



RETREAT & TRAINING GUIDE

YOUR PATH TO CALM AND CONNECTION

Mindful Retreat: A Journey Inward

Rishikesh • India



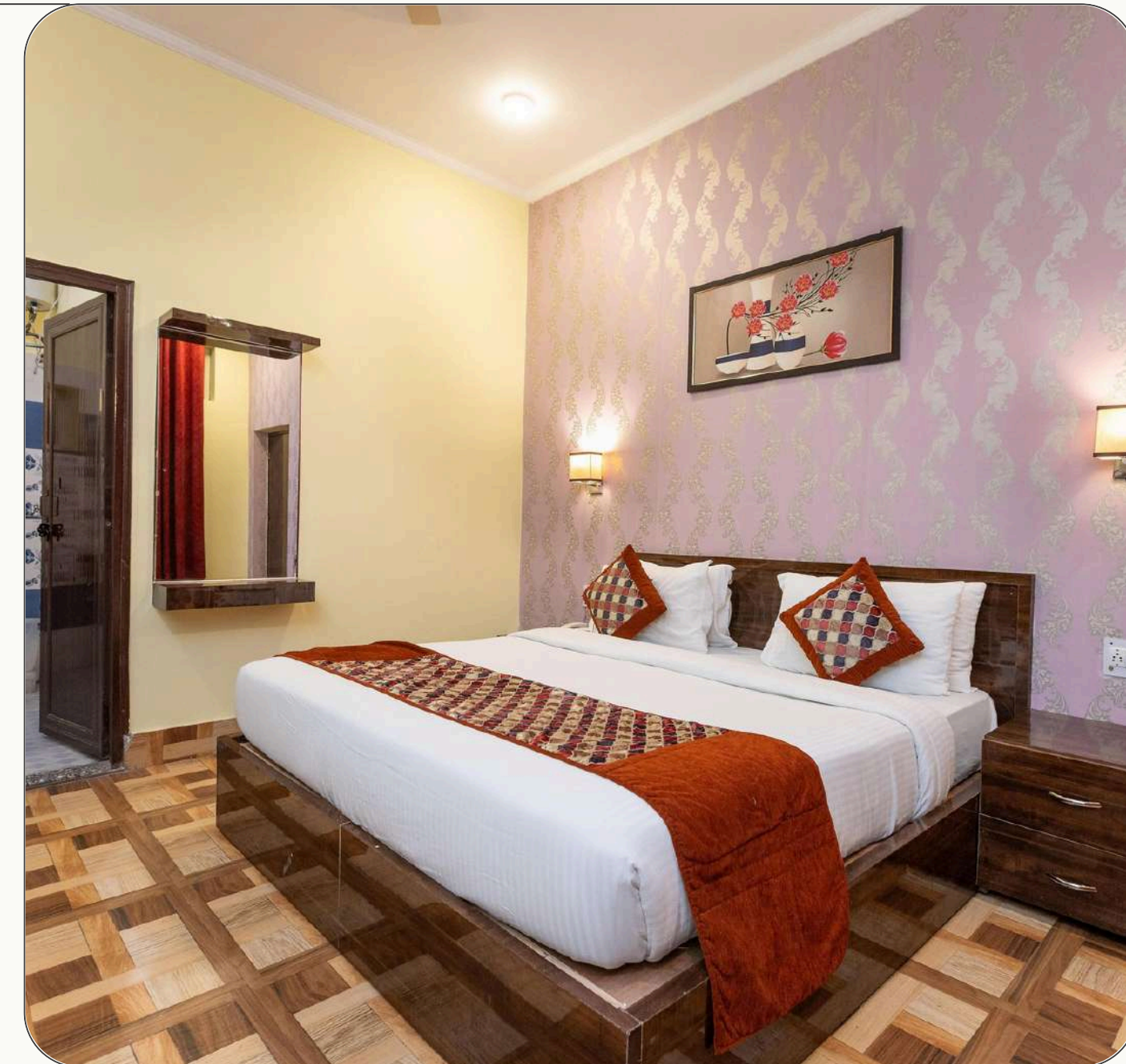
ACCOMMODATION

Experience a serene and nurturing stay designed to support your yoga journey. Our accommodation offers a perfect balance of simplicity, comfort, and yogic lifestyle, allowing you to relax deeply and reconnect with yourself.

Surrounded by the tranquil energy of Rishikesh, each space is thoughtfully maintained to provide a clean, peaceful, and spiritually uplifting environment.

