



3"R

REJUVENATION RETREAT IN RISHIKESH



A CURATED RETREAT EXPERIENCE IN

RISHIKESH



PRANAYAMA



MEDITATION



AYURVEDA
TREATMENTS



NATUROPATHY
TREATMENTS



A holistic journey to restore balance, renew your energy,
and reconnect with your true self in the serene
spiritual capital of the world.

Yoga, Meditation & Pranayama

Discover the transformative power of Yoga, Meditation, and Pranayama, three timeless practices that work together to restore balance, improve vitality, and cultivate inner peace. Guided by experienced instructors, each session is designed to help you reconnect with yourself while enhancing your physical, mental, and emotional well-being.



AYURVEDIC CONSULTATION & TREATMENTS

Ayurveda, the ancient Indian system of holistic healing, focuses on creating harmony between the body, mind, and spirit. Through a personalized consultation, our Ayurvedic expert understands your unique body constitution (Prakriti), lifestyle, and wellness goals to recommend therapies that support natural healing, detoxification, relaxation, and overall vitality.

Included Ayurvedic Therapies

- **Abhyanga (Full Body Massage)** – A warm herbal oil massage that improves circulation, nourishes the body, relieves muscular tension, and promotes deep relaxation.
- **Partial Massage** – A targeted therapy for the neck, shoulders, back, or legs to ease localized pain and stiffness.
- **Patra Potli Therapy** – A traditional herbal poultice massage that helps reduce inflammation, joint discomfort, and muscle stiffness.
- **Shirodhara** – A continuous stream of warm herbal oil gently poured over the forehead to calm the nervous system, reduce stress, and encourage mental clarity.
- **Swedan (Full Body Steam)** – A herbal steam therapy that supports detoxification, relaxes muscles, and enhances the benefits of Ayurvedic treatments.
- **Basti** – A specialized Ayurvedic cleansing therapy that helps eliminate toxins, supports digestive health, and restores internal balance.



NATUROPATHY CONSULTATION & TREATMENTS

Naturopathy is a holistic healing approach that works with the body's innate ability to restore and maintain health using natural therapies. Following a personalized consultation, treatments are recommended based on your individual health needs to improve circulation, and enhance physical and mental well-being.

Included Naturopathy Therapies

- **Hydrotherapy** – Hot and cold compresses, therapeutic baths, and hot foot baths that stimulate circulation, reduce inflammation, and support healing.
- **Sun Bath Therapy** – Controlled exposure to sunlight to promote vitality, improve mood, and support overall wellness.
- **Mud Therapy** – Mineral-rich mud applications that help detoxify the body, reduce inflammation, and refresh the skin.
- **Acupressure** – Gentle pressure on specific points to improve energy flow, relieve stress, and support the body's natural healing process.
- **Acupuncture** – Fine needle therapy that helps reduce pain, restore energy balance, and promote overall well-being.
- **Physiotherapy Exercises** – Guided therapeutic movements to improve strength, flexibility, posture, and mobility.
- **Cupping Therapy** – A traditional suction therapy that relieves muscle tension, improves blood circulation, and supports recovery.



Daily Schedule



A well-structured day designed to nourish your body, calm your mind, and uplift your spirit.



TIME

6:30 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

1:00 PM

3:00 PM

4:30 PM

5:00 PM

6:00 PM

8:00 PM

9:00 PM

10:30 PM

ACTIVITY

Shatkarma

Pranayama

Yoga

Healthy Breakfast

Treatment section

*Check previous page for all the therapies we will provide.

Lunch

Pain Management

Herbal Tea

Yoga

Meditation

Dinner

Let's Talk

Lights Out

WHAT'S INCLUDED:

