PRESENTS

Ananta

A Journey Within

RISHIKESH YOGA & HEALING RETREAT

Prana Yoga Academy · Rishikesh

WOMEN-ONLY RETREAT

NOVEMBER 2026

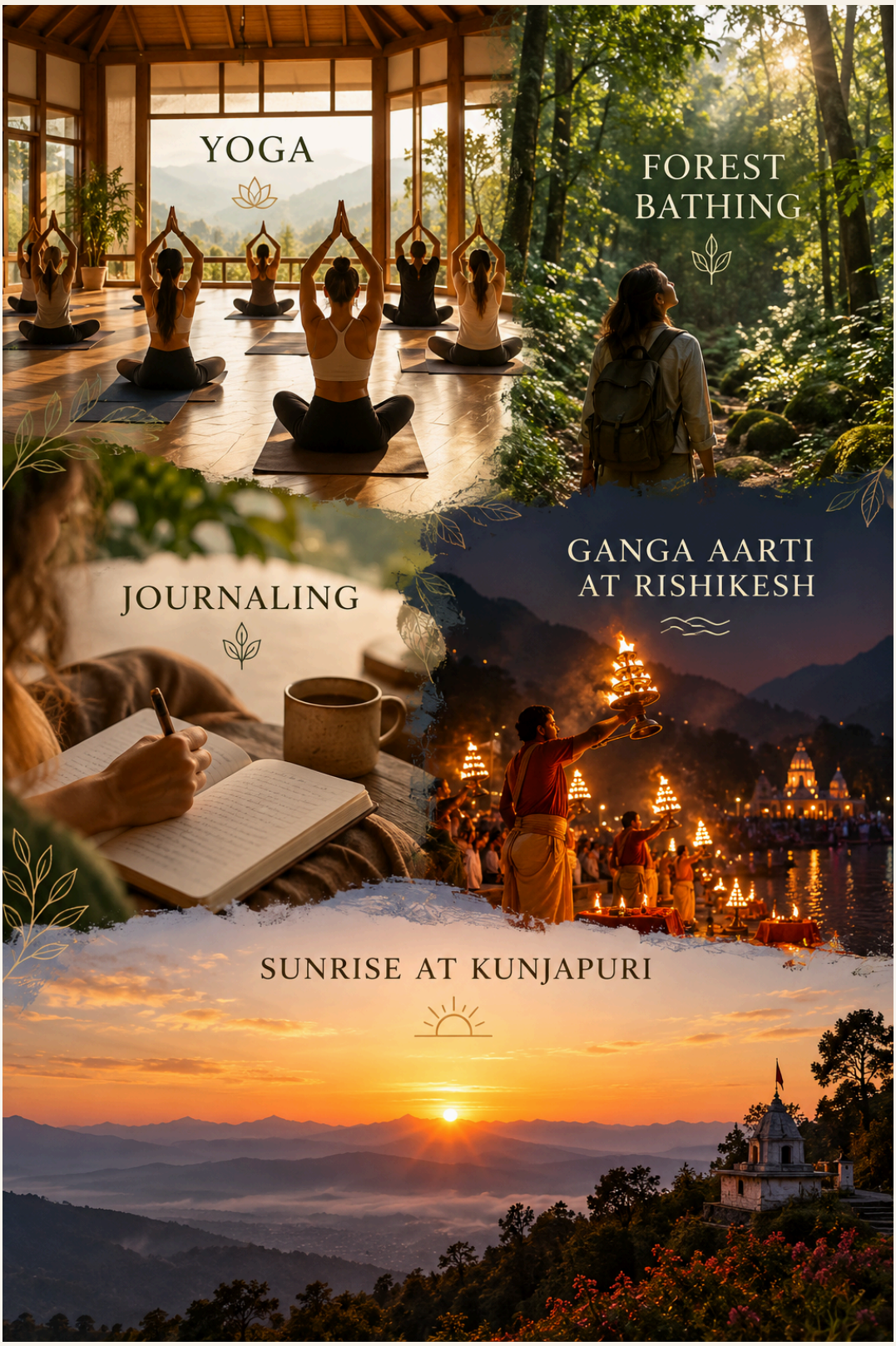
Mon	Tue	Wed	Thu	Fri	Sat	Sun
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9	10	11	12	13	**14**	**15**
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Step away from the everyday and enter a gentler rhythm of yoga, nature, reflection and soulful connection. In Rishikesh, find space to release old patterns, listen inward and set new intentions.

