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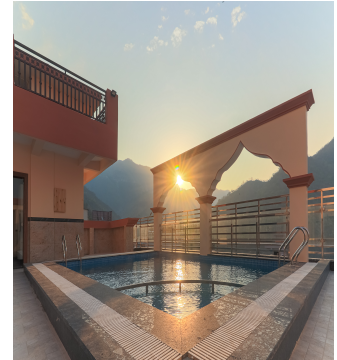
Package Code:HO300483

Discount: 20%

Price: **INR 7,999**(Price Per Person)

AROGYA WELLNESS RETREAT RISHIKESH - 2 Nights / 3 Days

Cities Covered: >> Rishikesh



Package Highlights:

Let your body experience the fullness by relaxing deeply and release all tiredness caused by your toxic lifestyle & stressful work pressure.

Why You Should Attend

Boost your immunity & Metabolism

Say good bye to stress – Anxiety – Depression – Panic attack

Control Weight and Reduce risk of Diabetes – High B.P., Asthma, Aches, Pain & all types of inflammation

Increase Energy, Balance hormones and Improve Longevity

Prevent and cure Chronic Health condition,

Experience the joy of healing power within us

AROGYA WELLNESS RETREAT IS A KEY TO HAPPINESS IN LIFE

- Scientific Yoga sessions including Pranayamas, Kriyas & Meditations.
- Relaxation techniques (DRT, QRT & Yoga Nidra)
- Five elements based Acupressure & Murma point teaching session
- Healthy food habits & natural detoxification techniques
- Trataka (eye healing therapy) for clear eye sight & concentration
- Ayurvedic home remedy teachings
- Seminar presentation with question / answer session.
- Home follow up session / notes handover

Itinerary:

Day 1: Rishikesh:

Check in At Hotel -Day 1 (Friday evening) • 2-4 PM onwards (check in time)

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- 4.30 PM Welcome session & Briefing the Program menu
 - 5 PM Tea break
 - 5:30-6:30 Intro session on holistic health & short meditation
 - 6:45-7:45 Nature walk (ganga kinare)
 - 8 PM (Dinner)
 - 10:30 PM – Bed time

Day 2: Rishikesh:

Day 2 (Saturday) Full Day Retreat

Day 2 (Saturday)

- * 7 AM : Yoga session
- * 8:30 AM :Breakfast
- * 10 AM : Introduction to Body, Mind and Breath
- * 11 AM : Breathing exercise & Meditation
- * 12 PM : Lunch & Rest
- * 2:30 PM : Relaxation Techniques (DRT, QRT & Yoga Nidra)
- * 3 PM : Acupressure & Murma therapy point teaching
- * 4 PM : Healthy food habit & Detox class
- * 5 pm : Tea break
- * 5:30PM : Ayurvedic Herbal Remedy class
- * 6:30 PM : Nature Walk (Ganga Kinare Walk)
- * 7:30 PM : Trataka (eye healing technique)
- * 8:30 PM : Dinner
- 10:30 PM : Bed time

Day 3: Rishikesh:

Day 3 (Sunday Morning) CHECK OUT

Day 3 (Sunday Morning)

- * 7 AM : Yoga session
- * 8:30 AM : Breakfast
- * 10 AM : Experience sharing session
- * 10:30 AM : End of Program & Notes Handover

Hotel Details :

Place	Hotel Type	Hotel Name
Rishikesh	3 star	AROGYADHAM RETREAT OR SIMILAR

Price Summary : (Price Per Person)

Hotel Type	Price for (2Pax)	Price for (4Pax)	Price for (6Pax)	Price for (8Pax)	Extra Adult	Extra Child	Extra Infant
3 star	15000	0	0	0	0	0	0

Inclusions :

JOIN THE WEEKEND RETREAT
JUST PAY 50% NOW FOR BOOKING AND REST BEFORE 10 DAYS OF RETREAT
ALL 3 SATVIK MEALS(BREAKFAST ,LUNCH AND DINNER) IS INCLUDED
GIVEN RATES ARE BASED ON PER PERSON & TWIN SHARING

Exclusions :

ANY TRANSPORTATION COST, AIRFARE OR ANY TRANSFERS COST
WHICH IS NOT MENTIONED IN THE PACKAGE ITINERARY

Extra Activity :

ON ADDITIONAL COST

Cancellation Policy :

100% PAYMENT IN ADVANCE

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