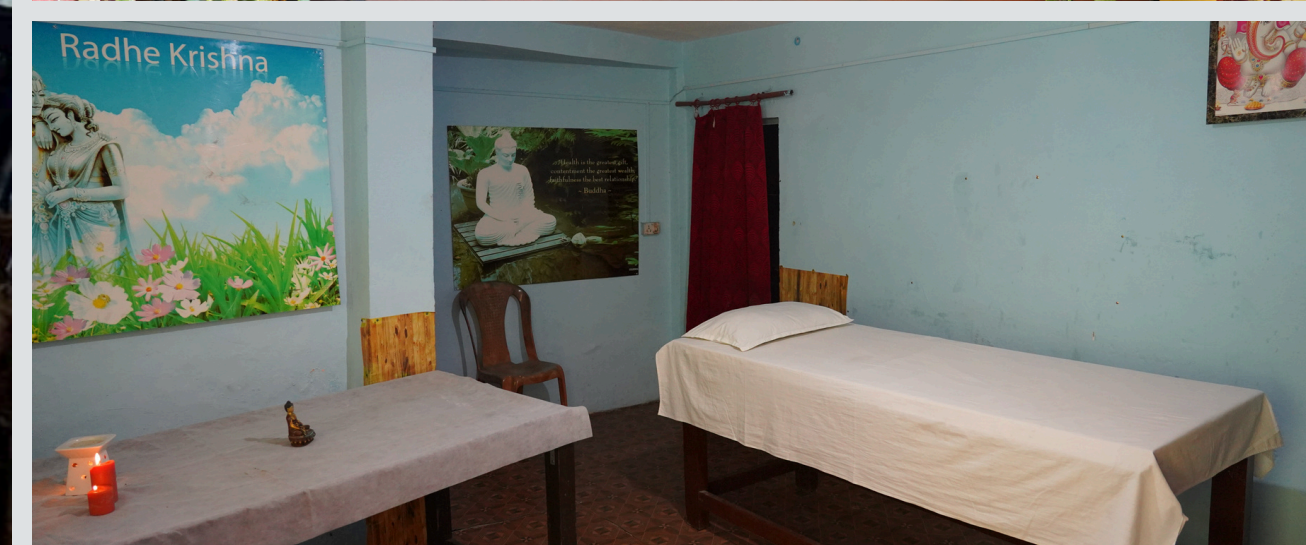
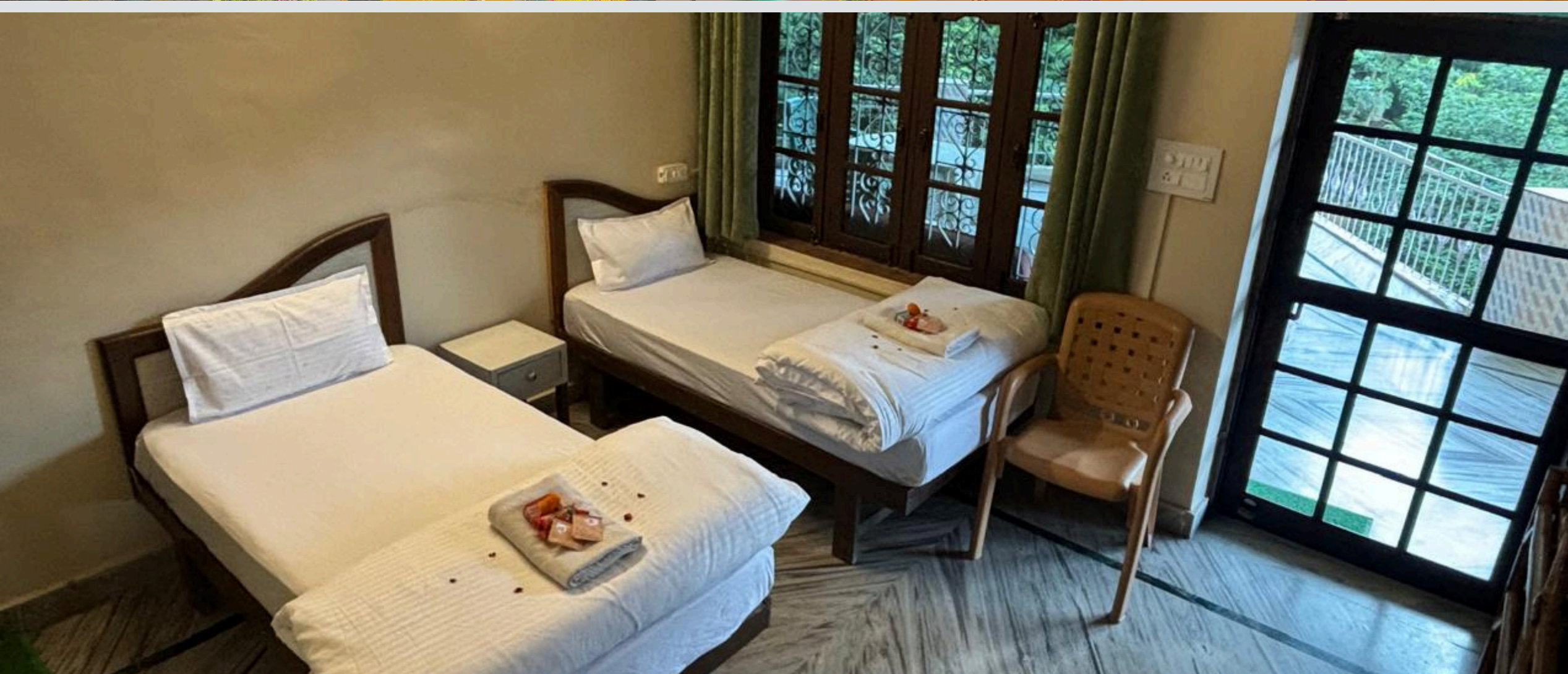
- Accommodation & nourishing vegetarian meals
- Daily yoga, pranayama, and meditation
- Rebirthing breathwork & energy practices
- Sound healing & chakra balancing
- Reiki sessions & guided workshops
- Fire ceremony & integration practices
- Tarot guidance
- Massage Therapy

