YatraDham.Org
Stay Religious, Stay Blessed !

1 Day Yoga Retreat in Junagadh

-From Junagadh-

Book Now →



THINGS INCLUDED

1 Days 0 Nights | **Hotel** | **Meal**

PACKAGE HIGHLIGHTS

START | Junagadh

END | Junagadh

PACKAGE ITINERARY

1 Day Yoga Retreat Schedule

- TimeActivity05:30Wake up call – Ushapanam (Drink 2–4 glasses of lukewarm water)6:00 – 6:15 AMHealth drink (Herbal Juice)6:15 – 7:15 AMGeneral Yoga and Pranayama session7:15 – 7:30 AMYogic Shatkriyas (as prescribed by the doctor)7:30 – 8:00 AMWalking in nature (fresh air & stress relief)8:00 – 8:30 AMWellness breakfast8:30 AM – 1:00 PMVarious wellness therapies & doctor consultation11:00Detox Drink12:30 – 1:30 PMWellness lunch1:30 – 2:30 PMLeisure time (Relaxation and recreation)2:30 – 4:30 PMVarious wellness therapy sessions16:00:00 PMHealth drinks and wellness snacks6:00 – 6:45 PMSoothing/Therapeutic/Advanced Yoga, DRT & Meditation (as prescribed)Wellness lecture session – twice a week6:45 – 7:30 PMWellness dinner8:00 – 9:00 PMRecreation & educational programme (twice a week)9:00 – 9:30 PMHealth Drink

❯ Yoga Retreat Package Price

Package Charge Per day Per person

Category	Single	Double
Semi Deluxe Room (AC)	4200	6500
Deluxe Room (AC)	4800	7700
Super Deluxe Room (AC)	5400	8900

❯ Package Inclusion

- Personalized Detox Plan by certified Ayurvedic & naturopathy doctors
- Panchakarma-based Ayurvedic Cleanse for deep body purification
- Diet & Nutrition Therapy tailored to your dosha and weight goals
- Mud Therapy, Hydrotherapy, and Body Detox Treatments
- Yoga & Meditation sessions to align physical and mental well-being
- Steam Baths, Herbal Juices, and Therapeutic Massages
- Lifestyle Counseling to help you stay healthy after the retreat
- 1 nights accommodation
- Yoga mats are available in the yoga hall

❯ Package Exclusion

- Airfare and Transportation
- International or domestic flights
- Airport transfers (unless otherwise specified)
- Travel Insurance
- Personal or medical travel insurance
- Trip cancellation or interruption coverage
- Visa Fees and Documentation
- Passport or visa application fees
- Any travel documents or permits required
- Meals and Beverages Not Specified
- Meals outside the retreat itinerary
- Alcoholic beverages or specialty drinks
- Personal Expenses
- Laundry, telephone calls, or personal shopping
- Tips, gratuities, and donations
- Optional Activities
- OPD charges will be calculated per therapy.
- treatments, massages, or therapies not included in the package
- Excursions, tours, or activities not part of the official retreat schedule
- Medical Costs
- Medical treatments or consultations
- Prescription medications or first aid items
- Late Check-In/Check-Out Fees
- Charges for early arrival or late departure (unless arranged in advance)
- Yoga Equipment
- Personal yoga mats, props, or attire (unless provided as part of the package)
- Additional Accommodation
- Stays before or after retreat dates
- Room upgrades or special requests not included in standard pricing

Why Choose Us?

- Dedicated Expert Support, Every Step
- One-Stop Solution: Car, Stay & Puja - All Arranged for You!
- Thousands of Happy Pilgrims Trust Us
- Flexible Plans to Fit Your Schedule
- From Road to Sky - Cars to Helicopters, We've Got It All!
- Flexible, Personalized Pilgrimage Packages
- Safe & Reliable Drivers for Your Family
- One Trusted Path For All Pilgrimages

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