

SOULFUL RISHIKESH WELLNESS RETREAT

“A moment of self-care, a lifetime of confidence.”



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A thoughtfully curated 7-day journey through the sacred heartland of the Himalayas — blending spiritual rituals, Ayurvedic wellness, Himalayan cuisine, and pristine nature across three exceptional properties along the River Ganges.



DAY I

Arrival · Rishikesh - Ganga Kinare

2:00 PM

Check-in – Ganga Kinare A Riverside Boutique Hotel set on the banks of the Ganges, Rishikesh

2:30 – 3:30 PM

Lunch at Jal & Jalebi Signature Pahadi Thal — a multi-course tasting menu of regional Himalayan recipes at the award-winning riverside restaurant.

6:00 – 6:30 PM

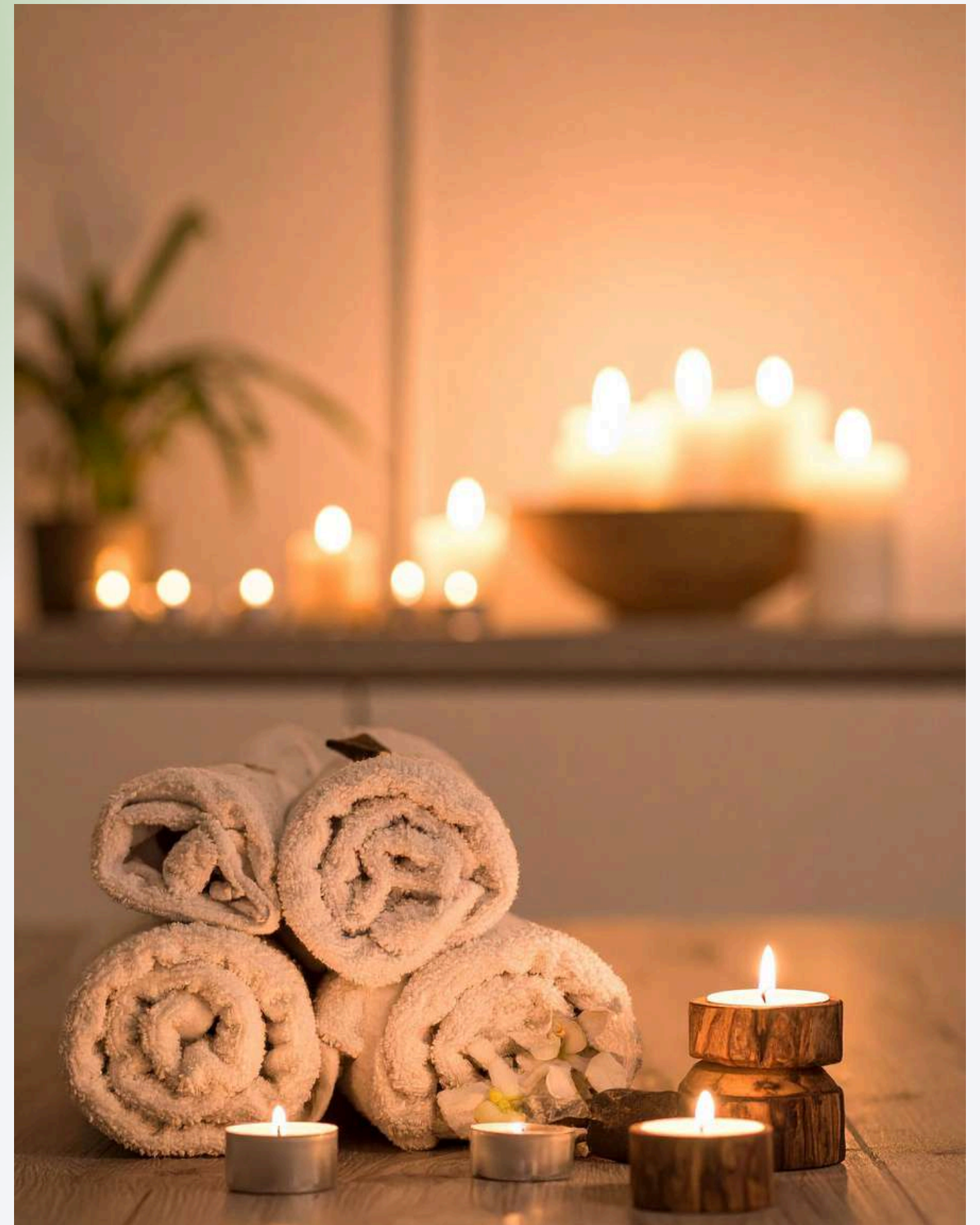
Evening Ganga Aarti at Private Ghat, followed by high tea and seasonal snacks at the hotel's exclusive riverside ghat.

