

SPIRITUAL YOGA RETREAT

AWAKEN THE SHIVA WITHIN: 3-DAY YOGA RETREAT ON MAHASHIVRATRI



21 FEBRUARY 2025 - 23 FEBRUARY 2025

A man with a beard and dark hair is sitting cross-legged in a meditative pose (Padmasana) in a lush bamboo forest. He is shirtless and wearing white dhoti with a brown border. His eyes are closed, and his hands are resting on his knees in a mudra. The background is filled with tall bamboo stalks and dense green leaves, creating a serene and natural atmosphere. The lighting is soft, suggesting a calm, early morning or late afternoon setting.

Experience the Sacred Essence of Haridwar

Take a step towards inner peace with Dhyanaasth Yoga's 3-day retreat from **21st February 2025 to 23rd February 2025** in the heart of Haridwar.

Immerse yourself in:

- **Transformative Asanas**
- **Calming Pranayama**
- **Mindful Meditation**

Reconnect with yourself in a serene setting where the Ganges meets the Himalayas.

This is more than a retreat—it's a journey to rediscover balance, renewal, and harmony within. Join us to breathe, unwind, and embrace the calm you truly deserve.



Why Choose Dhyanasth Yoga?

At Dhyanasth Yoga, we blend traditional wisdom with modern wellness to create transformative retreats. Held in the serene setting of **Dev Sanskriti Vishwavidyalaya**, our yoga, meditation, and self-growth sessions offer holistic rejuvenation. With expert guidance and a nurturing space, we help you find inner peace, well-being, and lasting transformation.

Join us to rediscover balance and the joy of mindful living.



Our Mission & Vision

Rooted in the profound philosophy of All World Gayatri Pariwar, this retreat aspires to harmonize the body, mind, and spirit while aligning individual growth with the collective upliftment of humanity. Inspired by the teachings of Pt. Shriram Sharma Acharya, our mission is to create a transformative spiritual experience that fosters self-purification, inner awakening, and moral values.

Through yoga, meditation, and sacred rituals, we seek to empower individuals to lead purposeful lives grounded in selfless service, compassion, and universal harmony. The retreat also emphasizes environmental consciousness, societal well-being, and the promotion of values like peace, kindness, and sustainable living.

Aligned with AWGP's vision of a spiritually enlightened and harmonious world, this retreat invites you to embrace the wisdom of Indian spirituality and contribute to a collective journey of inner and outer transformation.

Daily Schedule of Yoga Retreat

Swaswagatam: The Beginning of the Sacred Journey

21/02/2025

- 2:00 pm - Arrival
- 3:00 pm - 4:00 pm - Welcome
- 4:00 pm - 5:00 pm - Introduction & Greeting (DSVV & DY)
- 5:00 pm - 6:00 pm - Explore 90 acres serene University campus
- 6:00 pm - 6:15 pm - Naad Yoga Meditation
- 6:15 pm - 6:30 pm - Path of vitality: Acupressure Park
- 6:30 pm - 8:00 pm - Deepyagya (Bhajan Sandhya)
- 8:00 pm - 9:00 pm - Dinner & rest

Daily Schedule of Yoga Retreat

Tirth Darshan: Seeking the Divine Grace

22/02/2025

- 04:00 am - Wake up
- 05:00 am - 05:30 am - Gayatri Mata Temple
- 05:30 am - 05:45 am - Akhand Deep Darshan
- 05:45 am - 06:15 am - Yagya Ceremony
- 06:15 am - 06:30 am - Meditation at Devatma Himalaya
- 07:00 am - 09:00 am - Rest & Breakfast
- 09:00 am - 10:00 am - Mindfulness
- 10:00 am - 11:00 am - Session with Respected Pro-Vice Chancellor of the DSVV
- 11:00 am - 12:30 pm - Lunch & Rest
- 12:30 pm - 02:00 pm - Rishikesh
- 02:00 pm - 03:15 pm - Bhootnath Temple Rishikesh
- 03:15 pm - 04:30 pm - Yoga Session by the Ganges
- 05:00 pm - 07:00 pm - Ganga Aarti at Triveni Ghat
- 07:00 pm - 08:00 pm - Dinner at famous Rajasthani Restaurant

Daily Schedule of Yoga Retreat

Samapanam: A Journey of Fulfillment and Gratitude

23/02/2025

- 05:00 am - Wake up
- 06:00 am - 07:30 am - Shatkarma
- 07:30 am - 08:00 am - Yoga Session by the Ganges
- 08:00 am - 09:00 am - Rest & Breakfast
- 09:00 am - 10:00 am - Manas Shanti
- 10:30 am - 11:00 am - Acupressure Therapy
- 11:15 am - 12:15 pm - Sound healing
- 12:15 pm - 01:00 pm - Class on Structure, Alignment, Dos & Don'ts, Disorders
- 01:00 pm - 02:00 pm - Lunch
- 02:00 pm - 03:00 pm - Insight sharing sessions
- 03:00 pm - 03:15 pm - Valediction

Key Features Included

You will get a Yoga kit for this retreat (**Worth INR 3000**)

1

3Days/2Nights Accommodation: Stay

2

Daily Sattvic Meals: Enjoy three nourishing, vegetarian meals each day, prepared in alignment with Satvic principles for balance and vitality.

3

4

Morning Yoga Sessions: Rejuvenate your body and mind with energizing Hatha and Vinyasa practices.

