



## **RISHIKESH YOGA & SPIRITUAL RETREAT**

**11 Days of Yoga, Meditation & Sacred Experiences on the Banks of the Ganges**

*Rishikesh · Kunjapuri · Vashishta Cave · Tungnath · Devprayag*



## WHY RISHIKESH?

Known as the "Yoga Capital of the World," Rishikesh is a premier global destination for spiritual inquiry and Vedic studies. Situated 250 kilometers from Delhi, the city is easily accessible via road, rail, or air. While Rishikesh has evolved into a vibrant international hub, it maintains a singular atmosphere where the energy of Indian commerce meets the tranquility of the Ganges. As the gateway to the Himalayas, the city serves as a sacred threshold where the river descends from the mountains, offering a unique environment of purity and peace. Retreating here allows practitioners to follow in the footsteps of ancient sages, drawing inspiration from a landscape steeped in centuries of spiritual tradition.



## WHAT WILL WE PRACTICE?

Our retreat features one to two yoga sessions daily, thoughtfully integrated with our scheduled activities. Depending on the itinerary, morning sessions focus on gentle Hatha awakening, emphasizing alignment, asana, and breathwork. Evening practices transition toward restorative techniques, including Yoga Nidra and guided meditation, to ensure deep relaxation.



## WHAT ARE THE BENEFITS OF HATHA YOGA PRACTICE?

Regular hatha yoga offers a comprehensive approach to overall well-being, encompassing physical, mental, and spiritual health.

**Physical Health:** Develops flexibility, strength, and stamina; improves metabolism and circulation; and contributes to general health and injury prevention.

**Mental & Emotional Well-being:** Significantly reduces stress levels and anxiety, improves sleep quality, and fosters mental clarity and emotional resilience.

**Spiritual Growth:** The practice encourages introspection and self-discovery, helping to release accumulated tensions and deepen one's perspective of the world.

This program is suitable for all levels of experience, from beginners who will receive detailed instruction to experienced practitioners seeking to deepen their practice, with one or two daily sessions available.

#### DAILY SCHEDULE

6.30 - 8.00 Morning practice.

8.00 - 9.00 Breakfast at the hotel.

10.00 - 16.30 Joint walks / excursions / free time / massage.

16.30 - 18.00 Evening practice of hatha yoga / yoga Nidra / sound healing.

18.00 - 19.30 Dinner.

19.30 - 21.00 Satsang / general circle to discuss experiences.

#### DAY 1

Welcome! Your Arrival & First Day in Rishikesh.

**Airport Pickup:** A driver will meet you at your airport (Delhi (DEL) or Dehradun (DED)).

**Travel Time:** From Delhi, the journey is approximately 3-4 hours; from Dehradun, it's about 1 hour to our accommodation in Rishikesh.

Upon arrival, please head to your accommodation to check in and rest. Feel free to relax and settle in at your own pace. If you wish, you can engage in personal practice.

Evening (Approx. 7:00 PM): We'll have a general circle for introductions and an optional gentle evening practice session to help everyone acclimate.

## DAY 2

Begin with morning yoga and a powerful fire ceremony (Yagna) to set your intentions (Sankalpa), followed by a guided exploration of the iconic Lakshman and Ram Jhula bridges. Ascend the Trayambakeshwar Temple for panoramic Ganga views and a cultural journey through Hindu deities, then witness the breathtaking Ganga Aarti at Parmarth Niketan. Conclude your day with tranquil moments: stroll vibrant markets, find quiet cafes, meditate on serene Ganga beaches, and enjoy a refreshing swim in the sacred waters.



## DAY 3

Beginning the day at Kunjapuri Temple, a sacred Shakti Peeth known as the 'Place of the Heart.' As we witness the sunrise from this powerful vantage point, we will practice 'Meeting the Sun' while overlooking the majestic Himalayas and the valley of Rishikesh. Here, we will delve into the ancient legend of Sati and Shiva, connecting with the site's profound energy. After an afternoon of quiet reflection or a purifying bath in the Ganga, we gather at sunset for the Ganga Aarti. This transformative fire ceremony is a soulful tribute to the holy river, marking the perfect end to our spiritual journey.



#### DAY 4

Begin your day with mindful morning yoga, followed by a spiritual pilgrimage to the ancient Vashishta Cave. Nestled on the serene Ganga banks, this sacred spot, once home to Sage Vasishtha, offers unparalleled peace for meditation and contemplation. We'll meditate together, with an option for a purifying dip in the holy Ganges. Your day concludes with Evening Practice and restful rejuvenation.



#### DAY 5, 6 and 7

We leave the valleys behind for a three-day Himalayan immersion. Our destination is Tungnath, the highest Shiva temple on Earth. Whether you stop at the temple or continue to the Chandrashila peak, the climb is a powerful metaphor for overcoming life's challenges, allowing you to see your world from a new, elevated perspective.

Along the way, we'll stop at Devprayag to witness the energetic union of the rivers that form the Ganges and visit the Dhari Devi Temple, the spiritual protector of these mountains. If the mountains allow, we'll end with a sunset trek to the stunning Deoria Tal.



## DAY 8

A well-deserved recovery day after our Himalayan peak journey. We'll focus on grounding with intentional morning and evening yoga/meditation, complemented by unstructured free time for rest, personal time, or gentle exploration. A perfect day to nourish yourself.