8:30 PM

Buffet Dinner at Jal & Jalebi

9:30 PM

Overnight Stay – Ganga Kinare



DAY 2

Ritual · Culture · Aarti Ganga Kinare



7:30 – 8:30 AM

Sunrise Yoga & Meditation Guided session with an in-house yoga instructor at the Yoga Hall.

9:00 AM


Buffet Breakfast at Jal & Jalebi

10:00 – 11:00 AM

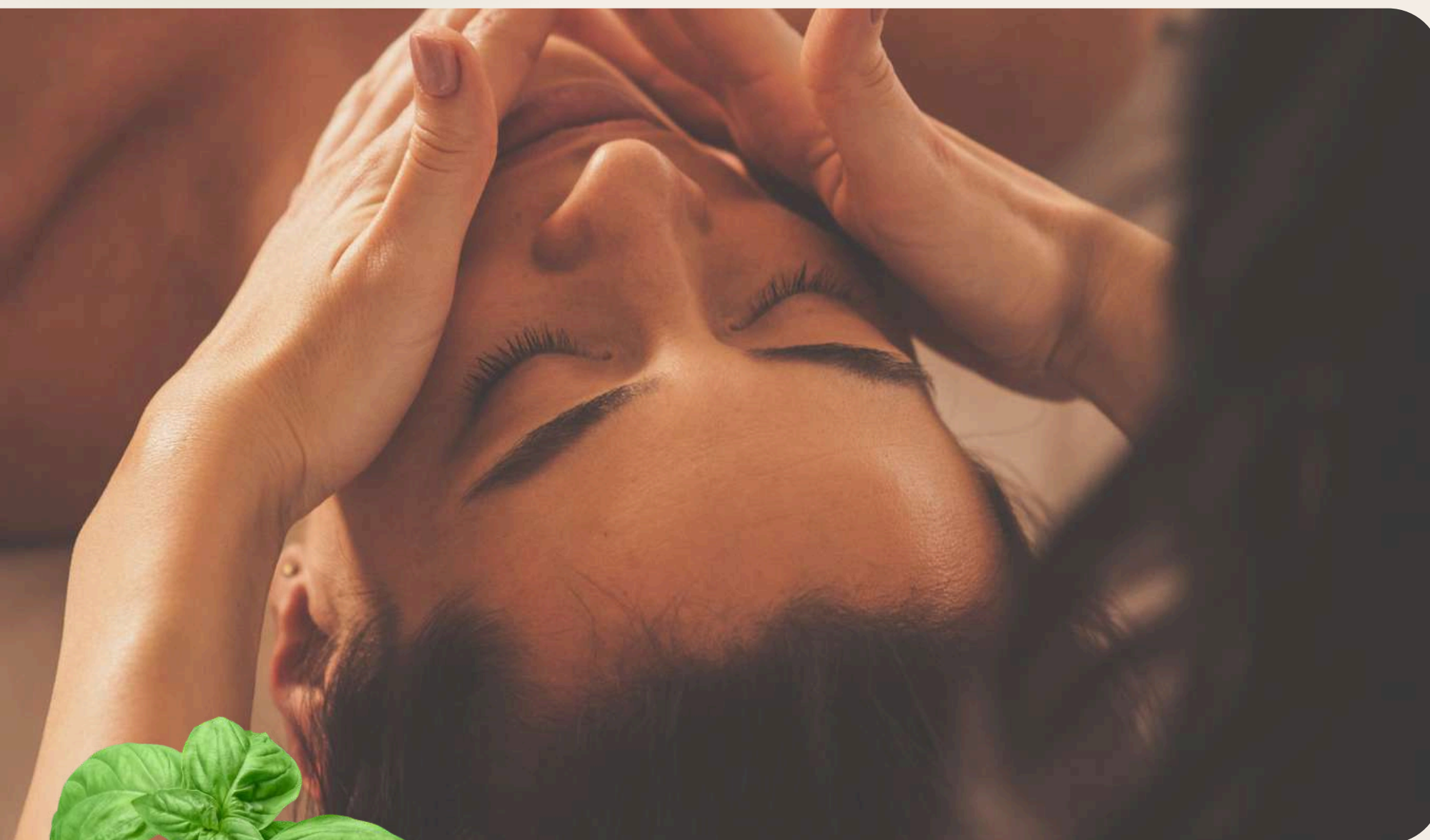
Swasthi Path Ritual Ceremony Private Hindu ritual with Vedic mantra chanting at the Goddess Ganga Temple, followed by an assisted Holy Dip in the Ganges with robes and safety precautions.