- ✓ PRIVATE & SHARED ACCOMMODATION OPTIONS
- ✓ CLEAN, SPACIOUS & WELL-VENTILATED ROOMS
 - ✓ COMFORTABLE BEDS FOR DEEP REST
 - ✓ ATTACHED BATHROOM WITH HOT WATER
- ✓ PEACEFUL ATMOSPHERE FOR RELAXATION & MEDITATION

A SPACE TO REST & RESTORE
AFTER A DAY OF YOGA, MEDITATION, AND SPIRITUAL EXPLORATION, RETURN
TO A SPACE THAT FEELS LIKE HOME—QUIET, GROUNDING, AND DEEPLY
REJUVENATING.



DEVYATI—A JOURNEY WITHIN

AWARENESS OVER
PERFORMANCE

BREATH OVER
MOVEMENT

STILLNESS OVER
COMPLEXITY

TRUE TRANSFORMATION
BEGINS WITHIN

DISCIPLINE CREATES
FREEDOM

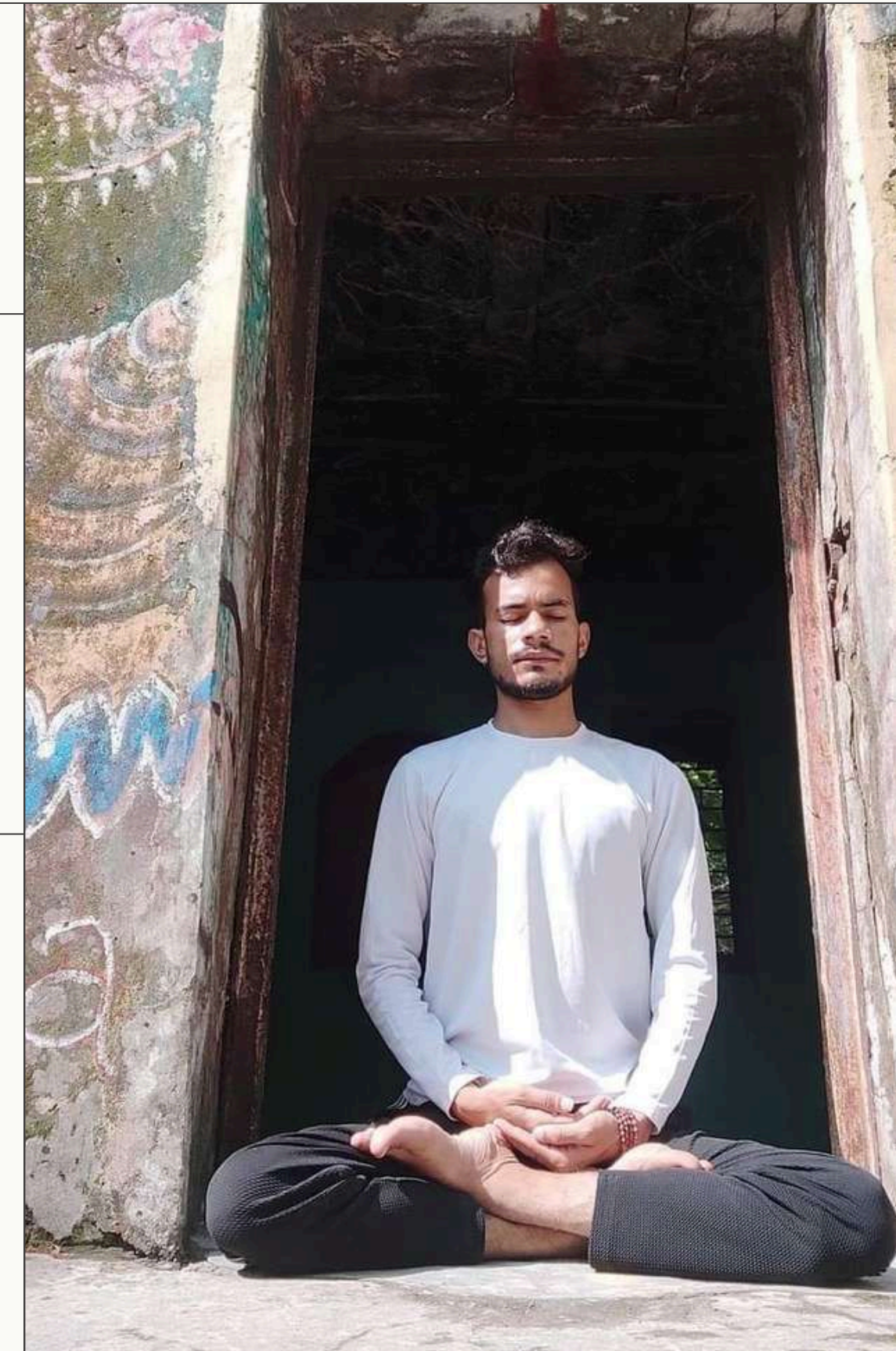
SILENCE REVEALS
TRUTH

A PRESENCE

NOT JUST A TEACHER

Devyati is not just a teacher, but a seeker who has walked the path of self-discovery through dedication, discipline, and deep inner inquiry.

