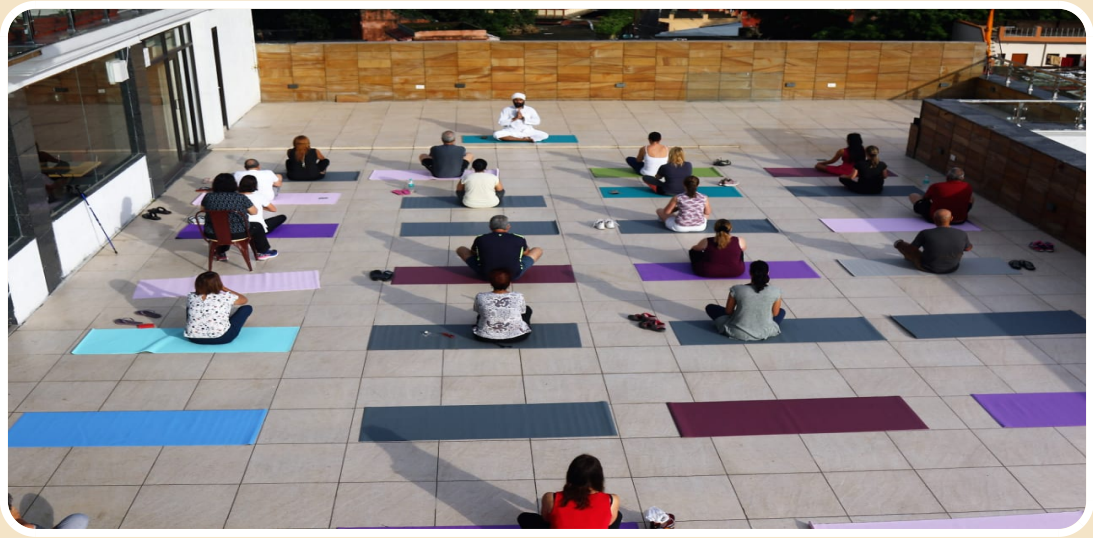
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Mrityunjay Yogpeeth Foundation

-From Rishikesh-

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THINGS INCLUDED

3 Days 2 Nights	Hotel	Meal

PACKAGE HIGHLIGHTS

START | Rishikesh

END | Rishikesh

PACKAGE ITINERARY

Day 1: Yoga Retreat Schedule

- Time   Activity
- 2:00 PM   Check-In
- 4:00 PM   Welcome Session & Orientation
- 5:00 PM   Yoga Session
- 7:00 PM   Yogic Dinner
- 8:30 PM   Evening Relaxation & Introduction to Emotional Healing
- 10:00 PM Sleeping Time

Day 2: Yoga Retreat Schedule

- Time Activity
- 5:30 AM Wake Up
- 6:30 AM – 8:00 AM Body Cleansing & Sunrise Mindful Breathwork Yoga by the Ganges
- 8:30 AM – 10:00 AM Yogic Breakfast
- 10:00 AM – 12:30 PM Workshop 1: Understanding Emotions & Energy Flow
- 1:00 PM Yogic Lunch
- 3:00 PM Herbal Tea
- 3:30 PM – 4:30 PM Yoga & Emotional Healing Session
- 5:00 PM – 6:00 PM Workshop 2: Expressive Arts for Emotional Release / Ganga Arti / Yoga Therapy Class
- 7:00 PM Yogic Dinner
- 8:30 PM Evening Meditation or Guided Relaxation / Satsang
- 10:00 PM Sleeping Time

Day 3: Yoga Retreat Schedule

- Time Activity
- 5:30 AM Wake Up
- 6:30 AM – 8:00 AM Body Cleansing & Sunrise Mindful Breathwork Yoga by the Ganges
- 8:30 AM – 10:00 AM Yogic Breakfast
- 10:30 AM – 12:30 PM Yogic Massage / Yoga Therapy Emotional Healing Session
- 1:00 PM Yogic Lunch

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Package Charge Per day Per person	
Category	**Single**
Standard Shared Room	**15,000**
Standard Private Room	**18,000**

❯ Package Inclusion

- Daily Yoga & Meditation
- Emotional Healing Workshops
- Breathwork & Cleansing by the Ganges
- Ganga Aarti Experience
- Guided Spiritual Walks
- Comfortable Accommodation
- Wholesome Yogic Meals
- 2 Breakfast,2 Lunch, 2 Dinner, Herbal Tea
- Equipped with modern amenities (WiFi, hot water)
- 24/7 Support & Wellness Advisors
- All Yoga Props & Essentials
- Evening Relaxation & Satsangs

❯ Package Exclusion

- Travel to & from the retreat (Flights, trains, or local transport)
- Personal expenses (Shopping, souvenirs, or meals outside the provided ones)
- Alcoholic Beverages (This is a mindful, healing retreat)
- Extra Excursions (Beyond the scheduled activities)
- Staff Tips & Gratuities (At your discretion)
- Laundry or Dry Cleaning Services (Available at an extra charge)
- Trip cancellation or interruption coverage
- Visa Fees and Documentation
- Passport or visa application fees
- Medical Costs
- Late Check-In/Check-Out Fees
- Yoga Equipment
- Stays before or after retreat dates

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