12:00 – 1:00 PM

Lunch at VARR – Temple Food of India #1 Restaurant in India on TripAdvisor (2 years running). Multi-course Rajbhog Thali curated from temple recipes across India, accompanied by explanations of temple rituals.

Continued... 

DAY 2



1:15 PM

Private Tour – Beatles Ashram Guided visit to the Chaurasikutiya Ashram, where The Beatles spent weeks in 1968 during a Transcendental Meditation retreat with Maharishi Mahesh Yogi.

2:30 – 3:00 PM

Private Meditation Session Conducted by your guide inside a meditation hut at the ashram.

3:45 – 6:00 PM

Guided Tour – Ram Jhula Area Ashrams, street vendors, artisan cafés, and riverside ghats.

6:00 PM

Grand Ganga Aarti – Parmarth Niketan: The most celebrated daily Aarti ceremony in Rishikesh.

8:30 PM

Buffet Dinner at Jal & Jalebi

9:30 PM

Overnight Stay – Ganga Kinare



DAY 3

Ayurveda · Departure to VILEEN VILEEN

8:00 – 9:00 AM

Full Body Abhyangam & Shirodhara 60-minute Ayurvedic treatment at The Ayur Ganga Spa.

10:00 AM

Buffet Breakfast at Jal & Jalebi

11:00 AM

Departure for VILEEN Private transfer in a Toyota Innova.

12:00 – 1:00 PM

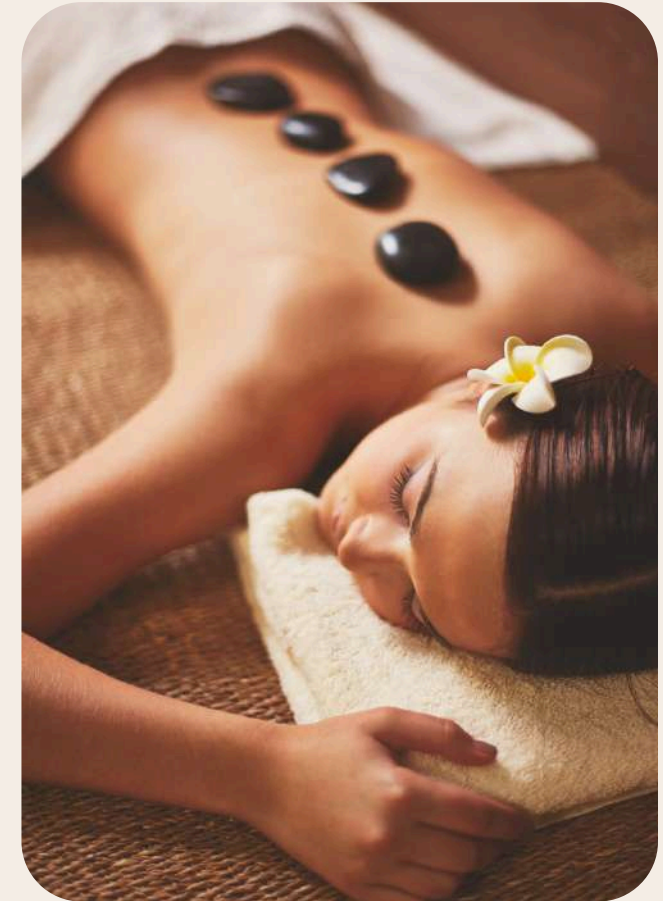
En Route: Vashishta Gufa, an ancient meditation cave of Sage Vashishta — one of the Saptarishis (Seven Great Sages) and guru of Lord Ram, situated on the banks of the Ganga.


2:00 PM

Arrival & Check-in – VILEEN Orientation of the clifftop property.