Born and raised in the spiritual land of Rishikesh, Devyati's journey into yoga began at an early age, surrounded by the sacred energy of the Himalayas and the timeless wisdom of yogic traditions.



RETREAT INCLUSIONS

- ✓ GUIDED YOGA ASANA SESSIONS (HATHA / TRADITIONAL)
- ✓ PRANAYAMA & BREATHWORK TECHNIQUES
- ✓ MEDITATION & MINDFULNESS PRACTICES

- ✓ SHATKARMA (YOGIC DETOX TECHNIQUES)
- ✓ SOUND HEALING SESSION
- ✓ CHAKRA CLEANSING PRACTICES
- ✓ HERBAL DETOX DRINKS



- ✓ DAILY SATTVIC MEALS (BREAKFAST, LUNCH & DINNER)
- ✓ FRESH, BALANCED & NOURISHING DIET
- ✓ HERBAL TEAS & DETOX DRINKS

Designed to offer a complete yogic experience in the peaceful surroundings of Rishikesh, this retreat includes everything you need to relax, detox, and reconnect.

- ✓ GANGA AARTI EXCURSION
- ✓ LOCAL SIGHTSEEING EXPERIENCE
- ✓ SELF-REFLECTION & SHARING CIRCLE

- ✓ 2 NIGHTS COMFORTABLE STAY (PRIVATE / SHARED)
- ✓ CLEAN, PEACEFUL & YOGIC ENVIRONMENT
- ✓ ATTACHED BATHROOM WITH ESSENTIAL AMENITIES

A Complete Yogic Experience
From physical practice to inner stillness, every element of this retreat is designed to bring balance, clarity, and deep relaxation.

- ✓ EXPERIENCED YOGA TEACHERS & GUIDANCE
- ✓ PERSONALIZED ATTENTION IN SMALL GROUPS
- ✓ PEACEFUL ASHRAM ENVIRONMENT

VISUAL INSPIRATION

HEALING



OUTDOOR YOGA



ETHICS



FOOD



YOGA RETREAT SCHEDULE

DAY 1 – ARRIVAL & GROUNDING

- 12:00 PM – 2:00 PM → CHECK-IN & WELCOME HERBAL DETOX DRINK
- 02:30 PM – 03:30 PM → LIGHT SATTVIC MEAL
- 04:00 PM – 05:00 PM → YOGA ASANA (GENTLE FLOW)
- 05:00 PM – 06:00 PM → SOUND HEALING SESSION
- 05:00 PM – 07:00 PM → GANGA AARTI EXCURSION
- 07:30 PM → SATTVIC DINNER
- 10:00 PM → REST & SILENCE



Flow of the Retreat

Each day is designed to balance movement, breath, healing, and stillness, allowing you to gradually release stress and reconnect with your inner self.

YOGA RETREAT SCHEDULE



DAY 2 – CLEANSING & HEALING

- 07:00 AM – 08:00 AM → PRANAYAMA & SHATKARMA
- 08:00 AM – 09:00 AM → HATHA YOGA
- 10:00 AM – 11:00 AM → YOGIC MEAL
- 11:00 AM – 12:00 PM → PHILOSOPHY / AYURVEDA / MASSAGE
- 04:00 PM – 05:00 PM → ALIGNMENT & ADJUSTMENTS
- 05:00 PM – 06:00 PM → SOUND HEALING SESSION
- 05:00 PM – 07:00 PM → GANGA AARTI EXCURSION
- 07:30 PM → SATTVIC DINNER
- 10:00 PM → REST

Flow of the Retreat

Each day is designed to balance movement, breath, healing, and stillness, allowing you to gradually release stress and reconnect with your inner self.

YOGA RETREAT SCHEDULE

DAY 3 – INTEGRATION & DEPARTURE

- 07:00 AM – 08:00 AM → PRANAYAMA & MEDITATION
- 08:00 AM – 09:00 AM → HATHA YOGA
- 09:30 AM → BREAKFAST
- 10:30 AM – 11:30 AM → SHARING & REFLECTION
- 12:00 PM → CHECK-OUT

