HATHA EXPERIENCE

ALOGA RETREATS

www.alogaretreats.com

WHAT ARE WE OFFERING?

We offer you an exclusive experience to immerse yourself in the ancient practice of Yoga and Meditation

HATHA YOGA

Realign your energies through the practice of Asana

PRANAYAMA

Calm and sooth your mind by controling your life force

MEDITATION

Turn inwards and discover your true nature

PHILOSOPHY

Gain knowledge on the ancient practice of Yoga and Vedanta

AYURVEDA

Heal your body and mind through the ancient practice of Ayurveda

KIRTAN

Praise the divine
through the practice of
Bhakti Yoga

AARTI

Witness the offering of light to the Divine

HAVAN

Take part in ancient vedic rituals

EXPLORE

Visit ancient temples and caves to meditate in

OUR LOCATION

RISHIKESH

Surrounded by deep jungle forests, Rishikesh is the Yoga capital of the World, and the gateway to the Himalayas

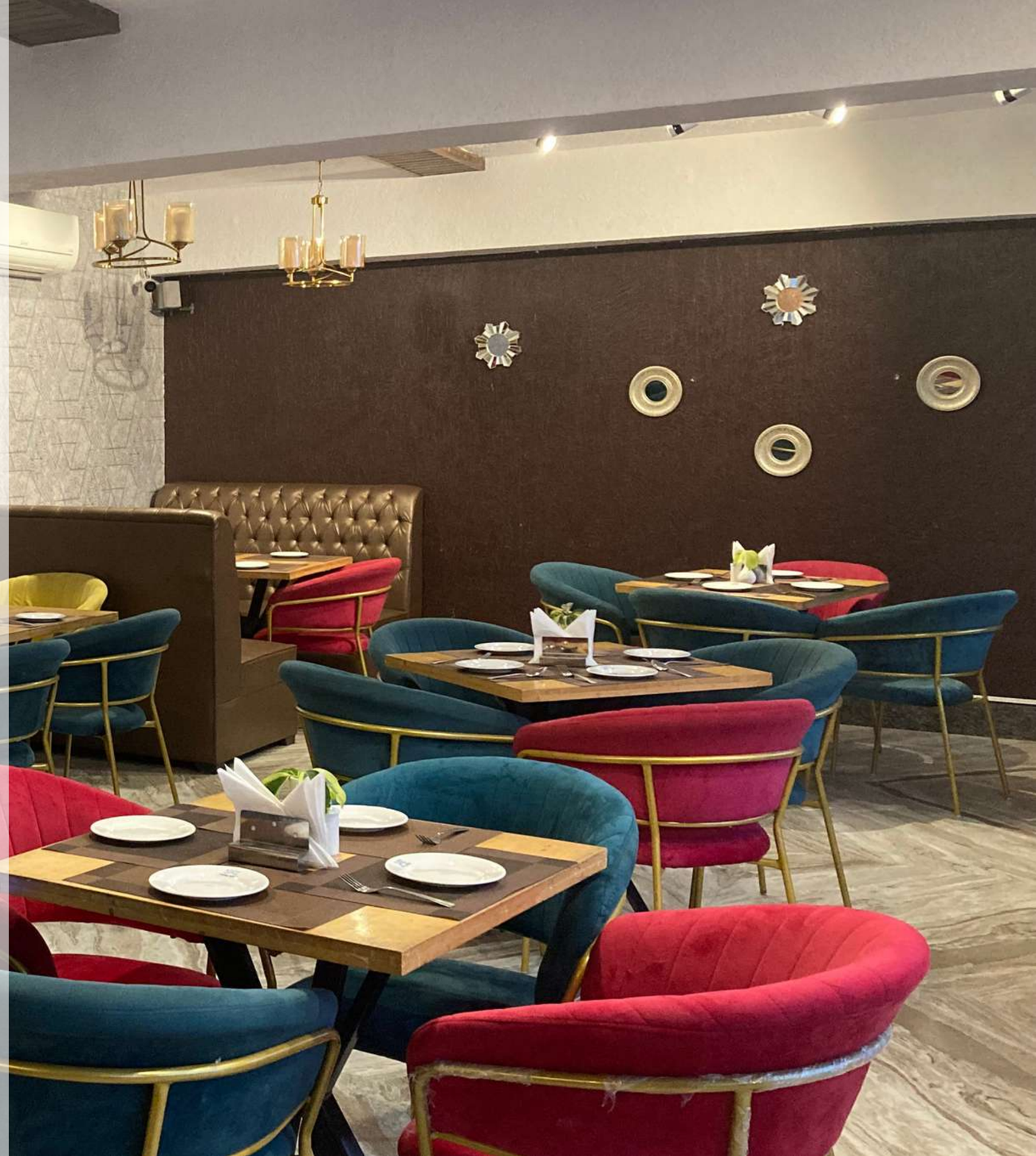
Just a few meters away from river Ganga, Indira Nikunj offers 20+ rooms, with attached bathroom and AC. A yoga hall, as well as spa facilities offering a wide range of Wellness & Ayurvedic treatments