## DAY 9

Explore the renowned Maharishi Ashram (also known as the "Beatles Ashram" or "Chaurasi Kutia") located near Rishikesh. This unique and historic site gained global recognition when The Beatles visited in 1968 to study Transcendental Meditation with Maharishi Mahesh Yogi.

Maharishi Mahesh Yogi was a globally renowned teacher instrumental in popularizing meditation and applied Vedic sciences worldwide. The ashram complex, featuring distinctive dome-shaped meditation huts, still evokes a special atmosphere and connection to the teacher's spirit and the era when it served as a

creative and spiritual hub. The visit offers insight into a pivotal moment where Eastern spirituality met Western culture, influencing many songs on the White Album.



## DAY 10

Morning awakening practices (Asana & Pranayama). Afternoon: Seva (selfless service) & free time for personal exploration of Rishikesh's spiritual sites. Evening: Sacred Fire Ceremony, nourishing dinner, and a reflective Community Circle to share insights.

## DAY 11

Final day, morning yoga, free time (shopping in Rishikesh), followed by departure.

- **Optional Excursions & Cultural Immersions**

Haridwar. - The Gateway to the Divine. Literally translated as the "Gateway to God," Haridwar is a premier spiritual center cited in ancient Vedic scriptures. Renowned

as a historical hub for the arts, sciences, and spiritual culture, our visit focuses on the city's sacred feminine energy. We will explore the Mansa Devi and Maya Devi temples—revered Siddha Peethas believed to be powerful sites for the manifestation of intentions.

Surkanda Devi & The Rishikesh Highlands. - Experience the profound Shakti (divine power) of the Surkanda Devi Temple. Complementing our visit to Kunjapuri, this excursion offers an unforgettable journey via cable car to the mountain summit. Guests will be treated to breathtaking panoramic views of the Himalayas before we conclude the day with a visit to a picturesque mountain town on our descent.

## FACILITATORS

### Elena Efanova

Facilitates retreats and pilgrimages in India, yoga teacher, astrologer, psychologist, somatic practitioner. Organizer of readings “palm leaf” scriptures (nadi astrology) and Vedic ceremonies.

Elena combines Eastern and Western systems of knowledge and practices on spiritual growth, well-being, and integrity of the human being and their place in the world. She also conducts group and individual classes on yoga and somatic practices, and personal consultations.

For over 10 years, she has been accompanying groups in India and helping seekers to find what is important on their path. The word “guide” suits her better. She led you to the experience you need, whether it is travel, physical practice or personal work with your inner request. This helps you to find the source of your happy and harmonious life.

Elena's core philosophy in Hatha Yoga practice is centered on connection: guiding participants to establish contact with their bodies, sensations, inner power, and surrounding community and space. She believes this foundational state of contact and connection is essential for cultivating awareness on all levels, enabling individuals to move in a meaningful direction and fully embrace their lives.



### Mitta Rawat

He is a seasoned Hatha Yoga practitioner with over 12 years of teaching experience. Formally trained at the Swami Vivekananda Yoga Institute, he teaches in the esteemed Sivananda Yoga tradition from his studio in Rishikesh. Mittra's instruction transcends physical technique; he guides students to explore the subtle sensations and internal landscapes of the body and mind.

His classes are distinguished by the integration of storytelling, through which he imparts timeless wisdom applicable both on and off the mat. Known for his kindness, humor, and "loving presence," Mittra creates an environment where students are encouraged to practice with authenticity in the present moment. His unique balance of strength and gentleness makes even the most challenging asanas accessible, fostering a practice that is both deep and harmonious with one's individual nature.



## LODGING

The retreat offers a supportive and serene environment at a cozy hotel nestled in the foothills of the Himalayas, just a short walk from the sacred Ganges. This sanctuary provides the perfect backdrop for your inner journey.



Peaceful Stay: Enjoy comfortable, clean rooms with natural light and good energy.



Wellness Facilities: Benefit from a well-equipped yoga studio with inspiring views of the valley.



Nourishing Meals: Awaken each morning to a healthy, organic vegetarian breakfast, prepared to nourish your mind, body, and soul.

Our Commitment: While we have planned for this specific location, any necessary changes will guarantee a similar quality experience to ensure your comfort and peace of mind.

## RETREAT DETAILS: INVESTMENT & ESSENTIALS

### What's Included (Investment Value)?

- Accommodation & Meals: 11 nights' lodging with daily breakfast.
- Yoga & Wellness: All scheduled yoga practices and sessions.
- Experiences: Guided mountain excursion and city sightseeing per itinerary.
- Personalized Support: One private consultation with Elena.
- Logistics: Full tour organization, guiding, and accompaniment throughout the program.

### What to Pack & Prepare (Essential Items)?

- Yoga Gear: Your preferred yoga mat (optional), comfortable, non-restrictive clothing.

- Clothing (Rishikesh/India): Light layers for warm days/cool evenings (approx. 15°C), modest wear (cover shoulders/knees in temples), a jacket/shawl for mountains, comfy walking shoes, flip-flops.
- Electronics: Power strip (if needed).
- Finances: Cash (USD/EUR) recommended; cards work at ATMs/some shops.
- Documents: Passport scans (required for booking).

### Notes on Personal Expenses

- Meals: Budget approx. \$3-\$10/meal.
- Massages: Start around \$20.
- Transfers: From Rishikesh to Delhi (₹3800-4500/car), or Dehradun (₹1500/car).