



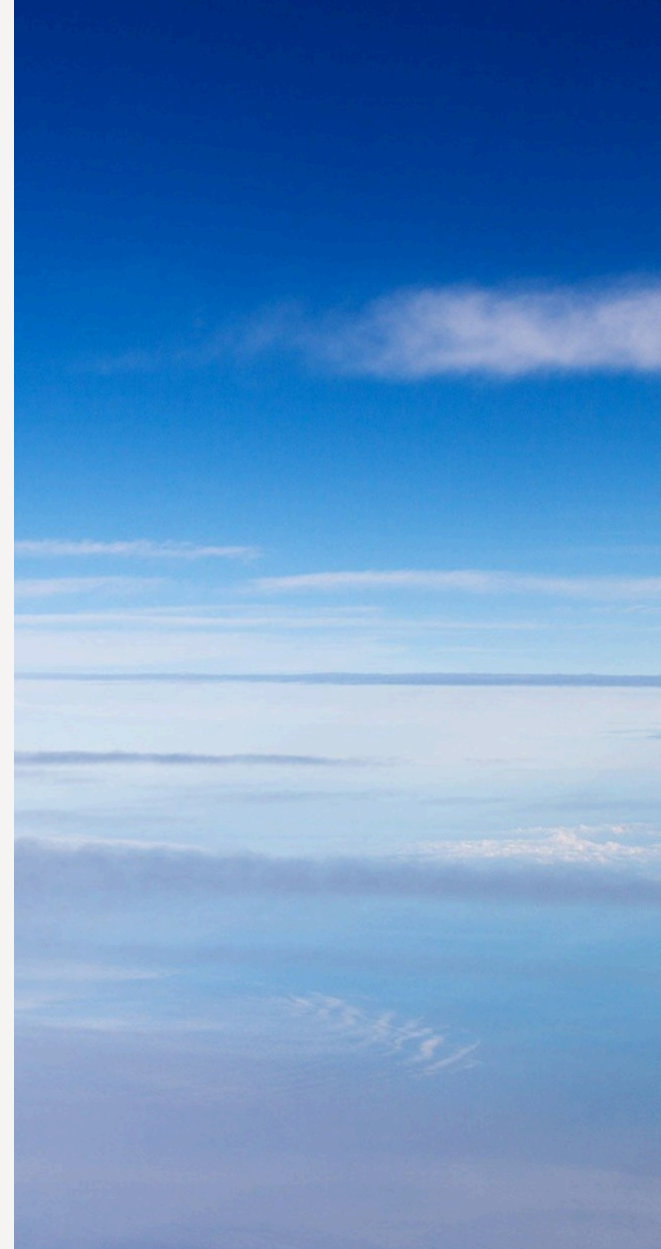
# Elemental Alchemy with Yoga ✨

A journey of inner transformation  
by awakening and harmonizing  
the five elements within you

*Rishikesh (India) | 14-21 Feb 2026*

Reconnect. Rediscover. Realign.

**FINAL CALL FOR REGISTRATIONS**





**"As is the individual, so is the universe.**

**As is the body, so is the cosmic body." - Ancient Upanishad Teaching**

Welcome to a one-of-a-kind yoga retreat in the sacred town of Rishikesh(India) – the birthplace of yoga and a spiritual haven by the holy river Ganga.

Rooted in the ancient yogic wisdom of the Pancha Mahabhutas (The Five Building Blocks of Life) – Earth, Water, Fire, Air, and Space.

This retreat is a sensory, physical, and emotional journey to reconnect with your true self.



# What to Expect

- **Daily Practice:** Begin each morning with pranayama, meditation, and a 90-120 minute Yoga practice inspired by the five elements.

- **Sacred Experiences:** Enjoy surprise rituals, excursions, and traditional Indian practices that bring each element alive in subtle and immersive ways.

- **Sattvic Meals:** Nourish your body with freshly prepared vegetarian meals that are both grounding and cleansing.

*2 days open for culinary exploration.*

- **Healing Therapies:** One Ayurvedic massage, sound healing session, and kirtan are included to restore and awaken the inner body.