Retreat Experience

A thoughtfully curated journey through yoga and breathwork, meditation, Ganga Aarti, bhajans and soulful connection, Shinrin-yoku (forest bathing), journaling and reflection, family constellation healing, and a sunrise excursion to Kunjapuri Shaktipeeth. Together, these experiences invite you to reconnect with body, mind and soul, explore patterns you are ready to release and create space for new intentions.



Retreat Itinerary

14–16 November 2026 · Prana Yoga Academy, Rishikesh

DAY 1 | SATURDAY, 14 NOVEMBER

Morning	Departure from Delhi NCR by tempo traveller, with designated pick-up points in Gurgaon, Delhi and Noida.
1:00 PM	Arrival, check-in and lunch at Prana Yoga Academy.
2:00–3:00 PM	Rest and settle in.
3:00–3:30 PM	Welcome and intention-setting circle.
3:30 PM onwards	Visit Triveni Ghat and experience the evening Ganga Aarti.
Evening	Dinner at the academy.
9:00–10:00 PM	Bhajans, meditation and soulful sharing.

DAY 2 | SUNDAY, 15 NOVEMBER

6:30–7:30 AM	Morning yoga practice and breathwork.
7:30–8:30 AM	Breakfast.
8:30 AM onwards	Visit a nearby Devi temple for darshan and reflection.
Late morning	Shinrin-yoku (forest bathing), a mindful walk in nature.
12:30 PM	Lunch at the academy.
1:00 PM onwards	Flexible Rishikesh exploration: Janki Setu, Laxman Jhula, Ram Jhula, Beatles Ashram, Bhootnath Temple, local markets and other places of interest.
Evening	If time permits, Ganga Aarti at Parmarth Niketan.
8:30 PM	Dinner, followed by an inner-healing circle with journaling, family constellation work or reflection.

DAY 3 | MONDAY, 16 NOVEMBER

Early morning	Sunrise excursion to Kunjapuri Shaktipeeth by tempo traveller.
Morning	Gentle yoga and guided meditation for reflection and intention-setting.
After return	Breakfast at the academy.
11:00–11:30 AM	Closing circle and sharing.
11:30 AM onwards	Check-out and return journey to Delhi NCR.

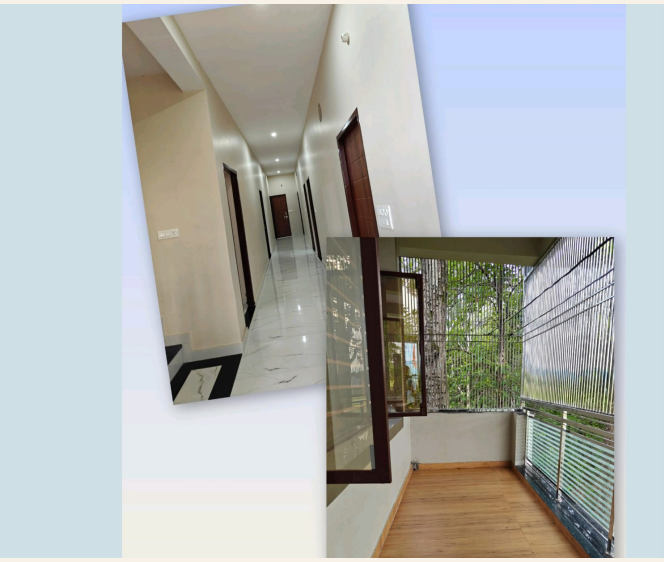
The itinerary may undergo minor adjustments due to weather or local circumstances; the overall retreat experience and planned activities will remain largely unchanged. Sightseeing is flexible, and Ganga Snan is permitted only in designated safe areas.

