YatraDham.Org
Stay Religious, Stay Blessed !

1 Day Yoga Retreat in Rishikesh

-From Rishikesh-

Book Now →



THINGS INCLUDED

1 Days 0 Nights	Hotel	Meal

PACKAGE HIGHLIGHTS

START | **Rishikesh**

END | **Rishikesh**

Route Overview | **Rishikesh**

Places to visit | **Rishikesh**

PACKAGE ITINERARY

1 Day Yoga Retreat Schedule

- 8:00 AM – 10:00 AM | Morning Wellness Session
- Guided Meditation
- Breathing Exercises
- Sukdham Kriya
- Surya Namaskar
- Yoga Asanas
- Relaxation (Savasana)
- 10:30 AM – 11:00 AM | Lunch
- 11:00 AM – 4:45 PM | Local Exploration
- Visit Ram Jhula
- Explore Laxman Jhula
- Walk along the serene Ganga Ghat
- Enjoy local sightseeing
- 5:00 PM – 7:00 PM | Evening Yoga Session
- 7:00 PM – 8:00 PM | Dinner
- 8:30 PM – 9:30 PM | Night Meditation

❯ Yoga Retreat Package Price

Cost Per Person

Rs.2200

❯ Package Inclusion

- Yoga & Meditation Retreat Rishikesh India: Fees Includes
- PIYF certificate of Yoga & Meditation Retreat
- Daily intensive practice o mantra, asana, pranayama, kriya and meditation
- Daily theory class on yogic philosophy
- Daily 2 healthy yogic vegetarian meals and herbal tea
- Meal All meals will be vegan/vegetarian and gluten free, except Wheat chapati and kheer (milk + rice pudding)
- We provide five - seven dishes in one meal with proper nutrition and fresh cooked. Our foods are suitable for both western and eastern students. We have different menu for each day.
- Excursions and sightseeing tours
- 1 nights accommodation
- Printed materials of course
- Tools for neti kriya pot
- Yoga mats available in 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
- 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!
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- From Road to Sky - Cars to Helicopters, We've Got It All!
- Flexible, Personalized Pilgrimage Packages
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