

Rishikesh Yoga & Wellness Retreat: Detox, Meditation & Gentle Adventure

Prepared by TourGrids



Destination
Uttarakhand



Duration
6 Nights 7 Days



Starting from
Rs. 17,899 / person

ITINERARY ROUTE

📍 **Rishikesh · 6N**

<https://tourgrids.com/packages/uttarakhand/uttarakhand-6-nights-7-days-package-260>

Overview

Rishikesh Yoga & Wellness Retreat: Detox, Meditation & Gentle Adventure is a thoughtfully designed 6 nights / 7 days Uttarakhand tour package centered in Rishikesh, crafted for travelers seeking a restorative blend of daily yoga, Ayurveda-based detox, guided meditation and gentle outdoor experiences. This Uttarakhand Weekend tour package (ideal as a 6 and 7 Uttarakhand Weekend tour package) balances structured wellness programming with time for reflection by the Ganges, cultural experiences in Haridwar, and light adventure options like mild river rafting and nature walks. Perfect for beginners and experienced practitioners looking for a peaceful, health-focused escape in India's Himalayan foothills.

✓ **What's Included**

- ✓ Accommodation for 6 nights in a wellness retreat in Rishikesh (single/double/ shared room options)
- ✓ Daily morning and evening yoga & meditation sessions led by certified instructors
- ✓ Personalized Ayurvedic consultation and 1–2 tailored detox therapies
- ✓ All breakfasts, plus selected detox-friendly lunch and dinners (vegetarian, Ayurvedic)
- ✓ Transfer on arrival and departure from Dehradun (Jolly Grant) airport or Haridwar station (within scheduled hours)
- ✓ Guided visits to Laxman Jhula, Beatles Ashram, Neer Garh Waterfall and day trip to Haridwar
- ✓ Optional mild Ganges river rafting with certified guides (basic safety gear included)
- ✓ Wellness workshops: mindful eating, breathwork, yoga nidra and sound-healing
- ✓ Local taxes and service charges
- ✓ Use of on-site facilities: meditation hall, yoga shala, herbal tea bar
- ✓ This package is optimized for search as an Uttarakhand tour package, Uttarakhand Weekend tour package and 6 and 7 Uttarakhand Weekend tour package.

✗ **Not Included**

- ✗ International and domestic flights to Dehradun/Haridwar
- ✗ Travel insurance and medical costs
- ✗ Optional spa treatments and additional Ayurveda therapies beyond those included
- ✗ Personal expenses, tips, laundry and telephone bills
- ✗ Peak season supplements and festival surcharges
- ✗ Rafting (if chosen) subject to river permissions and may incur additional fees in high season
- ✗ Please inform us of any medical conditions, pregnancy, or mobility limitations at booking.

Day-by-Day Itinerary

Day

1

Arrival, Welcome & Evening Ganga Aarti

Arrive at Dehradun (Jolly Grant) or Haridwar railway station and transfer to your wellness retreat in Rishikesh. Settle into your comfortable, eco-friendly accommodation. Enjoy a gentle orientation and an introductory pranayama (breathwork) session to unwind after travel. In the evening, experience the soulful Ganga Aarti at Triveni Ghat. Light dinner with detox-friendly options will be served.

Day

2

Morning Yoga, Laxman Jhula & Beatles Ashram Visit

Begin the day with a guided Hatha/Vinyasa yoga session focused on alignment and gentle strengthening, followed by a nourishing detox breakfast. Take a relaxed walking tour to Laxman Jhula and the iconic Beatles Ashram (Chaurasi Kutia) for peaceful meditation spots and scenic river views. Afternoon free time for rest, optional one-to-one yoga alignment or Ayurveda consultation. Evening guided meditation and sound relaxation session. Wear comfortable footwear for the ashram walk.

Day

3

Ayurvedic Consultation, Detox Therapies & Nature Walk

After morning yoga and a light breakfast, meet with an Ayurvedic practitioner for a personalized consultation and tailored detox plan. Enjoy a session of gentle therapies (such as abhyanga massage or steam therapy) designed for relaxation and rejuvenation. Post-lunch, go for a short, restorative nature walk to Neer Garh Waterfall. Evening workshop on mindful eating and nutrition for continued wellness at home. Therapies are customized; prior medical history should be shared at booking.

Day

4

Gentle Adventure: Mild River Rafting & Forest Bathing

Start with sunrise pranayama followed by a refreshing breakfast. Today's optional light-adventure includes a supervised, mild stretch of Ganges river rafting (suitable for first-timers) with certified guides—safety briefing and life jackets provided. Alternate option: extended nature trail and forest-bathing session to deepen your connection with nature. Return to the retreat for restorative yoga and an evening sound-healing circle. Rafting is optional and depends on river conditions and participant comfort.

