

# Wellness Yoga Retreat At Rishikesh 2022

26<sup>th</sup> April - 2<sup>nd</sup> May 2022

Organized by **Yoga & Happiness**

[www.yogaandhappiness.in](http://www.yogaandhappiness.in)



Serving Since A Decade



## Objective of Retreat

We at Yoga & Happiness are extremely delighted to announce our first wellness retreat for the year 2022. The retreat is being organized in Rishikesh from April 26 through May 2, 2022.

As our name suggests our retreat aims at spreading happiness through yoga. Through practice of an array of cleansing techniques (shatkarmas), yoga poses (asanas), breathing techniques (pranayamas) and meditation we will help you create mental and physical equilibrium and harmony and take you on a journey to your inner self. Our retreat is designed to give you a home away from home close to nature, where you will feel rested, be in a healthier state, learn to adopt a better lifestyle, develop more awareness, stillness, balance, and create a rejuvenated and relaxed self.



## Retreat Description



- **How to reach** - Applicants will require to reach destination on their own.  
**Nearest Airport** - Jolly Grant airport at Dehradun. **Nearest Railway Station** - Yog Nagari Rishikesh. **Nearest Bus Stop** - Natraj Chowk , Laxman Jhoola Road.  
Pickup and drop facility not available. *Contact number for assistance will be provided on registration.*
- **Accommodation** - Twin sharing or triple sharing AC rooms. Single occupancy AC rooms can be provided on request with extra charge. Each room has one attached toilet (Western type), geyser available. The rooms are furnished with wardrobe, dressing table and corner table.
- **Riverside tent details** - Each tent has four beds with attached toilet (western type)
- **Gadgets available in the rooms** - Lights, fans, AC.
- **WIFI availability** - No.
- **Access to nearest hospital in case of emergencies** - Ashram has its own hospital.
- **Meal** - Vegetarian.
- **Mats or any other yoga accessories** should be carried by participants only.

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## The Itinerary

Following is the date wise description of what we are offering to participants :-

**Date: 26-04-2022 (Tuesday)**

Reporting at *Parmarth Niketan Ashram* – 10 am

Distribution of welcome kit – 11 am to 12 noon

Lunch: 1.30 pm to 2.30 pm

Inaugural session: 3 pm to 4.30 pm

Ganga Aarti: 5 pm

Pranayama practice: 6.30 to 8 pm

Dinner: 8.30 pm to 9.15 pm

Candlelight meditation (Jyoti Trataka): 9:25 pm to 10 pm



**Date: 27-04-2022 (Wednesday)**

Shatkarma practice (cleansing kriyas) – 6.30 am to 7.30 am

Breakfast – 8 am to 8:45 am

Discussion on how to implement yoga in modern life: 9 am to 10 am

Stretching made easy: 10 am to 11:45 am

Rest till: 1 pm

Lunch: 1 pm to 2 pm

Discussion on Naturopathy and Ayurveda: 2:30 pm to 3:30 pm

Flow and glow asana session: 4 pm to 5 pm

Snacks: 5:15 pm to 6 pm

Satsang Session: 6 pm to 7.30 pm

Dinner: 8 pm to 9 pm

Introduction to mudras and meditation: 9:15 pm to 10 pm



**Date: 28-04-2022 (Thursday)**

Power yoga for weight loss – 6.30 am to 7.30 am

Breakfast – 8 am to 8.45 am

University tour – 10 am to 7 pm

Visit to *Dev Sanskriti Viswa Vidyalya*, Haridwar.

- Campus visit.
- Yogic food.
- Learning special yoga techniques.
- Meditation conducted by University Faculty,

Return to Rishikesh – 8 pm

Dinner – 8 pm to 9 pm

Practice of instant and deep relaxation techniques: 9.15 pm to 10 pm



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## The Itinerary Cont.

**Date: 29-04-2022 (Friday)**

Challenge and energize

- Surya Namaskar Marathon – 6.30 am to 7.30 am

Breakfast – 8 am to 8:45 am

Discussion on how practice of yoga can reverse and even cure chronic diseases: 9 am to 10 am

Face Yoga: 10.15 am to 11 am

Rest till: 1 pm

Lunch: 1 pm to 2 pm

Short stories on yoga: 2:30 pm to 3:30 pm

Session on therapeutic asanas: 4 pm to 5 pm

Tea & Snacks: 5:15 pm to 6 pm

Pranayama Session: 6 pm to 7.30 pm

Dinner: 8 pm to 9 pm

Sound meditation: 9:15 pm to 10 pm

**Date: 30-04-2022 (Saturday)**

Sukshma Vyama & Laughter yoga, introduction to bandhas and their efficacy – 6.30 am to 7.30 am

Breakfast – 8 am to 8:45 am

Shifting to Riverside tents – 9 am to 11 am

Discussion on River Ganga & Development of Yoga

- 11 am to 11.45 am

Rest till: 1 pm

Lunch: 1 pm to 2 pm

Riverside nature walk: 2:30 pm to 3:30 pm

An introduction to Vinyasa (practice of primary series)- 4 pm to 5 pm

Tea & Snacks: 5:15 pm to 6 pm

Karma Yoga: 6 pm to 7.30 pm (help in kitchen or get involved in any selfless service)

Dinner: 8 pm to 9 pm

Candlelight meditation (Jyoti Trataka): 9:15 pm to 10 pm

**Date: 01-05-2022 (Sunday)**

Vinyasa practice (Practice of second half of primary series) - 6.30 am to 7.30 am

Breakfast – 8 am to 8:45 am

Discussion on Yoga and personality development: 9 am to 10 am

Fun activities of your choice or rest and Vipasana: 10 am to 1 pm

- Nature walk/Rafting/Zipline

Lunch: 1 pm to 2 pm

Introduction to nadis, chakras and the importance of balancing



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## The Itinerary Cont.

Chakra flow and moon salutation: 4 pm to 5 pm  
Tea & Snacks: 5:15 pm to 6 pm  
Closing Ceremony and Cultural Program: 6 pm to 7.30 pm  
Dinner: 8 pm to 9 pm  
Pranayama & Yoga Nidra in nature: 9:15 pm to 10 pm

**Date: 02-05-2022 (Monday)**

Light stretching and Nature walk – 6.30 am to 7.30 am  
Breakfast – 8 am to 8:45 am  
*Trip to Mussorie*  
Drop off at Rishikesh – 7 pm



## Why Choose Us?

**Experience Rishikesh Like Never Before  
for Only 18,000/-**

- From the moment you book the retreat we provide assistance regarding all related informations.
- Our facilitators answer your questions, guide you, and make sure your needs are taken care of.
- You get a taste of authentic local food and ashram life.
- We provide comfortable accommodation.
- You get darshan of the beautiful Ganga aarti and a bath in Ganges if you wish.
- Our retreat is more than just the physical practice of yoga, its an immersive experience. As stated above we take you on a journey to your inner self.
- Our physical practice sessions are customized. It is for all bodies, all ages, and for all levels of fitness. Our aim is not to make you exercise and tire you out but to energize and rejuvenate you.
- We are on our way towards building a community of people who will believe in yoga, will include yoga in their lifestyle, and spread it further.
- A participation certification will be provided by Yoga & Happiness.
- All participants will get a Yoga Volunteer Certificate from YCB (Yoga Certification Board), Ministry of Ayush, Govt. of India.



To Book Your Seat Please Visit at : [www.yogaandhappiness.in](http://www.yogaandhappiness.in)

Contact us : 9232369685 / 91 9883061986