- **Nature & Culture:** Excursions to local Temples, Ganga Aarti, riverside yoga and exploring markets.

This retreat is intentionally designed to balance structure and spontaneity, depth and play.

Some things are meant to be felt, not planned.



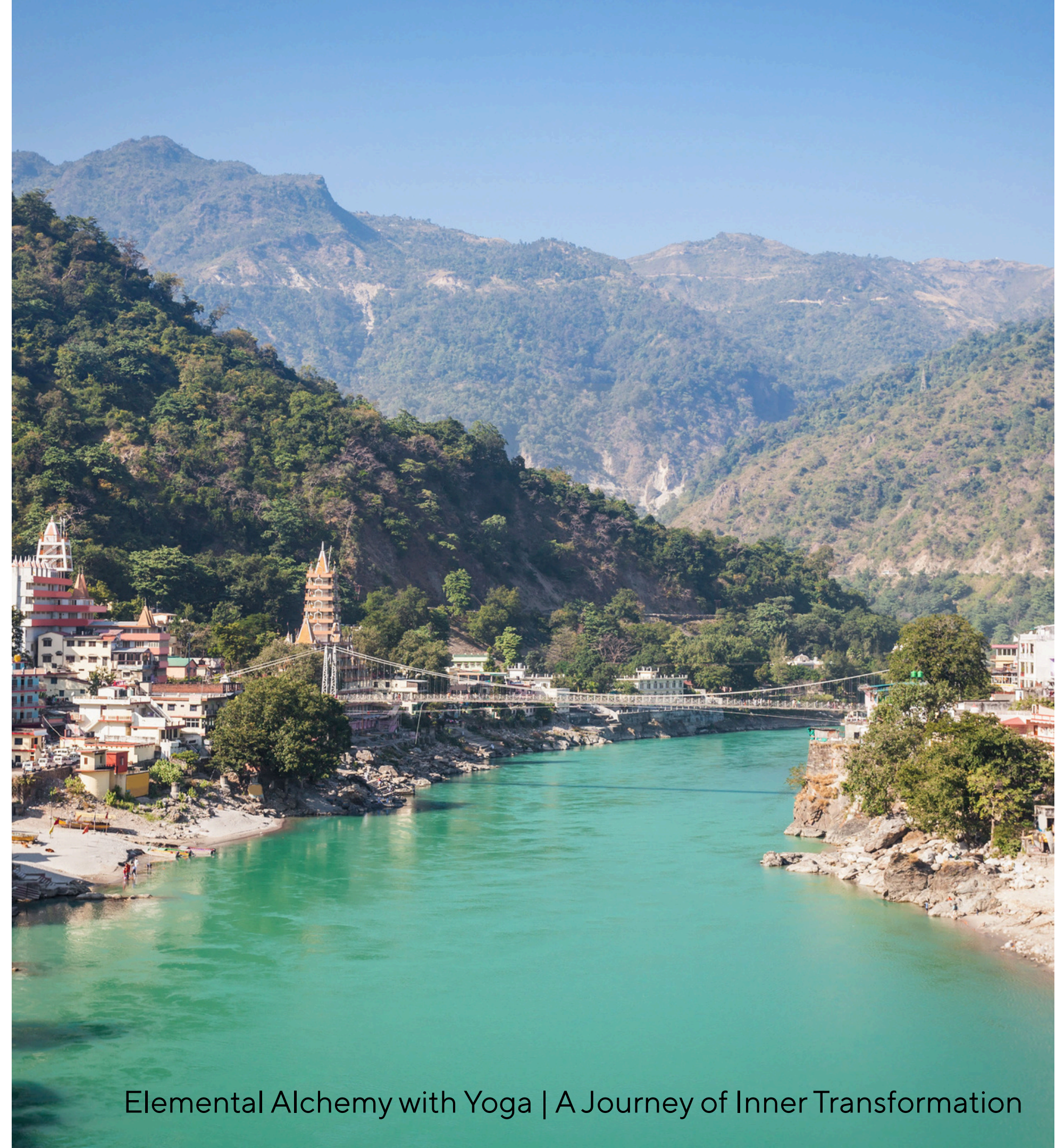
# Program

- Daily 90-120 minutes of Yoga
- Breakfast included for all days
- Lunch & Dinner are included for 5 days and 2 days are kept open for you to explore local cuisine and markets
- Pranayama & Meditation sessions
- Workshops, therapies and other excursions based on day's plan

