. Observe the sounds of flowing water, birds, and nature, allowing yourself to be completely present in the moment.
1:00 PM	Ayurvedic Sattvic Lunch	Relish a wholesome lunch prepared with fresh seasonal vegetables, lentils, whole grains, salads, and traditional Ayurvedic recipes. The meal is designed to nourish the body while maintaining lightness and balance throughout the day.
2:00 – 3:15 PM	Rest & Personal Reflection	Return to the retreat for leisure time. Relax in your room, write in your wellness journal, enjoy mindful reading, or simply unwind without digital distractions. This quiet period allows the body to absorb the morning's experiences.
3:30 – 4:30 PM	Shirodhara Therapy	Continue your Ayurvedic healing journey with your second Shirodhara session. The rhythmic flow of warm medicated oil over the forehead deeply relaxes the nervous system, relieves mental fatigue, improves sleep quality, balances emotions, and promotes profound inner calm.
5:00 – 5:45 PM	Mindful Forest Trek to Bhoothnath Temple / Neelkanth Road	Experience a gentle guided trek through the peaceful forest trails leading towards Bhoothnath Temple or along the scenic Neelkanth Road . Surrounded by the lush Himalayan foothills, this mindful walk invites you to disconnect from distractions and reconnect with nature through conscious breathing and silent observation. Bhoothnath Temple , one of Rishikesh's revered ancient temples, is believed to radiate powerful spiritual energy and offers breathtaking panoramic

Time	Activity	Experience Details
		views of the Ganga and surrounding mountains. The Neelkanth Road trail, leading towards the sacred Neelkanth Mahadev Temple , passes through dense forests rich in natural beauty and is traditionally walked by pilgrims as a journey of devotion, reflection, and inner purification. The trek encourages grounding, mental clarity, and a deeper connection with the tranquil spirit of Rishikesh.
7:30 PM	Sattvic Dinner & Silent Reflection	Savor a light, wholesome dinner prepared with seasonal ingredients. Guests are encouraged to remain in mindful silence during and after the meal, allowing gratitude and awareness to deepen while fully appreciating each bite.
8:30 PM	Journaling & Gratitude Practice	Reflect on the day's experiences by writing about your thoughts, emotions, and personal discoveries. Guided prompts encourage mindfulness, self-awareness, and appreciation for the present moment.
9:00 – 9:30 PM	Yoga Nidra – Deep Guided Relaxation	End the day with a restorative Yoga Nidra practice that gently releases physical tension, calms the mind, balances the nervous system, and prepares you for a peaceful night's sleep.

Day 2 Intention

"Today is about restoring harmony between the mind and body. Through movement, meditation, Ayurveda, and the timeless spiritual energy of Rishikesh, you begin to replace digital noise with inner silence, clarity, and balance."

Day 3 – Inner Journey

Theme: Heal • Reflect • Transform

By the third day, the constant mental chatter begins to quiet, allowing space for deeper awareness and self-discovery. With two days free from digital distractions, you'll naturally feel more present, relaxed, and connected. Today is devoted to profound healing through authentic Ayurvedic therapies, personal wellness guidance, mindful reflection, and the sacred spiritual energy of the River Ganga. Every experience is designed to help

you restore balance, release emotional tension, and gain practical insights for a healthier, more mindful life beyond the retreat.

Time	Activity	Experience Details
6:00 AM	Morning Herbal Tea	Welcome the day with a warm Ayurvedic herbal infusion prepared with tulsi, ginger, lemongrass, or cinnamon. This cleansing morning ritual gently awakens the digestive system, boosts immunity, and prepares the body and mind for a day of healing and self-reflection.
6:30 – 8:00 AM	Sunrise Yoga Therapy & Pranayama	Begin your morning with a therapeutic yoga session overlooking the peaceful surroundings of Rishikesh. The practice combines gentle stretches, Surya Namaskar, therapeutic asanas, joint mobility exercises, pranayama, and guided relaxation to improve flexibility, release tension, balance energy, and cultivate inner calm.
8:00 – 8:30 AM	Meditative Silence & Self-Reflection	Spend quiet moments in mindful silence, observing your breath, journaling your thoughts, or simply appreciating the sounds of nature. This peaceful pause nurtures emotional awareness and deepens your connection with yourself.
9:00 AM	Ayurvedic Nutritious Breakfast	Enjoy a wholesome sattvic breakfast prepared with fresh seasonal fruits, sprouts, millet porridge, herbal teas, homemade yogurt, and nourishing traditional recipes. Every meal is thoughtfully designed to promote digestive wellness, sustained energy, and mental clarity.
10:30 AM – 12:00 PM	Personal Wellness Counselling Session	Meet one-on-one with an experienced wellness mentor for a confidential lifestyle consultation. Explore your daily routine, stress patterns, emotional wellbeing, sleep quality, work-life balance, and relationship with technology. Receive personalized Ayurvedic lifestyle recommendations, mindful practices, and practical guidance to help sustain your wellbeing long after the retreat concludes.
1:00 PM	Ayurvedic Sattvic Lunch	Relish a balanced vegetarian meal crafted with fresh seasonal vegetables, wholesome grains, lentils, herbal preparations, and traditional Ayurvedic recipes that nourish both body and mind while supporting optimal

