



YOGA ASHRAM
real yoga made easy

YOUR INNER JOURNEY

(YOGA CHITTA VRITTI NIRODHA)

Dates of the Retreat : **April 8 to 13, 2023**
Duration : **6 days & 5 nights**
Location : **MJ River Resort by DLS Hotels Rishikesh**

Day to day schedule for the retreat

8th April – Day 1

2.45 am	Arrival @ Delhi Airport
5.00 am	Departure from Airport
12.00 pm	Arrival @ the hotel for check in
1.00 pm	Lunch
2.00 to 4.00pm	Free time to relax, explore the pool and property
4.00 – 4:30 pm	Opening Circle
4:30 – 5:30pm	Hatha Yoga
5:30 – 6pm	Nature Walk & Meditation
7.30 pm	Dinner
8.30 – 9:30	Satsang

9th April – Day 2

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Sunrise Yoga
7.30am	Breakfast
8.00 am	Rafting at Shivpuri
1.30pm	Lunch
2.00 – 4.00 pm	Free time to relax, explore the pool and property
4.00 – 5.00 pm	Yin Yoga
5:00 – 6:00 pm	Breathing Exercise & Sound Healing Meditation
7.30 pm	Dinner
8:30 – 9:00pm	Satsang & Knowledge Session



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10th April – Day 3

5:30 am	Departure to Kunjapuri Temple
6.30 - 7.30 am	Sunrise Yoga
7.30am	Breakfast
8.00 am	Visit around the Temple & Hike
11:00 am	Departure back to hotel
1.30pm	Lunch
2.00 – 4.00 pm	Free time to relax, explore the pool and property
4.00 – 5.00 pm	Hatha Yoga
5:00 – 6:00 pm	Breathing Exercise & Meditation
7.30 pm	Dinner
8:30 – 9:00pm	Satsang & Knowledge Session

11th April – Day 4

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Sunrise Yoga
7.30am	Breakfast
10.00 am	Knowledge Session
1.30pm	Lunch
2.00 – 4.00 pm	Free time to relax, explore the pool and property
4.00 – 5.00 pm	Aqua Yoga
5:00 pm	Departure for Ganga Aarti
5:30 pm	Ganga Aarti Ceremony
7.30 pm	Departure back to Hotel
8:00 pm	Dinner
8:30 – 9:00pm	Satsang

12th April – Day 5

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Sunrise Yoga near Ganga River
7.30 am	Breakfast
8:00 am	Departure to Laxman Jhula
8.30 am	Visit around Laxman Jhula Market
1.30pm	Lunch
2.00 – 4.00 pm	Free time to relax, explore the pool and property
4.00 – 5.00 pm	Hatha Yoga
5:00 – 6:00 pm	Meditation & Knowledge Session
7.30 pm	Dinner
8:30 – 9:00pm	Satsang



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13th April – Day 6

5:30 – 6:15am	Meditation and Jal Neti
6.15 - 7.00 am	Sunrise Yoga & Closing Ceremony
7.30am	Breakfast
10.00 – 11:00am	Checkout from Hotel
12.30pm	Lunch
1:00 pm	Departure for airport

***** **End Of Retreat** *****

Further Information for the retreat

Airline: Emirates

Recommended Flight Details:

7th April 2023 : Dubai to Delhi – Flight EK512 (2.00pm – 02.45am)

13th April 2023 : Delhi to Dubai – Flight EK515 (21.50 pm – 23:55pm)

Package Cost:

Single Occupancy : AED 4200/-

Double Occupancy : AED 3999/- (sharing basis)

Inclusions in package:

- Accommodation for 5 days on single or sharing basis as requested by you
- Breakfast, Lunch & Dinner from Lunch on day of landing to breakfast on day of departure.
- Yoga Sessions: Meditation, Hatha Yoga, Pranayama & Yoga, Yin Yoga, Sunrise Yoga, Sound Healing Meditation, Breathing Exercises, Meditation, & Acqua Yoga etc.
- Yogic Detox: Jal Neti
- Unlimited Beverages
- Use of the Yoga Shala
- Activities (subject to change)
 - Visit around Laxman Jhula Market
 - Ganga Aarti Ceremony
 - Rafting at Shivpuri
 - Visit around the Kunjapuri Temple & Hike
- Airport Transfers (Zanzibar airport – Hotel – Zanzibar Airport) towards the recommend flights



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Exclusions in Package

- Visa & Flight Tickets
- 5% Vat

Please note that we have limited spots available for this retreat, so please do make your reservation at the earliest.

When making your reservation do send us

1. Phone number, Email & Passport Details
2. Dietary requirements and any allergies if any.

To confirm your spot please make the payment to the below bank details and send us an email to angela@yogashram.com so the payment can be tracked against your reservation.

BANK DETAILS

Name: Yoga Ashram DMCC

Account No.: 1014807205201

IBAN No: AE730260001014807205201

Bank Name: Emirates NBD BANK

Swift Code: EBILAEAD