**Arrival day:** 14<sup>th</sup> Feb 2026

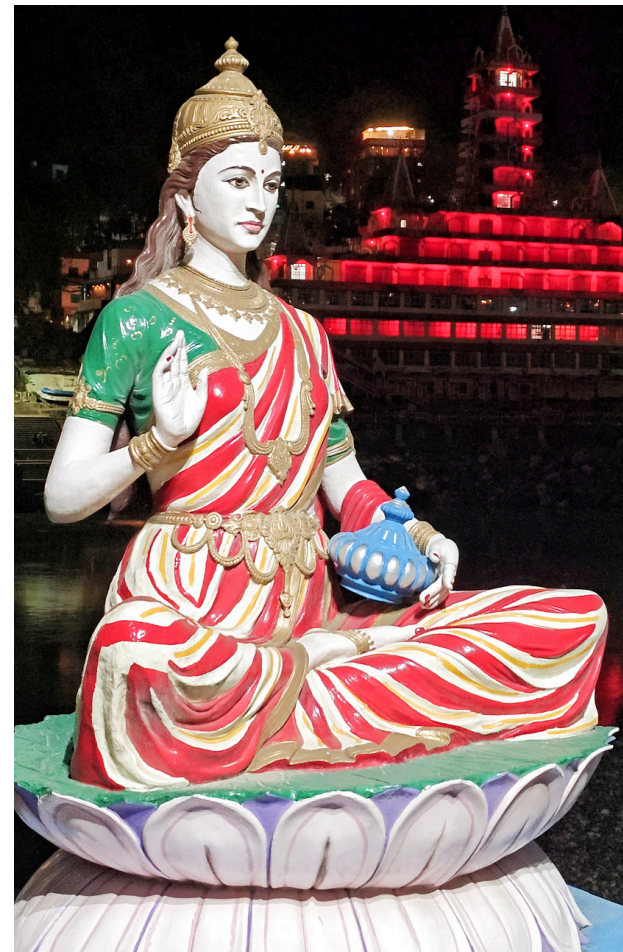
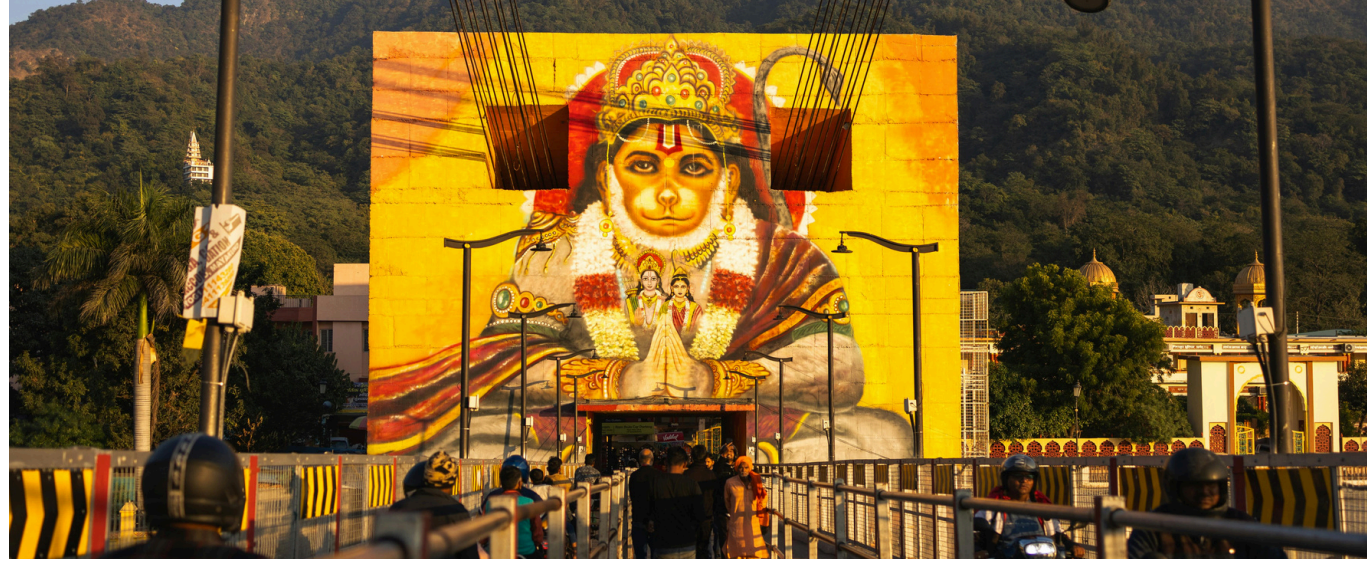
**Departure Day:** 21<sup>st</sup> Feb 2026