NOT INCLUDED:

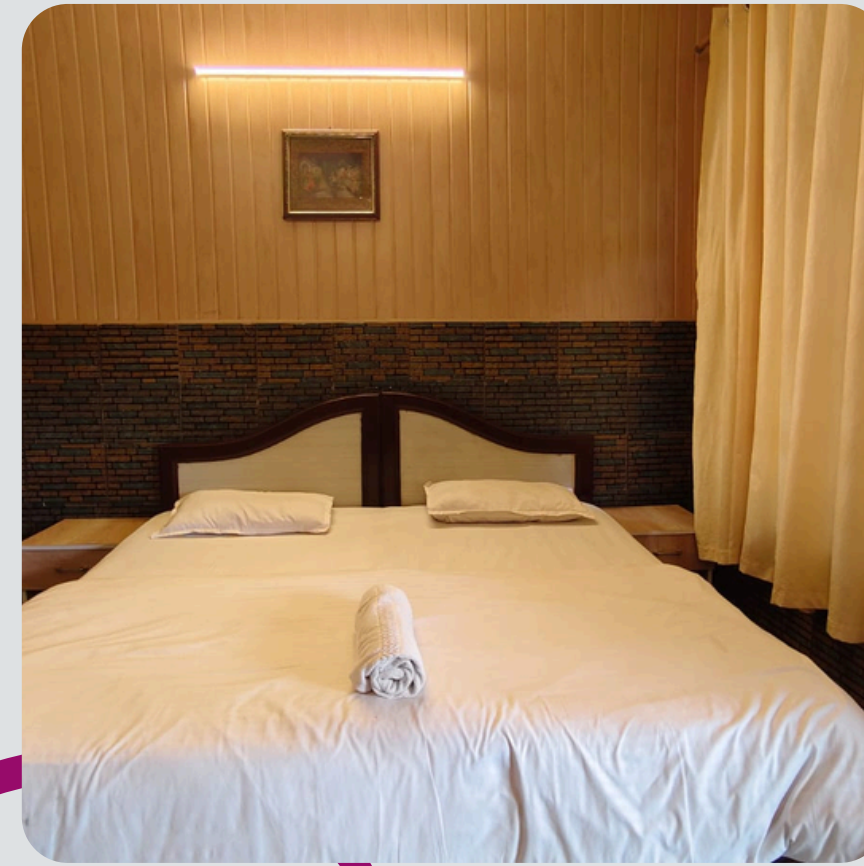
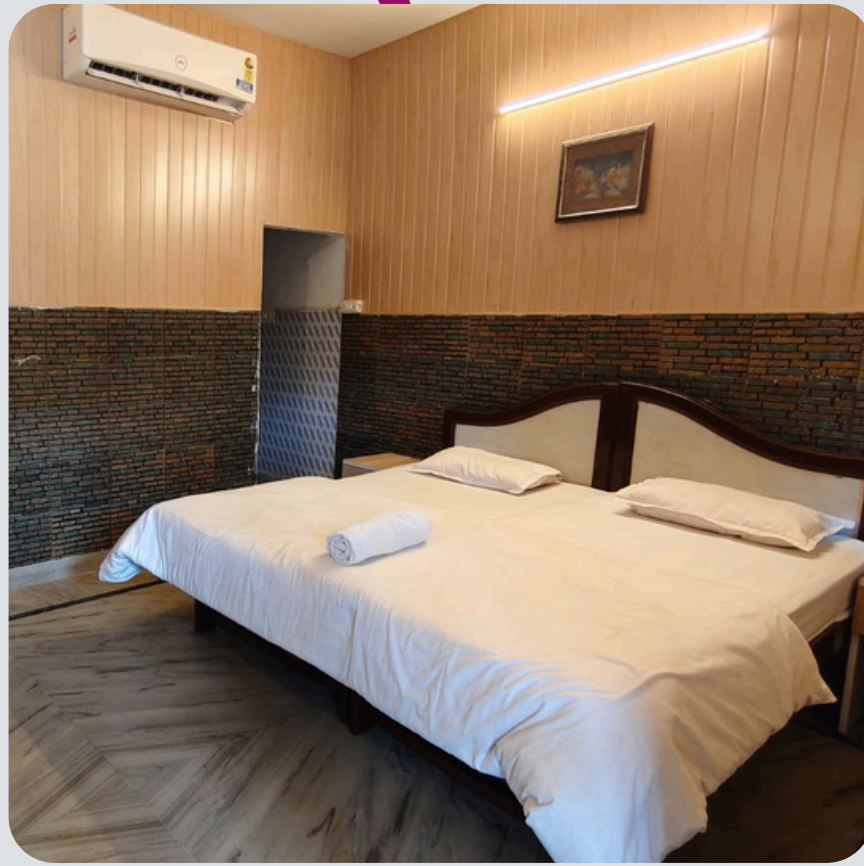
- Travel to retreat location
- Airport transfers (available on request)
- Personal expenses