Day

5

Day Trip to Haridwar & Cultural Immersion

After early yoga, take a short drive to Haridwar for a cultural and spiritual immersion. Participate in a riverside session at Har Ki Pauri, explore local temples, and stroll the traditional markets—option to attend a Ganga Aarti in Haridwar. Return to Rishikesh for an evening restorative practice and a detox chef demonstration featuring Ayurvedic cuisine. Carry ID for temple visits; the day includes moderate walking.

Day

6

Silent Meditation Day & Wellness Workshops

Today is reserved for deeper stillness: extended silent meditation, guided Vipassana-style sessions and restorative yoga (yoga nidra). Midday workshop includes breathwork techniques you can use at home and a nutrition class focusing on Ayurvedic meal planning. Optional spa treatments available (extra cost). Evening closing circle to share experiences and a farewell pranayama session. This is a low-activity day intended to integrate the week's practices.

Day

7

Farewell, Final Consultation & Departure

A gentle morning yoga session and final Ayurvedic consultation to outline a post-retreat self-care plan. Enjoy a light detox breakfast, pack, and check out. Transfer to Dehradun airport or Haridwar railway station for onward travel. If you have a late departure, ask about an optional day-use room and final meal.

? Frequently Asked Questions

? What are the top tourist attractions in Uttarakhand?

Uttarakhand boasts stunning tourist attractions like Nainital's serene lakes, Mussoorie's hill vistas, the sacred Ganges in Rishikesh, and the tranquil valleys of Auli and Joshimath. Don't miss the majestic Jim Corbett National Park, and the spiritual allure of Haridwar and Kedarnath, perfect for nature and adventure lovers.

? How can I reach Uttarakhand by train?

Uttarakhand is well-connected by rail, with major stations like Dehradun, Haridwar, and Kathgodam. You can take trains from major cities like Delhi, Mumbai, and Kolkata. Once you arrive, local transport options like taxis and buses can help you explore the beautiful landscapes and attractions.

? When is the best time to visit Uttarakhand?

The best time to visit Uttarakhand is from March to June and September to November. These months offer pleasant weather, making it ideal for trekking, sightseeing, and enjoying the serene landscapes. Winter months (December to February) attract snow lovers but can be chilly.

❓ What activities can I do in Uttarakhand?

In Uttarakhand, you can indulge in a variety of activities like trekking in the picturesque hills of Nainital and Auli, river rafting in Rishikesh, wildlife safaris in Jim Corbett National Park, and exploring ancient temples in Haridwar and Kedarnath. Don't miss the serene beauty of the Valley of Flowers!

❓ What are the accommodation options in Uttarakhand?

Uttarakhand offers a range of accommodation options for tourists, including luxury hotels, charming resorts, guesthouses, and budget-friendly homestays. Popular destinations like Rishikesh, Nainital, and Mussoorie feature a variety of choices to suit every traveler's preference and budget.

❓ Are there any adventure sports available in Uttarakhand?

Yes, Uttarakhand is a hub for adventure sports! You can enjoy white-water rafting in Rishikesh, trekking to the stunning Valley of Flowers, paragliding in Nainital, and skiing in Auli. The state's beautiful landscape offers thrilling experiences for adventure enthusiasts.

❓ What are the popular hill stations in Uttarakhand?

Uttarakhand boasts several popular hill stations, including Nainital, known for its beautiful lake; Mussoorie, the "Queen of the Hills"; and Auli, famous for skiing. Other notable spots are Ranikhet, Kausani, and Dhanaulti, each offering stunning views and a serene atmosphere for tourists.

★ Traveller Reviews



Siddharth Jain

★★★★★ 5/5

Much Needed Digital Detox

I disconnected from technology during this tour and it was rejuvenating! The serene locations provided the perfect escape from the digital world.



Akanksha Roy

★★★★★ 5/5

Fun and Memorable Trip

The trip was filled with fun activities and unforgettable memories with friends. The Uttarakhand tour package exceeded our expectations!



Vineet Agarwal

★★★★★ 5/5

Perfect Honeymoon Getaway

This package was perfect for our honeymoon. We enjoyed romantic spots and beautiful sunsets. It was a dreamy experience!



Nandita Joshi

★★★★★ 5/5

Very Relaxing and Fun

This tour package strikes a perfect balance between relaxation and fun! The wellness activities were just what I needed for rejuvenation.



Subha Ganesh

★★★★★ 5/5

A Photographer's Dream

As a photographer, I found Uttarakhand to be a dream destination! Every corner had a perfect shot waiting to be captured!

⚡ Why Choose TourGrids?

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