

Want to learn yoga in Rishikesh without spending too much money? At Himalayan Yoga Association, they offer yoga retreats that are both high quality and reasonably priced. You have the option to choose a retreat according to your preference for 3,4,5,6, or 7 days. Our accommodations provide cozy rooms, delicious vegetarian meals, and skilled yoga instructors for your experience.

A large number of individuals from across the globe select our retreats due to their cost-effectiveness while still providing an authentic yoga experience. The most exciting thing is that you will receive yoga instruction at the “Yoga Capital of the World.”

So, whether you’re a beginner in yoga or an experienced practitioner, we offer retreats suitable for your experience level and financial constraints.

### **1. 3-Day Yoga Retreat**

Ideal for busy professionals, beginners, or those with limited time, the 3-day retreat is perfect for a quick yoga fix. In a short span of 3 days, you will experience a variety of what yoga provides. Begin your day with energizing pranayama and meditation exercises, then proceed with thorough Hatha and Vinyasa yoga classes to improve flexibility and foster inner peace.

However, that’s not all! A fresh 2-hour Ayurvedic massage is designed to decrease stress, while a calming sound healing session is centered on harmonizing chakras. After completely relaxing with zen, you will return to your cozy room with breathtaking views, ideal for pondering your daily activities. Do not fret about feeling hungry – we provide three tasty vegetarian meals daily to ensure you are well energized.

What is the primary characteristic? The entire bundle begins at only \$300.

### **2. 4-Day Yoga Immersion**

Are you interested in exploring your yoga practice further? Their 4-day program is the 3-day retreat’s calmer, more relaxed relative. We enhance all the things you enjoy from the shorter program and take it to the next level. You will love the longer morning meditation sessions that will make you feel incredibly happy, and additional sound healing sessions to enhance the positive energy.

Not only that, but we have also incorporated a Reiki healing session to harmonize your energy and make you feel rejuvenated. Having the additional day will allow you more opportunity to bond with other yogis and discover the stunning environment. An additional day can make a remarkable difference!

You can have access to all of these yoga benefits for only \$450. Indeed – for under \$500, you can enjoy four complete days of pure yoga happiness.

### **3. 5-Day Yogic Living**

Ready to really shake things up? The 5-day retreat is where the magic happens. This is our top preference, and once you grasp the contents, you will see why it is so popular. We include everything you enjoy from the 4-day program and include a touch of yogic magic. You'll dive deep into advanced learning about the body and yogic philosophy, and even get an introduction to Ancient Mantra chanting. We're also throwing in a silent breakfast for mindful eating (it's cooler than it sounds, trust us).

And the goodie bag? You'll leave with an HYA bag, t-shirt, notebook, pen, and mala. And the support doesn't end when you leave – you'll get access to our post-retreat online support group, because the journey to enlightenment is better with friends.

All of this yogic goodness is yours for just \$600. That's five full days of transformation for less than the cost of a designer yoga mat. Now that's what we call enlightenment on a budget!

### **4. 6-Day Transformation Retreat**

Looking for a major life overhaul? Our 6-day program is your ticket to transformation. We've included meditation techniques from various traditions, because why settle for just one path to enlightenment? You'll also enjoy two sound healing sessions and two Reiki healing sessions, because double the healing means double the zen. Oh, and did we mention access to our swimming pool? Because sometimes enlightenment is best achieved with a good splash.

This life-changing experience can be yours for \$750. Making an investment in yourself presently will result in future benefits that last for a long time. Who stated that it is impossible to measure inner peace?

### **5. 7-Day Complete Yoga Journey**

Want everything together? Our 7-day retreat is the real deal, the ultimate yoga experience. We're talking everything from the previous retreats, plus a whole lot more. You'll be treated to five (yes, FIVE) two-hour Ayurvedic massage treatments. That's ten hours of pure bliss, in case you're counting. You'll get one-on-one chats with our senior teachers (time to pick their brains!), and even we'll take you on a journey through yoga history and evolution – think of it as time travel, but with more stretching.

Now, you might want to sit down for this part. You can experience a full week of yoga activities for only \$900. No, that is not an error. Our most comprehensive program provides top-notch quality at a reasonable price. The universe appears to be aligning to support your yoga goals.

## **Choose the Perfect Duration for You**

3 days: Quick reset – \$300

4 days: Deeper practice – \$450

5 days: Full experience – \$600

6 days: True transformation – \$750

7 days: Complete immersion – \$400

## **A Typical Day at Himalayan Yoga Association**

7:00 to 8:00 AM: Brief sessions of Meditation & Pranayama

8:00 to 9:00 AM: Hatha & Vinsaya yoga class

9:30 AM: Breakfast

11:00 to 12:00 PM: Sound healing session or Reiki healing session

1:00 PM: Lunch

4:00 PM to 6:00 PM: Ayurvedic massage treatment

7:30 PM: Dinner

## **Why Choose a Budget Retreat?**

We think spiritual development should not be restricted by financial limitations. Our affordable yoga retreats show that a fulfilling break can be achieved without luxury. The significance of honesty in advice, the dependability of methods, and the ample support in our environment are crucial elements.

So, are you ready to start your Yoga Journey? It doesn't matter which plan you prefer. We assure you; we will provide the best Yoga experience to begin your path to a calmer and peaceful life.

Namaste!