



14 – Day Yoga Retreat Schedule

Day 1 - Arrival & Welcome

9:00am – 3:00pm	Arrival & check- in
3:30pm – 4:30pm	Opening Ceremony
5:30pm – 6:30pm	Gentle Hatha Yoga
7:00pm – 8:00pm	Welcome Dinner

Day 2 - Foundation of Practice

6:00am	Herbal Tea
6:30am – 7:15am	Pranayama & Breathwork
7:15am – 8:45am	Traditional Hatha Yoga
9:00am	Breakfast
11am – 12:00pm	Yoga Philosophy
1:00pm	Lunch
4:00pm – 5:30pm	Yoga Alignment / Workshop
6:00pm – 6:45pm	Meditation
7:00pm	Dinner

Day 3 - Breath & Awareness

6:00am	Herbal Tea
6:30am – 7:15am	Pranayama & Breathwork
7:15am – 8:45am	Traditional Hatha Yoga
9:00am	Breakfast
11am – 12:00pm	Yogic Lifestyle Discussion
1:00pm	Lunch
4:00pm – 5:30pm	Yoga Alignment
6:00pm – 6:45pm	Meditation & Relaxation
7:00pm	Dinner

Day 4 - Strength & Stability

6:00am	Herbal Tea
6:30am – 7:15am	Pranayama & Breathwork
7:15am – 8:45am	Traditional Hatha Yoga
9:00am	Breakfast
11am – 12:00pm	Yoga Anatomy
1:00pm	Lunch
4:00pm – 5:30pm	Yoga Alignment
6:00pm – 6:45pm	Yoga Nidra
7:00pm	Dinner

Day 5 - Holy Ganga Experience

6:00am	Herbal Tea
6:30am – 7:15am	Pranayama & Breathwork
7:15am – 8:45am	Traditional Hatha Yoga
9:00am	Breakfast
11am – 12:00pm	Philosophy Session
1:00pm	Lunch
5:00pm – 7:00pm	Sacred Ganga Aarti Experience
8:00pm	Dinner

Day 6 – Energy & Balance

6:00am	Herbal Tea
6:30am – 7:30am	Chakra Meditation
7:30am – 8:30am	Traditional Yoga
9:00am	Breakfast
11am – 12:00pm	Ayurvedic Therapy
1:00pm	Lunch
4:00pm – 5:30pm	Yoga Alignment
6:00pm – 6:45pm	Guided Meditation
7:00pm	Dinner

Day 7 – Himalayan Nature Walk

6:00am	Herbal Tea
6:30am – 7:30am	Morning Yoga
8:00am	Breakfast
9:00am – 2:00pm	Trek to Vashishtha Gufa
3:00pm	Lunch
5:00pm – 6:00pm	Gentle Stretch & Recovery Session
7:00pm	Dinner

Day 8 – Sound Healing & Inner Balance

6:00am	Herbal Tea
6:30am – 7:30am	Pranayama
7:30am – 8:30am	Yoga Practice
9:00am	Breakfast
11am – 12:00pm	Reflection Workshop
1:00pm	Lunch
4:00pm – 5:00pm	Restorative Yoga
5:30pm – 6:30pm	Sound Healing & Deep Relaxation Session
7:00pm	Dinner

Day 9 – Deepening Practice

6:00am	Herbal Tea
6:30am – 7:30am	Advanced Pranayama
7:30am – 8:30am	Yoga Practice
9:00am	Breakfast
11am – 12:00pm	Yogic Mindfulness
1:00pm	Lunch
4:00pm – 5:30pm	Workshop
6:00pm – 6:45pm	Meditation
7:00pm	Dinner

Day 10 – Kunjapuri Sunrise Temple Excursion

4:30am	Departure for Kunjapuri Temple
6:00am – 7:00am	Sunrise Meditation at Kunjapuri Mandir
7:00am – 8:00am	Temple Visit & Spiritual Reflection
9:00am	Breakfast
11:30am – 12:30pm	Relaxation Time
1:00pm	Lunch
4:00pm – 5:30pm	Gentle Yoga Practice
6:00pm – 6:45pm	Meditation
7:00pm	Dinner

Day 11 – Inner Transformation & Sacred Kirtan Evening

6:00am	Herbal Tea
6:30am – 7:30am	Pranayama & Breathwork
7:30am – 8:30am	Traditional Hatha Yoga Practice
9:00am	Sattvic Breakfast
11:00am – 12:00pm	Self-Inquiry & Yogic Mindfulness Workshop
1:00pm	Sattvic Lunch
4:00pm – 5:30pm	Restorative Yoga
6:00pm – 7:00pm	Sacred Kirtan & Mantra Chanting
7:00pm	Sattvic Dinner

Day 12 – Sacred Devprayag Excursion

6:00am	Herbal Tea
6:30am – 7:30am	Meditation & Breathwork
8:00am	Sattvic Breakfast
9:00am – 5pm	Full-Day Excursion to Devprayag
5:30pm – 6:30pm	Personal Time
7:00pm	Sattvic Dinner

Experience:

- Confluence of Alaknanda & Bhagirathi Rivers
- Spiritual sightseeing
- Temple visit
- Guided cultural exploration
- Group reflection

Day 13 – Integration & Celebration

6:00am	Herbal Tea
6:30am – 7:30am	Pranayama
8:00am	Sattvic Breakfast
9:00am – 5pm	Full-Day Excursion to Devprayag
5:30pm– 6:30pm	Personal Time
7:00pm	Sattvic Dinner