Arrival & Departure Day yoga & Breakfast would be subject to your arrival and departure time.



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# Glimpses of Rishikesh





# Accommodation & Pricing

You'll stay in a peaceful and clean retreat center nestled close to the Ganga river, with the views of the Himalayas.

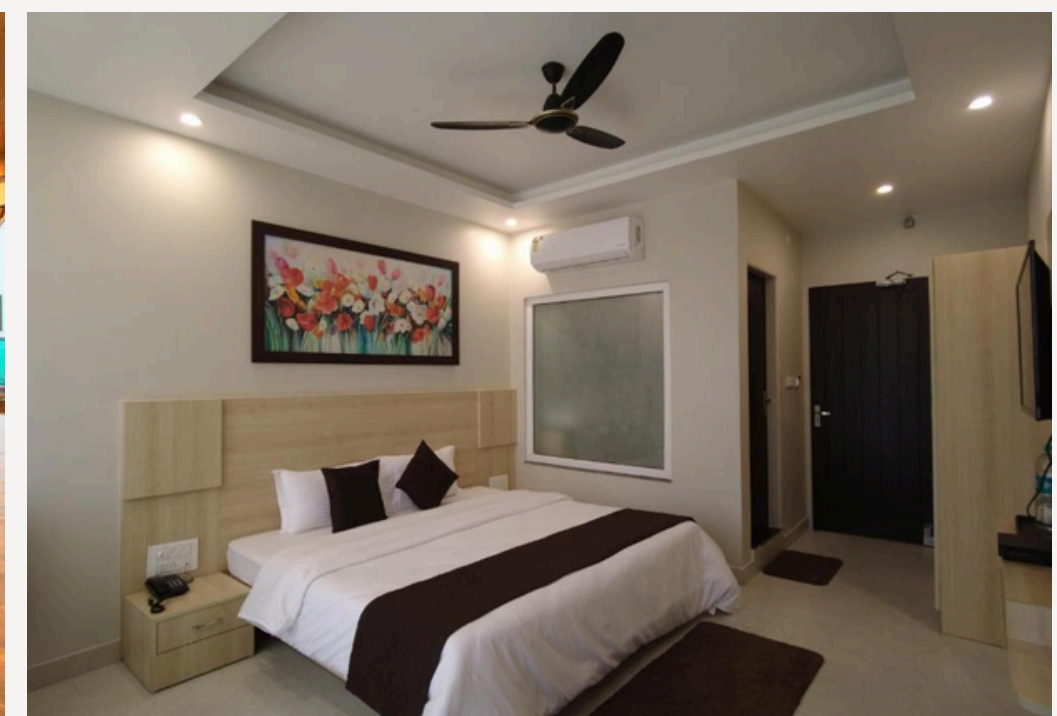
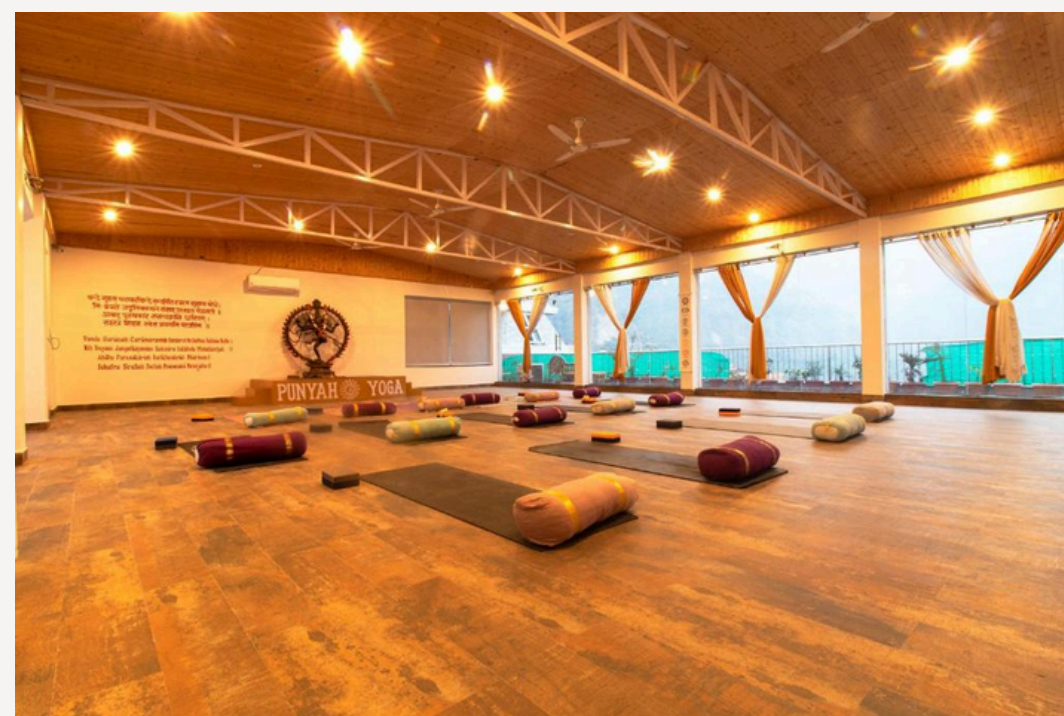
## Price After 30% Discount