Accommodation & Travel

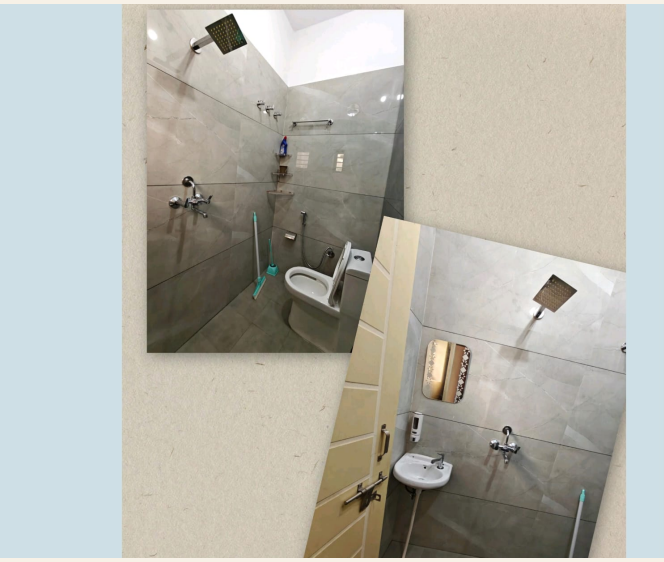
Prana Yoga Academy · Rishikesh

Nestled amidst the serene forests of Rishikesh, Prana Yoga Academy offers a peaceful sanctuary to slow down, reconnect with nature and turn inward. Surrounded by greenery and tranquillity, it is the perfect space to practise yoga together, reflect, journal and simply dedicate time to ourselves?away from the rush of everyday life.









Twin separate beds · Forest-view bedroom

Private bathroom · High-speed Wi-Fi

Accommodation tour:

youtu.be/03lNgkH-O-M

Location:

maps.app.goo.gl/BBe9i4FRn6kYnA5LA

Accommodation & Travel

Delhi NCR to Rishikesh · Round Trip

Travel together from designated pick-up points in Gurgaon, Delhi and Noida. Please arrive at your communicated pick-up point on time.



Tempo Traveller · Group Transport Included

Local autos and e-rickshaws for sightseeing within Rishikesh are paid for individually by participants.

Retreat Fee & Payment Details

14–16 November 2026

EARLY BIRD

INR 15,999

Register by 25 October 2026

REGULAR PRICE

INR 16,999

After 25 October 2026

OPTION 1 · BANK TRANSFER

Account Name: Charul Jain · HDFC Bank

Savings Account · 00881610024238

IFSC: HDFC0000757 · Rukmini Gaon, Guwahati

OPTION 2 · UPI ID OR QR CODE

9971771538@pthdfc



To book, contact Charul Jain · +91 9971771538

Meet Your Retreat Guides

A shared space for mindful movement, healing and self-discovery



Founder, Elara Life
(Soul Alchemy)

Yoga and hormonal health coach, TEDx speaker and founder of The ThyroRevive Method. Supriya combines yoga, mindful movement and inner work to support wellbeing and self-discovery.

@fitwithsupriya



Founder, LCube
(Live Limit Less)

Charul brings together her professional experience and passion for holistic healing, including family constellation work, past life regression and Akashic Records.

@charuljain236

To book, contact Charul Jain · +91 9971771538

Terms & Conditions

Please read before confirming your registration

1. Booking and Payment

Your booking is confirmed upon receipt of payment. Any balance payment must be completed by the deadline communicated by the organisers.

2. Cancellation and Refunds

All payments are non-refundable in the event of cancellation, a change of plans or inability to attend. In exceptional circumstances, a booking transfer may be considered with prior approval from the organisers. Any replacement participant must provide their details and agree to these terms before the retreat begins.

3. Food and Dietary Guidelines

Retreat meals served at Prana Yoga Academy will be vegetarian and satvik. Meals taken outside the academy are at the participant's own expense.

4. Alcohol and Substances

Alcohol, recreational drugs and intoxicating substances are not permitted during the retreat. Participants are expected to help maintain a respectful, mindful and safe environment.

5. Travel and Timings

Participants must arrive at designated Delhi NCR pick-up points at the communicated time. Local transportation and personal expenses not listed as inclusions are the participant's responsibility.

6. Sightseeing and Outdoor Activities

Sightseeing is flexible and based on suggested places of interest. Ganga Snan is permitted only in designated safe areas. Participants must follow instructions from facilitators and local authorities.

7. Health and Personal Responsibility

Please inform the organisers in advance of physical limitations, injuries, mobility concerns or other needs that may affect participation. Activities are voluntary and should be undertaken within each participant's comfort and ability.

8. Itinerary Changes

The organisers may make reasonable changes to timings or activities when necessary for safety, accessibility, venue operations or other unforeseen circumstances.

9. Respectful Retreat Environment

Participants are expected to respect fellow participants, facilitators, the venue, local communities and spiritual spaces visited during the retreat.

10. Acceptance

By registering and making payment, participants acknowledge and agree to these terms and conditions.