

MARGDARRSHAN PRESENTS

BALANCED BEING

VEDIC DHAM RISHIKESH

APRIL 24-28 2025

5 DAY CLASSICAL HATHA YOGA RETREAT

Explore the transformative potential of breath and movement through the practice of yoga.



Classical Hatha Yoga

SADHGURU GURUKULAM
CERTIFIED TEACHER

+91 9650052294 +91 7754034448

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WHAT TO EXPECT & WHO IS IT FOR

- **CONNECT, UNWIND, AND THRIVE IN RISHIKESH!**
- **CRAFTED FOR MODERN INDIVIDUALS SEEKING MORE.**
- **DELVE INTO THE DEPTHS OF CLASSICAL HATHA YOGA.**
- **FORGE MEANINGFUL CONNECTIONS WITH FELLOW EXPLORERS.**
- **PRIORITIZE YOUR OVERALL WELL-BEING.**
- **EMBRACE A LIFE OF PURPOSE AND PASSION**

"Intensity of experience is more important than immensity
of your possessions"



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ABOUT THE LOCATION

Nestled on the banks of the holy Ganga, our retreat unfolds at Vedic Dham, a tranquil haven where Ayurveda and Yoga converge. Designed with spirituality at its core, this space invites you to reconnect with your inner self.

Room options

- Triple Sharing (same gender)
- Twin Sharing (same gender)
- Private Room: on additional cost
- Ganga View: on additional cost



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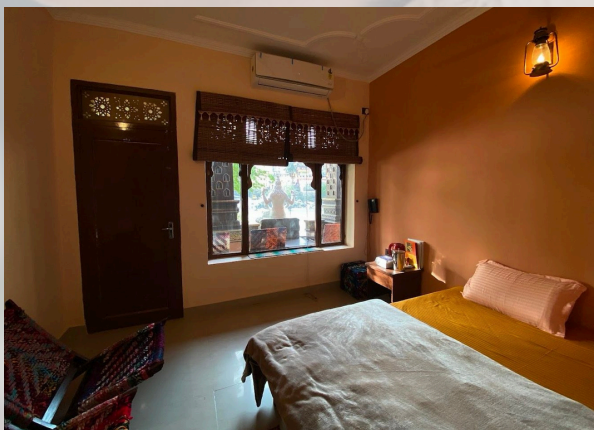
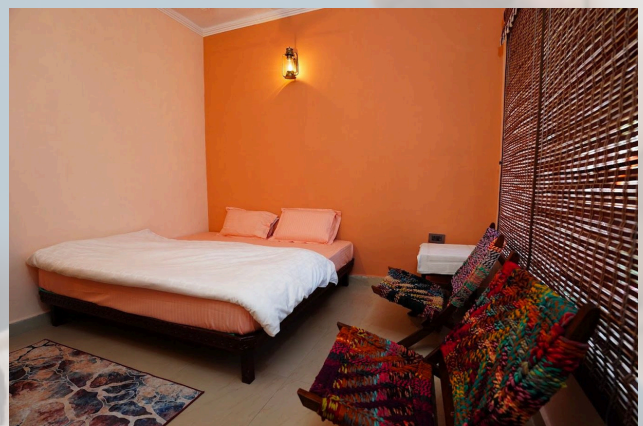
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ACTIVITIES

Connect With:

- **Your Inner Self: Through Classical Hatha Yoga**
 - Bhuta Shuddhi
 - Surya Kriya
 - Surya Shakti
 - Balancing Sadhana
 - Bhakti Sadhana
- **The Divine: Through the enchanting Ganga Aarti ceremony**
- **Your Spirit: Through the uplifting vibrations of Kirtan**
- **The Culture: Through delicious, locally sourced cuisine**



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INCLUSIONS

- Wholesome Vegetarian Meals (3 per day)
- Expert Guidance & Corrections during Yogic Practices
- Personalized Consultation for Adapting Yoga to Your Needs
- 4 Nights/5 Days Stay at Vedic Dham
- All Scheduled Activities



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PRICING

Limited-Time Offer:

- Early Bird (Twin Sharing): ₹21,000 per person
- *(Ends April 15th - Don't miss out!)*
- upgardes available at additional cost
- After 15th April - ₹24000

Secure Your Spot:

To register for the retreat, you can make a payment via:

- UPI: 9650052294@upi
- Bank Transfer:
 - Account Name: Kounal Jagga
 - Account Number: 000701263716
 - IFSC Code: ICIC0000007
 - Branch: Connaught Place



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ITINEARY

- **APRIL 24TH: ARRIVAL & GROUNDING**

- 12 PM: ARRIVAL/CHECK-IN
- 1-2 PM: LUNCH
- 4-5 PM: ORIENTATION
- 6-7:45 PM: YOGA SESSION 1
- 8-9 PM: DINNER
- 9-9:30 PM: SESSION
- 9:45 PM: REST/OWN TIME
-