- Twin-Sharing Room: ~~€1100~~ now at €770 per person
- Private Room: ~~€1350~~ now at €950 per person

Discount available for group bookings.

Contact for USD or INR pricing.

Payment accepted in USD, EUR and INR.



Actual photos of the Accommodation, Dining room and Yoga Shala



# Includes

- 7 nights stay
- All yoga sessions
- Guided experiences & rituals
- Airport pickup from Dehradun (extra charge for Delhi pickup)
- All meals (except 2 open days)
- Ayurvedic massage, sound healing, and kirtan
- River Rafting
- Surprise workshop & guided temple visits

# Excludes

- Flights
- Personal expenses
- Optional excursions not mentioned
- Additional massage / sound healing session



# Travel Details

- Nearest Airport: Dehradun or Delhi
- We recommend arriving in India a day earlier if possible for smooth acclimatization.

*If you'd like to stay longer in India and explore more places, we can help you plan and connect you with our trusted travel agents.*



# Know your Facilitators



**RUCHI JAJU**

Ruchi, your Host, is a certified yoga teacher from India and living in Luxembourg for 9+ years now. She has transitioned from a successful 12-year career in sales, marketing, and consulting to embrace yoga full-time. Her teaching style is grounded in Hatha and Yin Yoga, pranayama and

meditation — deeply influenced by the Indian yogic tradition.

Ruchi's classes focus on cultivating awareness, emotional release, and inner balance — drawing from her own experience of finding peace and clarity through yoga while navigating corporate life. Today, she offers yoga not just as a physical practice, but as a holistic lifestyle shift.

Through her retreats and regular classes, Ruchi invites students into a space of authentic connection, self-discovery, and mindful living.

**HARMINDRA SINGH**

Yogi Harindra, one of the lead facilitators, is deeply passionate about sharing his knowledge of yoga and related disciplines, including motionless life disorders, posture imbalance, and physical therapy. He holds a Master's degree in Yoga from the renowned Dev Sanskriti University, Haridwar, located near Rishikesh.