5

Pranayama Sessions: Learn ancient breathing techniques to harmonize your energy and promote inner calm.

6

Meditation Theory & Practice: Participate in guided meditation sessions to deepen mindfulness and foster inner peace.

Course Materials: Receive comprehensive resources to support and sustain your yoga and meditation practice beyond the retreat.

7

Meditation by the Ganga: Find profound tranquility in guided meditation sessions by the sacred River Ganga.

8

Retreat Highlights



Yoga Practices:

Immerse in the sacred practices of Hatha, Vinyasa, and Restorative yoga to awaken your inner vitality and deepen the connection between your body and mind.



Meditation & Breath-work:

Discover inner peace and clarity through guided meditation and pranayama sessions, balancing your energy and calming your spirit.



Inspirational Lecture:

Be inspired by the wisdom of Dr. Chinmay Pandya as he shares profound insights on spirituality, Indian culture, and living with purpose.



Self-Growth Workshops:

Take part in workshops focused on self-growth, stress management, and purification to lead a more harmonious life.



Nature Walks & Himalayan Treks:

Reconnect with nature through serene walks and exhilarating treks in the majestic Himalayas.



Riverfront Yoga:

Experience the tranquility of the Ganges with yoga sessions that blend your practice with the river's soothing rhythm.



[YouTube](#) [Pinterest](#) [LinkedIn](#) [Instagram](#) [Facebook](#) @dhyanasthyoga



Retreat Highlights

Wholesome Nutrition:

Enjoy nourishing, sattvic meals prepared with love and care to detoxify your body and enhance clarity of mind.



Ayurvedic Healing:

Rejuvenate with traditional Ayurvedic therapies designed to restore balance and revitalize your well-being.



Sound Healing Therapy:

Let the healing power of sound therapy guide you into deep relaxation and inner harmony.



Spiritual Excursions:

Visit sacred temples like Shantikunj & Bhootnath to experience their divine energy and spiritual significance.



Holistic Renewal:

Engage in workshops that inspire mindfulness, personal growth, and spiritual alignment.

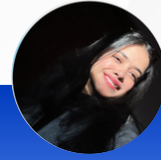


Purified Environment:

Thrive in a nurturing, disciplined space free from distractions, fostering peace, connection, and inner clarity.



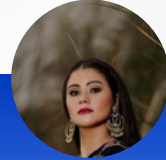
Testimonials & Reviews



This retreat felt like a gift to myself. The meditations and yoga practices helped me connect with parts of me I had forgotten. – Ananya Mehra



The trek to Kunjapuri Temple was the highlight of the retreat for me. Walking through the beautiful trails surrounded by nature and witnessing the sunrise at the temple was magical. The yoga practice at the top added a spiritual element that made it unforgettable. – Meera Singh



This retreat changed my perspective on life. The peaceful environment and the wisdom shared by the instructors helped me rediscover myself. I'm so grateful! – Priya Sharma



Practicing yoga by the Ganga River felt like a dream come true. The serene atmosphere, cool breeze, and the sound of the river flowing made each session incredibly peaceful. It was the perfect setting to reconnect with myself and nature. – Aparna Gupta

I'll never forget the sense of peace I found here. The yoga sessions and soulful conversations gave me a fresh start in life. Can't wait to come back! – Rajesh Iyer



The yagya ceremony was a deeply spiritual experience. Sitting by the sacred fire, listening to the chanting of mantras, and participating in the rituals felt incredibly purifying. It was something I never thought I'd experience, and it left me feeling so grateful. – Shiva Raghav



It felt like stepping back into India's rich yogic tradition. Every moment of the retreat was authentic and meaningful. – Shivam Pandey



Rishikesh has an energy that you can feel the moment you arrive. The retreat beautifully embraced this vibe, from mantra chanting sessions to peaceful meditations. It wasn't just a yoga retreat—it was a soulful experience that brought so much positivity into my life. – Aarav Kapoor



One of the most unique parts of the retreat was the acupressure workshop. It complemented the yoga sessions perfectly and helped release so much tension in my body. I left feeling lighter, more energized, and completely rejuvenated. – Tanvi Malhotra



I came here stressed and drained, and left feeling renewed. The thoughtful sessions and nurturing environment made all the difference. – Sunita Verma

Book Your Slot

Available Options



SHARED ROOM



9,900

Per person



SINGLE ROOM



13,900

Per person



COUPLES



23,900

Per Couples

Inclusions

- Complimentary yoga kit worth ₹3000, including essential equipment, a bag, bottle, yogamat and a retreat diary.
- Welcome ceremony with meditation and greetings.
- Daily yoga, meditation, and sound healing sessions.
- Acupressure, Marma therapy, and posture alignment workshops.
- Deep Yagya (Bonfire) & Bhajan Sandhya.
- Comfortable accommodation for the duration of the retreat
- 3 major satvik meals (21st till 23rd February)
- Pragma herbal tea and evening snacks
- Nature walk and river-side self-reflection exercise
- Visit to Gayatri Tirth Shantikunj
- Visit to Triveni Ghat for the spiritual Ganga Aarti
- Nature walk to Bhoothnath Temple.

Exclusions

- Travel insurance or medical emergencies.
- Optional private sessions and activities outside the itinerary.

Contact Information

Secure your spot today by reaching out:

Call on:

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Mail us on:

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Website:

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Retreat location:

DSVV: India's Best Yoga University in Uttarakhand

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