ROOMS

YOGA HALL

AYURVEDIC CENTER

DINNING HALL



WHAT IS INCLUDED?

We have limited the maximum number of people who can attend the retreat to 12 individuals.
This way we can guarantee the best experience possible.

THE DETAILS

- 12 days/ 11 nights
- 11 nights accomodation in single room with AC and attached bathroom
- 3 vegetarian meals per day

THE DETAILS

- Hatha Yoga - 15 hrs
- Pranayama - 10hrs
- Meditation - 12 hrs
- Philosophy - 12 hrs
- Kirtan - 3 hrs
- Ayurvedic consultation + Shirodhara
- 1 hovan (fire ritual)

THE DETAILS

- 5 excursions around Rishikesh. All transportation included.
- Airport pickup from Dehradun

NOT INCLUDED

- Air tickets Delhi/Deradhun
- Airport pick up from Delhi (available at additional cost)
- Anything else not included included in "what is included section"

RETREAT SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
7:00 - 8:00	CHECK IN	WAKE UP	PRANAYAMA	PRANAYAMA	PRANAYAMA	PRANAYAMA	PRANAYAMA	PRANAYAMA	PRANAYAMA	PRANAYAMA	PRANAYAMA	BREAKFAST
8:00 - 9:00			HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	
9:00 - 10:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	CHECKOUT
10:00 - 11:00		WELCOME SESSION	FREE TIME	FREE TIME	VASHISTA CAVE	FREE TIME	FREE TIME	KUNJAPURI	FREE TIME	FREE TIME	MAHARISHI ASHRAM	
11:00 - 12:00		FREE TIME	MEDITATION	MEDITATION		MEDITATION	MEDITATION		MEDITATION	MEDITATION		
12:00 - 13:00												
13:00 -14:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14:00 -15:00	CHECK IN	FREE TIME	PHILOSOPHY	FREE TIME	FREE TIME	FREE TIME	PHILOSOPHY	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
15:00 - 16:00		PHILOSOPHY	TRIVENI GHAT GANGA AARATI	PHILOSOPHY	PHILOSOPHY	PHILOSOPHY	PARMARTH NIKETAN GANGA AARATI	PHILOSOPHY	PHILOSOPHY	PHILOSOPHY	PHILOSOPHY	
16:00 - 17:00		FREE TIME		FREE TIME/ AYURVEDA SESSION	KIRTAN	FREE TIME/ AYURVEDA SESSION		FREE TIME/ AYURVEDA SESSION	KIRTAN	FREE TIME/ AYURVEDA SESSION	FREE TIME/ AYURVEDA SESSION	
17:00 - 18:00		HOVAN										
18:00 - 19:00												
19:00 - 20:00												
20:00 - 21:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	

ABOUT US

We are multidisciplinary team with a passion for wellness. We specialize in bringing you the best wellness experiences through the ancient practice of Yoga and Ayurveda.

Alex Loizaga

Retreat Host,
Meditation &
Philosophy teacher

Sara Charlan

Retreat Coordinator &
Customer Experience
Manager

Apurva Semwal

Pranayama & Asana teacher

Praveen Rajput

Hospitality Director

Dr. Neha Pandey

Ayurvedic Doctor

Dr. Dev Ahuja

Naturopath

Diksha Bhateja

Neurotherapist

BOOK YOUR EXPERIENCE

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