With over a decade of teaching experience, he will share the knowledge of Ayurveda and the five elements in this retreat. A native of Rishikesh, he has been immersed in yoga practice since childhood. Fascinated by the body's intricate systems and structures, he finds deep inspiration in exploring pranayama and asanas. His lifelong devotion lies in guiding yoga aspirants and spreading the holistic wisdom of yoga with grace and authenticity.



# Why this Retreat?

Because yoga is not just a practice.

It's a way of seeing — and being.

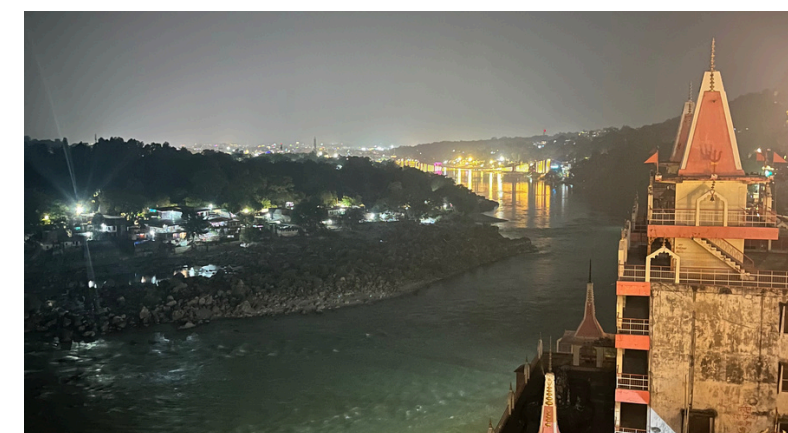
You won't just stretch your muscles here.

You'll expand your perception.

You'll ground into your body and dissolve into the moment.

You'll rediscover silence, ritual, community, and your own inner space.

**The Five Elements Retreat is an experience for the seeker in you — not to be consumed, but to be lived.**



Join us on your  
Journey back to Self





# Why Rishikesh?

## A Place That Remembers

The moment your feet touch its soil, something stirs.  
Maybe it's the sound of temple bells in the morning haze.  
Maybe it's the Ganga, flowing with grace and power.  
Maybe it's the quiet gaze of an old yogi on the street.  
But something in Rishikesh invites you to pause.  
This is not a tourist town. It is a teacher.

And like any good teacher, it doesn't speak loudly.  
It lets you find the answers through your own silence.  
Rishikesh holds the energy of devotion, discipline, and divine presence.

Here, the five elements are not metaphors — they're alive.  
The fire of havan. The stillness of earth beneath your mat.  
The air of Himalayan mornings. The space between chants.  
And always, the water — the Ganga — reminding you to let go.

This is why we begin here. Because some journeys need sacred soil.



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# Useful Information

## Visa Information

European passport holders (including residents of Luxembourg, Germany, France, etc.) can apply for an e-Tourist Visa for India easily online.

- Website: <https://indianvisaonline.gov.in>
- Cost: Approx. €25–€40 (depending on duration and nationality)
- Duration: 30-day tourist visa (sufficient for retreat and travel)
- Processing Time: Typically 3–5 business days

Tip: Make sure your passport is valid for at least 6 months from your date of arrival.

## Climate in Rishikesh – February

February is one of the best months to visit Rishikesh – calm, sunny, and pleasant.

- Temperature: 10°C to 25°C (mild and comfortable)
- Weather: Cool mornings and evenings, warm afternoons
- What to Pack: Layered clothing, a light shawl or jacket for early mornings and evenings, comfortable walking shoes, sunscreen, and sunglasses.

## Places to Visit Around Rishikesh & Tapovan

During your free time or optional excursions, we recommend exploring:

- Laxman Jhula & Ram Jhula: Iconic suspension bridges with riverside cafes and bookstores.
- Neer Garh Waterfall: A short scenic trek to a refreshing natural cascade.
- Beatles Ashram: Meditative graffiti and peace at the once-abandoned retreat of the Beatles.
- Local Bazaars: For mala beads, incense, spiritual books, and local handicrafts.
- Ayurvedic Spas & Cafes: Tapovan is full of cozy cafes, juice bars, and wellness hubs.





# Contact

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