Time	Activity	Experience Details
		digestion.
2:00 – 3:00 PM	Rest & Integration	Take time to rest, read, journal, or simply relax in the peaceful surroundings. This quiet period allows your body and mind to integrate the experiences of the morning while embracing the slower rhythm of retreat life.
3:00 – 4:30 PM	Signature Ayurvedic Rejuvenation – Abhyanga, Shirodhara & Herbal Steam	Immerse yourself in a complete Ayurvedic healing ritual. Begin with Abhyanga , a synchronized full-body massage using warm medicated herbal oils to improve circulation, ease muscular tension, and nourish the skin. Continue with Shirodhara , where a continuous stream of warm herbal oil gently flows over the forehead, calming the nervous system, relieving mental fatigue, and inducing profound relaxation. The experience concludes with a soothing Herbal Steam Bath , helping to open the pores, encourage detoxification, improve circulation, and leave the body feeling deeply refreshed and revitalized.
5:30 – 6:45 PM	Silent Contemplation by the Sacred Ganga & Private Spiritual Aarti	Spend peaceful moments beside the sacred River Ganga, embracing silence as you reflect on your personal journey and the transformations experienced during the retreat. As dusk approaches, participate in an intimate Private/VIP Ganga Aarti , where the gentle chanting of Vedic mantras, glowing oil lamps, and sacred rituals create a deeply moving spiritual experience that nurtures gratitude, inner peace, and a profound connection with the divine.
7:30 PM	Ayurvedic Sattvic Dinner	Enjoy a light yet nourishing dinner prepared with fresh seasonal ingredients and Ayurvedic principles. Mindful dining encourages gratitude, conscious eating, and supports restful sleep.
8:30 – 9:00 PM	Yoga Nidra – Guided Yogic Sleep	Conclude the physical journey of the day with a deeply restorative Yoga Nidra session. This guided practice systematically relaxes the body and mind, relieves accumulated stress, balances the nervous system, improves sleep quality, and integrates the healing experiences of the retreat, leaving you feeling completely restored.

Time	Activity	Experience Details
9:00 – 10:00 PM	One-on-One Reflection & Life Conversations	End the evening with meaningful conversations alongside your wellness mentor. Share personal reflections, insights, challenges, and breakthroughs experienced during the retreat. Together, create a practical roadmap for incorporating mindfulness, digital balance, Ayurveda, and healthy daily rituals into your life beyond Rishikesh, ensuring the retreat's transformation continues long after you return home.

Day 3 Intention

"Transformation begins with awareness. As the mind becomes quieter, the heart begins to speak. Today is an invitation to embrace stillness, release what no longer serves you, and reconnect with your authentic self. Guided by the wisdom of Ayurveda, mindful reflection, and the sacred flow of the Ganga, you leave behind mental clutter and move forward with renewed clarity, balance, and purpose."

Day 4 – Integration & Departure

Theme: Reflect • Renew • Carry the Journey Forward

The final morning is dedicated to integrating the experiences of the retreat and preparing to return home with renewed clarity, balance, and purpose. Through mindful movement, meditation, and a heartfelt closing circle, you'll reflect on your personal transformation and leave with practical tools to continue your wellness journey beyond Rishikesh.

Time	Activity	Experience Details
6:00 AM	Morning Herbal Tea	Begin your final morning with a soothing cup of Ayurvedic herbal tea prepared with tulsi, ginger, lemongrass, or cinnamon. This gentle ritual awakens the body, supports digestion, and offers a quiet moment to appreciate the peaceful surroundings before the day's practice begins.
6:30 – 8:00 AM	Morning Meditation & Yoga Asanas	Gather for a final guided meditation followed by a gentle yoga session incorporating mindful stretches, restorative asanas, pranayama, and relaxation techniques. The practice focuses on

Time	Activity	Experience Details
		integrating the physical, mental, and emotional benefits of the retreat while cultivating a sense of gratitude, inner balance, and renewed energy to carry into daily life.
8:00 – 8:30 AM	Personal Reflection & Gratitude Journaling	Spend a few quiet moments reflecting on your retreat experience. Record your insights, intentions, and wellness goals in your journal, creating a personal roadmap for maintaining mindfulness and healthy digital habits after returning home.
9:00 AM	Ayurvedic Healthy Breakfast	Enjoy a wholesome farewell breakfast prepared according to Ayurvedic principles, featuring fresh seasonal fruits, nourishing grains, herbal tea, and traditional sattvic dishes that leave you feeling light, energized, and refreshed for your journey home.
10:30 AM	Closing Sharing Circle & Blessing Ceremony	Gather with fellow participants for a heartfelt sharing circle where everyone is invited to reflect on their personal journey, experiences, and transformations. Receive final wellness guidance, mindful living practices, and a closing blessing to inspire continued balance, self-care, and conscious living beyond the retreat.
11:00 AM	Check-out & Departure	Bid farewell to the peaceful sanctuary of Rishikesh with renewed energy, inner clarity, and practical wellness practices to integrate into your everyday life. Depart carrying not only cherished memories but also a deeper connection with yourself, nature, and the present moment.

Day 4 Intention

"The retreat may end, but the journey within continues. Carry the stillness you've cultivated, the habits you've embraced, and the wisdom you've discovered into your everyday life. Let mindfulness replace distraction, presence replace urgency, and inner peace become your greatest companion."

****VIP Ganga Aarti or Private Ganga Aarti will be chargeable.****