- **APRIL 25TH: EXPLORATION & BALANCE**

- 6-7:45 AM: YOGA SESSION
- 8-9 AM: BREAKFAST
- 9-11:30 AM: EXPLORE TEMPLES/ASHRAMS
- 12-1 PM: BALANCING SADHANA
- 1-2 PM: LUNCH
- 2-6 PM: REFLECTION TIME
- 6-7:30 PM: YOGA SESSION
- 8-9 PM: DINNER
- 9-9:45 PM: EVENING SESSION
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- **APRIL 26TH: DEEPENING THE PRACTICE**

- 7-8:30 AM: YOGA SESSION
- 8:30-9 AM: BREAKFAST
- 11 AM-12 PM: BALANCING SADHANA
- 1-2 PM: LUNCH
- 2-6 PM: REFLECTION TIME
- 6-7:45 PM: YOGA SESSION
- 8-9 PM: DINNER
- 9-9:45 PM: EVENING SESSION

ITINEARY

- **APRIL 27TH: DEVOTION & CELEBRATION**

- **6-9 AM: YOGA SESSION**

- **9-10 AM: BREAKFAST**

- **11 AM-1 PM: BALANCING SADHANA**

- **1-2 PM: LUNCH**

- **2-6 PM: KIRTAN & AARTI**

- **6-7:45 PM: YOGA SESSION**

- **8-9 PM: DINNER**

- **9-9:45 PM: EVENING SESSION**

- **APRIL 28TH: INTEGRATION & DEPARTURE**

- **6-8:30 AM: YOGA SESSION**

- **9-10 AM: BREAKFAST**

- **10-11 AM: CLOSING SESSION**

- **12 PM: CHECK-OUT**

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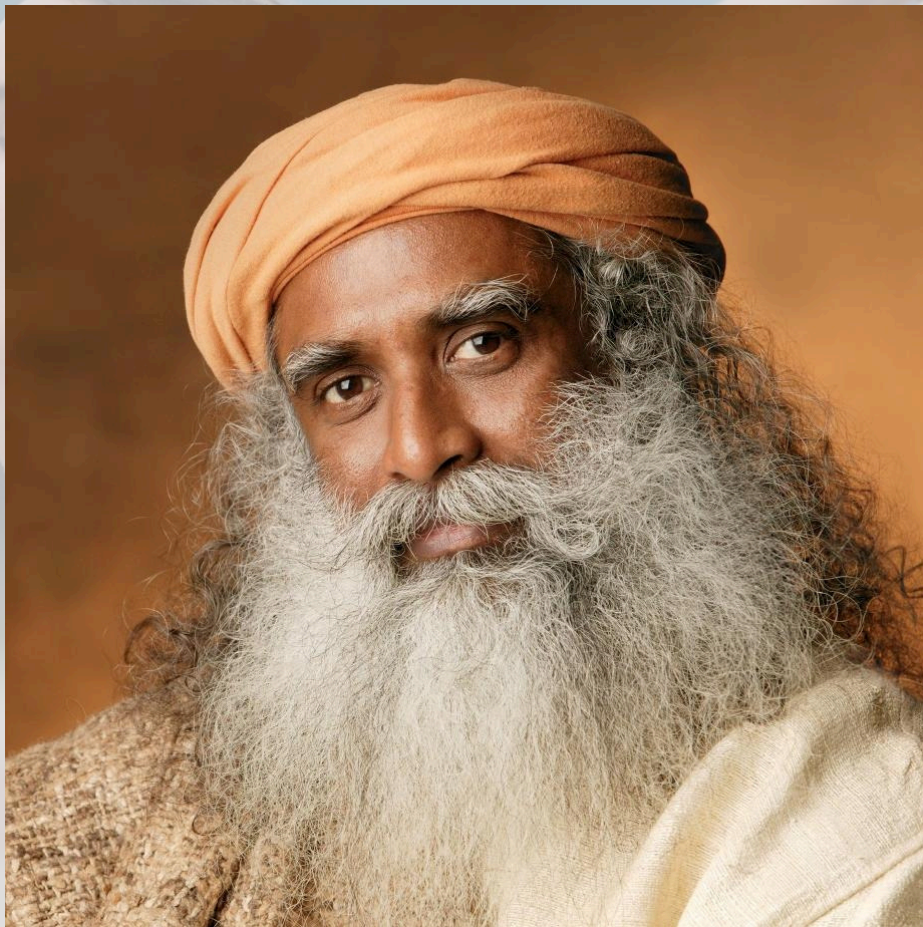
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"YOGA WORKS ONLY FOR
THOSE WHO DO IT"



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