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3 Day Yoga Retreat in Gangasagar

-From Gangasagar-

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THINGS INCLUDED

- **3 Days 2 Nights**
- **Hotel**
- **Meal**

PACKAGE HIGHLIGHTS

- **START | Gangasagar**
- **END | Gangasagar**

PACKAGE ITINERARY

Day 1: Yoga Retreat Schedule

- Check-in: 12:00 PM
- Day 1: Entering the Sacred Space
- Theme: Purification of Body, Mind & Soul
- TimeActivity6:00 AMWelcome, Tea & Silent Nature Walk7:00 AMOpening Prayer & Guided Yogasana8:00 AMPranayama & Kriya Initiation Intro9:00 AMSattvic Breakfast10:00 AM Session 1: Gita Wisdom – “Let Go of the Ego”11:30 AM Personal Reflection & Journaling1:00 PMSattvic Lunch2:00 PMRest / Seva Hour (Ashram seva)4:00 PMSession 2: Kriya Yoga Sadhana Practice5:30 PMHerbal Tea & Bhajan6:00 PMHavan & Gita Chanting7:00 PMSoulful Dinner8:00 PMSatsang: “Why Am I Here?” with Giri Surya Swami9:00 PMSilent Meditation & Lights Out

Day 2: Yoga Retreat Schedule

- Day 2: Awakening Inner Wisdom
- Theme: Connection to the Divine through Practice
- TimeActivity5:30 AMSunrise Meditation on the Beach6:30 AMTea & Yogic Stretch7:00 AMPranayama – Nadi Shuddhi & Kriya Round 18:30 AMBreakfast9:30 AMWorkshop: “Breathing as Prayer”11:00 AM Group Reflection / Seva / Gita Chant Practice1:00 PMLunch3:00 PMSession 3: Bhagavad Gita – “Sthitaprajna: The Inner Warrior”4:30 PMKriya Yoga Sadhana – Round 26:00 PMGita Yagna & Jagannath Jyoti Darshan7:30 PMDinner

Day 3: Yoga Retreat Schedule

- Day 3: Integration & Inner Radiance
- Theme: Returning Home with Awareness
- Time Activity6:00 AM Beach Walk & Meditation7:00 AM Pranayama & Kriya Yoga – Round 38:30 AM Breakfast9:30 AM Final Discourse: “Living Gita in Modern Life”11:00 AM Sharing Circle & Feedback12:00 PM Certificate Distribution & Group Photo1:00 PM Lunch2:00 PM Departure Blessing Ceremony

❯ Yoga Retreat Package Price

Details	Guest Capacity	Cost Per Person
Person (Shared Accommodation)	**1**	**Rs.15,000**
Twin Sharing or couple	**2**	**Rs.25,000**

❯ Package Inclusion

- Check-in: 12:00 PM
- Check-out: 10:00 AM
- Early check-in or late check-out is subject to room availability.
- Free Parking
- Free Wi-Fi
- Garden Activities
- 24/7 power backup
- Yoga & Meditation Space
- Kriya Yoga Sadhana with Giri Surya Swami
- Bhagavad Gita Study Sessions
- Gita Yagna & Havan
- Seva Opportunities (Gaushala, Kitchen, Ashram Cleaning)
- Open Bhajan Evenings & Gita Chanting
- Accommodation (private/shared as per selection)
- Community Living with Sattvic Meals (2 Breakfast, 3 Lunch, 2 Dinner)
- We offer clean and spacious rooms with both AC and Non-AC options to suit your comfort and budget.
- Absolutely. Guests are welcome to join satsangs, meditation, Gita chanting, and Gou Seva as part of their spiritual integration.

❯ 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
- Spa treatments, massages, or therapies not included in the package
- Sightseeing expenses are not included. You may explore nearby places (like Laxman Jhula, Ram Jhula, Ganga Ghat, etc.) at your own cost.
- 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
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