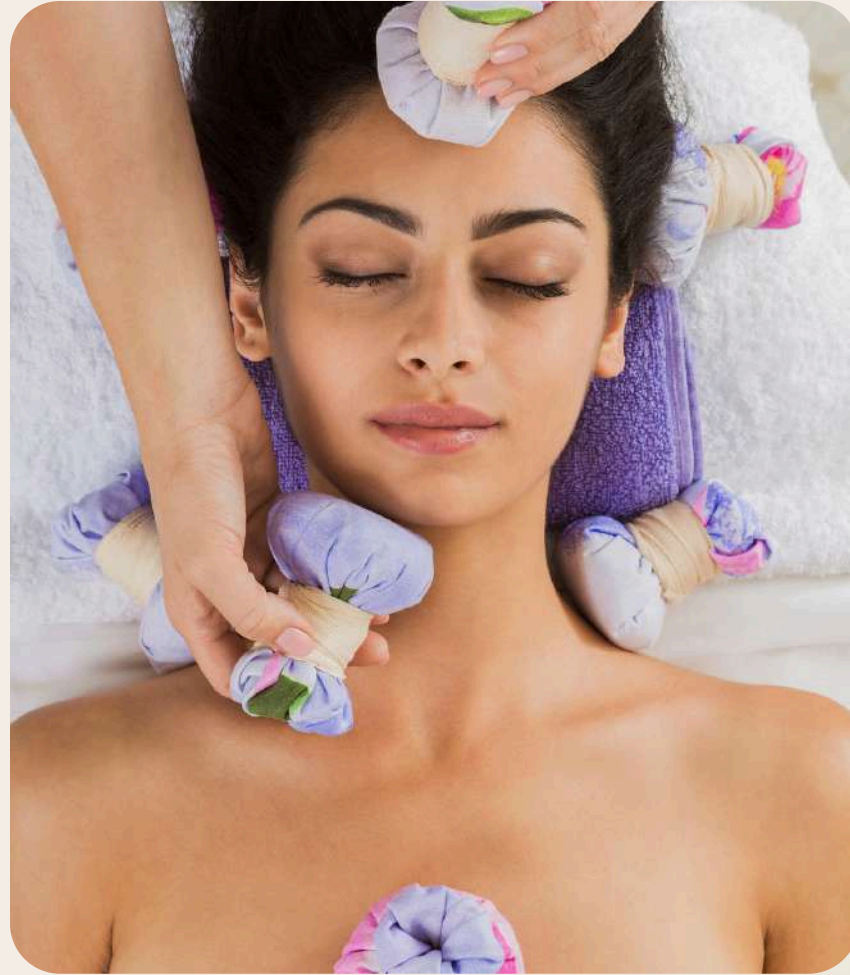
2:30 – 3:30 PM

Lunch at AVAANA on the Cliff Wellness and Ayurveda-focused fine-dining restaurant.



Continued... 

DAY 3



Afternoon

Private Ayurveda Wellness Consultation. In-house specialist determines personalised spa treatments for Day 4.

6:00 – 7:00 PM

Sundowner Guided Meditation Yoga Hall session to relax the senses and prepare for restful sleep.

7:00 – 7:30 PM

Evening Ganga Aarti at VILEEN Priests perform aarti before an ornate Ganges idol beneath the property's ancient Kadamba tree.

7:30 – 8:00 PM

Nature & Wellness Talk Audio-visual session covering VILEEN's location, biodiversity, wellness philosophy, and architectural heritage.

8:30 PM

Buffet Dinner



DAY 4

Ayurveda · Departure to VILEEN VILEEN

7:30 – 8:30 AM

Morning Yoga In-house Yoga Guru session at the Yoga Hall.

9:00 AM

Buffet Breakfast at AVAANA on the Cliff

11:00 AM – 1:00 PM

Riverside Cliff Hike: Panoramic views of the Lower Shivalik Valley and the Ganges. Encounter endemic flora, fauna, and wildlife — Goral sightings are common. Ideal for bird-watchers and active guests.

2:30 – 3:30 PM

Lunch at AVAANA on the Cliff All Day Customised Spa Treatments, Ayurvedic treatments personalised based on the wellness consultation conducted on Day 3.

8:30 PM

Buffet Dinner at AVAANA on the Cliff





DAY 5

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Journey to ONENESS

7:30 – 8:30 AM

Morning Yoga In-house Yoga Guru session at the Yoga Hall.

