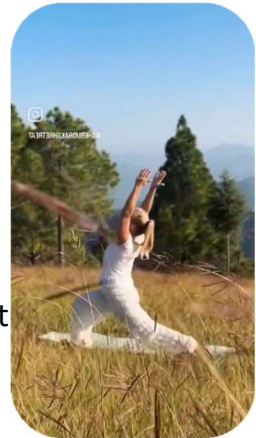




Itinary for your Yoga Retreat in the Himalayan mountains April 26th – May 2nd 2026



Day 1: Arrival day on 26.04.2026

14:00 pick-up from the airport and 2,5 hours drive to the Rudraksh Retreat

16:30 Welcome with tea time and afterwards settling into your room

18:30 vegetarian and vegan Dinner

20:30 Kirtan with Pranayama and Meditation (60 min)

Day 2: 27.04.2026

07:30 Meditation, Pranayama, Kirtan

09:00 light breakfast (fruits and tea)

10:30 Hatha Yoga class for energy healing, 90 min

12:30 vegetarian and vegan Lunch

Free time for i. e. Ayurvedic massage

17:00 Relaxing back Yoga class, 90 min

18:30 vegetarian and vegan Dinner

20:30 Meditation, Pranayama, Kirtan and Yoga philosophy

Day 3: 28.04.2026

07:30 Meditation, Pranayama, Kirtan

09:00 light breakfast (fruits and tea)

10:30 Hatha Yoga class for energy healing, 90 min

12:30 vegetarian and vegan Lunch

Free time for i. e. Ayurvedic massage or cooking class

17:00 mindful sunset walk to Shiva temple and meditation

18:30 vegetarian and vegan Dinner

20:30 Tatrak-meditation, Pranayama, Kirtan

Day 4: 29.04.2026

07:30 Meditation, Pranayama, Kirtan

09:00 light breakfast (fruits and tea)

10:30 Mindful walk through the forest incl. breathwork

12:30 vegetarian and vegan picnic

Free time for i. e. cooking class or ayurvedic cosmetic lab

18:30 vegetarian and vegan Dinner

20:30 Meditation, Pranayama, Kirtan and Yoga philosophy

Day 5: 30.04.2026

07:30 Meditation, Pranayama, Kirtan

09:00 light breakfast (fruits and tea)

10:30 Visit of village school

12:30 vegetarian and vegan Lunch

Free time for i. e. Cosmetic lab, nature walk with the dogs

17:00 Bhakti Yoga class, 90 min

18:30 vegetarian and vegan Dinner

20:30 Cacao ceremony and Kirtan

Day 6: 01.05.2026

07:30 Meditation, Pranayama, Kirtan

09:00 light breakfast (fruits and tea)

10:30 Fire Puya with priest, blessing for your journey

12:30 vegetarian and vegan Lunch

Free time

17:00 Hatha Yoga class, 90 min

18:30 vegetarian and vegan Dinner

20:30 Meditation, Pranayama, Kirtan and Yoga philosophy

Day 7: Departure 02.05.2026

07:30 Meditation, Pranayama, Kirtan

09:00 full vegetarian and vegan breakfast

11:00 Transfer to Rishikesh or Aiport

After Retreat Options - let us know if we give you any hotel recommendations:

A) Stay for 2 nights in Rishikesh:

- take a walk at the holy Ganga,
- visit the Sivananda Ashram,
- join an Aarti in the evening at the Ganga

B) Stay for 2 nights in New Delhi:

- visit the old market in Delhi
- visit the Red fort
- visit the Lodi Park

Reminder:

1. You need to book your flights to India by yourself. Usually you fly via New Delhi to Dehradun (Jolly Airport)
2. You need a Visum to enter India. You can get it online at <https://ivisatravel.com>
3. For regular journaling bring your own journal with you.
4. You don't need to bring a Yoga mat. The Yoga shala is well equipped
5. Bring comfortable cloth with you for your yoga practice and meditation
6. If you have any allergies or food intolerances please let us know upfront.

I am looking forward to welcome you for your Yoga Retreat at the Rudraksh Retreat in the Himalayas. A place full of peace and love.

Om shanti

Bianca

Contact: begefit@email.de or WhatsApp: +49 173 63 24 090

www.begefit-training.de