

Soulful Serenity - Rishikesh Yoga & Wellness Retreat

📅 4 Nights / 5 Days

Main Image

Overview

Breathe deeply, stretch fully, and find your center along the sacred banks of the Ganga in this immersive 5-day wellness journey in Rishikesh—the yoga capital of the world. Let go of stress with daily sunrise yoga sessions, tranquil meditation in open-air studios, and enriching mindfulness workshops led by seasoned practitioners. As you flow through asanas, enjoy fresh, sattvic meals and the soothing ambiance of your wellness retreat surrounded by the foothills of the Himalayas. This is more than a holiday—it's a soulful reset. Ideal for wellness seekers, spiritual travelers, or anyone craving a deeper connection with their mind, body, and inner peace.

Highlights

- 🧘 Daily guided yoga and meditation classes
- 🌅 Sacred Ganga Ghat visits during sunrise and sunset
- 🌿 Holistic wellness programs including pranayama and mindfulness
- 🍽️ Healthy vegetarian meals prepared with fresh local ingredients
- 🏡 Peaceful accommodation in yoga-focused retreats

Detailed Itinerary

Day 1 - Arrival in Rishikesh & Ganga Aarti Blessings

Reach the spiritual capital of India—Rishikesh. After settling into your retreat, head to Triveni Ghat in the evening to witness the magical Ganga Aarti. The synchronized chants,

temple bells, and flaming diyas on the river create an atmosphere of divine energy and timeless tradition that leaves you in awe.

Day 2 - Morning Yoga and River Meditation Bliss

Start your day with guided yoga on the banks of the sacred Ganga as the sun rises over the river. Feel your stress melt away during pranayama and meditation sessions led by experienced instructors. This spiritual immersion will awaken a deeper sense of inner calm and awareness in a natural, peaceful setting.

Day 3 - Mindful Wellness and Ayurvedic Healing

Dive deeper into wellness with holistic therapies and Ayurvedic treatments curated to your body type. Participate in breathing exercises, group wellness discussions, and therapeutic massage sessions. Rejuvenate from the inside out with meals crafted from local, organic ingredients that nourish your body and soul.

Day 4 - Soulful Strolls and Wisdom Workshops

Begin your morning with a calming riverside walk across the ghats, visiting quiet temples and hidden spots known to locals. Engage in a group workshop on mindfulness, emotional balance, and ancient wellness practices, all tailored to enrich your lifestyle long after the retreat ends.

Day 5 - Departure with Serenity in Your Soul

After a final yoga session and light breakfast, take a few moments to reflect by the riverside. Feel the clarity and energy you've cultivated during the retreat. Check out from your peaceful retreat and carry with you the wisdom, health, and harmony of this spiritual experience.

Accommodation Used