OPTIONAL ADD-ON EXPERIENCES: PERSONAL

- Reiki Session
- Sound Healing Session
- Tarot / Numerology Guidance
- Naturopathy/Ayurvedic Treatments
- Airport transfers



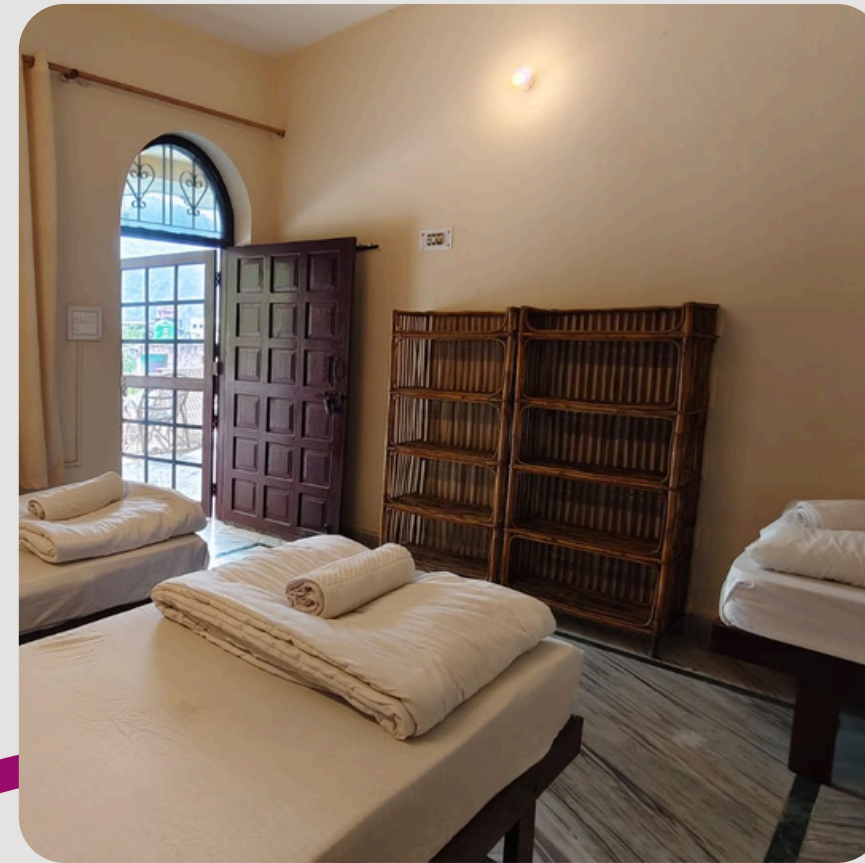
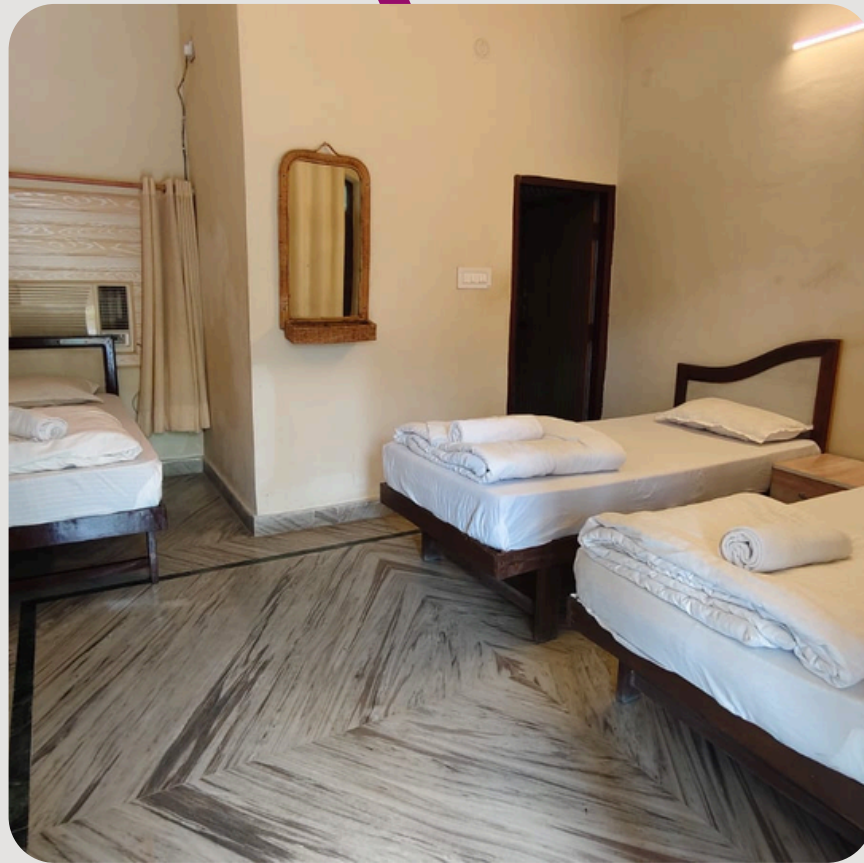
Private Room



Double Sharing Room



Triple Sharing Room





FACILITIES

- PURIFIED DRINKING WATER
- ATTACHED BATHROOM
- ENVIRONMENT FRIENDLY
- FREE WI-FI
- MOUNTAIN VIEW
- SOUVENIR SHOP
- WATER STREAM
- HOT WATER
- HEALING ROOM
- YOGA HALL
- DINING AREA
- PAID LAUNDRY SERVICE
- AIR CONDITIONING

COURSE FEES AND DATES

ACCOMMODATION

Triple Sharing Room (Mountain view)
Double Room (Mountain view)
Private Room (Mountain view)

FEES

38,500/- (per person)
40,999/- (per person)
46,999/- (per person)

HOW TO BOOK

In order to Book your seat you are required to pay an deposit fee of 25%. The remaining fee can be paid on arrival

BOOK NOW

WHAT TO BRING

You should bring your clothes, daily essentials, slippers and dental kit. For yoga classes, it is advised to bring yoga clothes. Apart from this, all other things required for the course will be provided by us.

HOW TO REACH US

Firstly, you have to book a flight to New Delhi Aiport – Indira Gandhi International Airport (DEL). You can book a domestic flight to Dehradun Airport (DED) from Delhi. or you can take a bus/train. From Dehradun Aiport, you take a cab for ‘Samvedna spiritual school’, Tapovan, Rishikesh.

WEATHER

Weather conditions are as follows in Rishikesh, India

July to September: Rainy season

October to February: Winter Season with December and January being the coldest months

March to June: Summer season with May and June being the hottest months

REFUND POLICY

Please note that no refunds will be issued for cancellations made within 2 days (48 hours) of the retreat start date. We recommend informing us as early as possible if you are unable to attend.

CONTACT US

Call/Whatsapp: **+91 7060004959**

info@omyogainternational.com

FOLLOW US ON