9:00 AM

Buffet Breakfast at AVAANA on the Cliff

12:00 PM

Departure – Hike & River Shuttle to ONENESS A scenic transition through the Himalayan wilderness.

2:00 PM

Arrival & Check-in – ONENESS Orientation of the property.

2:30 – 3:30 PM

Lunch at Her Highness, a unique bamboo riverside dining experience.

4:30 – 5:30 PM

Beach Relaxation Assisted by staff members on the riverside beach.



Continued...





DAY 5

Journey to ONENESS

5:30 – 6:00 PM

In-house Ganga Aarti Intimate aarti at the small temple at ONENESS with staff and fellow guests.

7:00 – 7:30 PM

Evening Meditation Yoga expert-led session at the Machaan, lawns, or beach – as per guest preference and weather.

7:30 – 8:30 PM

Nature Talk & Bonfire Jamming Interactive session on the location's ecosystem and cultural significance, followed by an evening bonfire with improvised music.

8:30 PM

Buffet Dinner at Her Highness



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DAY 6

Into the Forest ONENESS

8:00 – 9:00 AM

Morning Yoga Session

9:00 – 9:30 AM

Mindful Walking with Naturalist Introduction to 50+ plant and tree species within ONENESS. High likelihood of Goral sightings, bird spotting, and fresh leopard pugmarks.

9:30 AM

Buffet Breakfast at Her Highness

10:30 AM – 2:00 PM

Hike to Bandar Chatti Ashram, a historic ashram 1 km from ONENESS along forest trails and beaches. Walk the ancient Badrinath Paidal Path – a pilgrimage route from the 1800s. Guests may be received by the resident Swamiji, who shares stories of the region's spiritual history. Guests return to ONENESS for lunch.

2:00 – 3:30 PM

Buffet Lunch at Her Highness

5:30 – 6:00 PM

Ganga Aarti

7:00 – 8:30 PM

Bonfire with Jamming Session

8:30 PM

Dinner at Her Highness



DAY 7

Departure - ONENESS

8:00 – 9:00 AM

Morning Yoga & Meditation Final session with in-house yoga expert.

9:00 – 10:00 AM

Breakfast Buffet at Her Highness

10:30 – 11:00 AM

Healing Gratitude Circle: A collective expression of gratitude to Mother Nature, facilitated by the Experience Manager.

11:00 – 11:30 AM

Memory Plantation Plant a sapling in ONENESS's lawns – a living tribute to the journey and to nature.

12:00 PM

Check out from ONENESS



Tariff Details

- Per person on double sharing basis: INR 90,500/- + 18% GST with minimum 2 pax per room
- Per person on single sharing basis: INR 1,51,000/- + 18% GST
- Guests can customise the itinerary by increasing or decreasing the inclusions or days of stay.
- Our team can help build this itinerary and offer custom prices.

Inclusions

- Stay in the Premier Room at Ganga Kinare
- Stay in the Premiere Suite at VILEEN
- Stay in Luxury Cottage at ONENESS
- All meals (as per itinerary)
- All activities, sightseeing, spa treatments & yoga sessions mentioned in the itinerary
- Transfers on Day 2 to Beatles Ashram, ending with Aarti and drop to Ganga Kinare
- Transfer to VILEEN from Ganga Kinare, with an en-route visit to Vashistha Gufa
- Transfer to ONENESS drop-off point from VILEEN



Exclusions

- Transfer to Ganga Kinare from the airport on arrival
- Transfer from ONENESS to the airport on departure. Any activities not mentioned in the itinerary
- Additional snacks or beverages
- Laundry

Transfers Cost: Airport/ Railway Station

- Dehradun Airport/ Haridwar Railway Station to GANGA KINARE (Toyota Innova) one way: INR 2500 + 18% GST one way
- ONENESS to Airport/ Haridwar Railway Station (Toyota Innova) one way: INR 5500 + 18% GST one way.
- Dehradun Airport/ Haridwar Railway Station to GANGA KINARE (Toyota Innova) one way: INR 2500 + 18% GST one way
- ONENESS to Airport/ Haridwar Railway Station (Toyota Innova) one way: INR 5500 + 18% GST one way



LET'S EXPLORE TOGETHER

* Guests can customise this itinerary by adjusting inclusions or number of days.
Our sales team will be happy to build a bespoke package with custom pricing

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