

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
- Time Activity 6:00 AM Welcome, Tea & Silent Nature Walk 7:00 AM Opening Prayer & Guided Yogasana 8:00 AM Pranayama & Kriya Initiation Intro 9:00 AM Sattvic Breakfast 10:00 AM Session 1: Gita Wisdom – “Let Go of the Ego” 11:30 AM Personal Reflection & Journaling 1:00 PM Sattvic Lunch 2:00 PM Rest / Seva Hour (Ashram seva) 4:00 PM Session 2: Kriya Yoga Sadhana Practice 5:30 PM Herbal Tea & Bhajan 6:00 PM Havan & Gita Chanting 7:00 PM Soulful Dinner 8:00 PM Satsang: “Why Am I Here?” with Giri Surya Swami 9:00 PM Silent Meditation & Lights Out

Day 2: Yoga Retreat Schedule

- Day 2: Awakening Inner Wisdom
- Theme: Connection to the Divine through Practice
- Time Activity 5:30 AM Sunrise Meditation on the Beach 6:30 AM Tea & Yogic Stretch 7:00 AM Pranayama – Nadi Shuddhi & Kriya Round 8:30 AM Breakfast 9:30 AM Workshop: “Breathing as Prayer” 11:00 AM Group Reflection / Seva / Gita Chant Practice 1:00 PM Lunch 3:00 PM Session 3: Bhagavad Gita – “Sthitaprajna: The Inner Warrior” 4:30 PM Kriya Yoga Sadhana – Round 26:00 PM Gita Yagna & Jagannath Jyoti Darshan 7:30 PM Dinner

Day 3: Yoga Retreat Schedule

- Day 3: Integration & Inner Radiance
- Theme: Returning Home with Awareness
- Time Activity 6:00 AM Beach Walk & Meditation 7:00 AM Pranayama & Kriya Yoga – Round 8:30 AM Breakfast 9:30 AM Final Discourse: “Living Gita in Modern Life” 11:00 AM Sharing Circle & Feedback 12:00 PM Certificate Distribution & Group Photo 1:00 PM Lunch 2:00 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
- 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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