



11 DAYS OF PRACTICE: MARCH, 22 - APRIL 01, 2026

We will practice hatha yoga and meditate with teachers on the banks of the sacred Ganga, learn about colorful Indian culture and traditions, the basics of Ayurveda, and participate in traditional fire ceremonies.

The retreat is a valuable opportunity to let go of everything for a while and open up to a new and unique experience, to get to know the real you. We will meet good friends for a liberating practice. For 10 days we will work on body and spirit under the gentle guidance of Mittra and Elena and ask them exciting questions.

WHY RISHIKESH?

The ancient city of Rishikesh is the "yoga capital of the world", one of the main tourist and pilgrimage centers of northern India, where people come from all over the world to study yoga and spiritual knowledge.

Rishikesh has many ashrams, some of which are recognized worldwide as centers of philosophical studies, yoga and other ancient traditions. The city is 250 kilometers from Delhi. It is easily accessible by car, bus or airplane.

A favorite destination for spiritual seekers and yoga students, although the city has become very touristy in recent years, it retains its unique atmosphere. Once here, one marvels at the chaos and peace at the same time, the craziness of the Indian streets and the zen on the banks of the Ganga. Here the Ganga descends to the plain from the Himalayan mountains, creating a unique atmosphere of purity, softness and beauty. These places remember the spirit of the holy sages who practiced in these places. Pilgrimage routes to high mountain shrines start from here, and Rishikesh is the starting point, a kind of gateway to a more sublime experience.



LODGING Acozy hotel in Rishikesh, located near the descent to the Ganges: has comfortable rooms and a well-equipped yoga room with a picturesque view of the valley. There will be organic vegetarian meals (breakfast) on the retreat.



There are no strict rules and regulations, each seeker can try what he/she likes or not try anything, but only observe.

Being here in itself creates an opportunity for contemplation and active immersion in practice, purification of mind and body, searching for that very contact... the connection of body, soul and spirit.



WHAT WILL WE PRACTICE?

You will have one or two yoga sessions per day, depending on our activities. Depending on timing, it can be an awakening hatha yoga practice in a gentle way: asanas, alignment, breathing practices, meditations (in the morning), relaxation and restoration, yoga nidra, and other practices.



WHAT ARE THE BENEFITS OF PRACTICE?

Regular practice of hatha yoga has a positive effect on overall health, improves flexibility and stamina, reduces stress levels, and improves sleep quality. The metabolism and circulation of fluids are improved, which has good health and preventive effects. In addition to its health benefits, the practice has a profound effect on a person's psycho-emotional and spiritual state.

Working with the physical body, developing its flexibility, softness, and strength, we free ourselves from accumulated tensions and blocks, which are reflected in our mind and subtle body.

Thus, the state of mind and the picture of the world become broader and deeper, there is more resilience and strength in interacting with a variety of external influences, more acceptance and flexibility in the stressful situations we face, more and more!

The practice is suitable for all levels of experience: beginners will receive detailed instructions in performing asanas, and experienced practitioners will be able to deepen their practice.

YOUR ITINERARY: A DAY-BY-DAY GUIDE

DAY 1: Welcome - Arrival & Orientation

Morning practice: 8.00 - 9.00

Breakfast at the hotel: 10.00-16.30

Joint walks/excursions/freetime/massage: 16.30 - 18.00

Evening practice of hatha yoga / yoga nidra / sound healing 18.00 - 19.30

Dinner 19.30 - 21.00 satsang / general circle to discuss experiences

Day 2:

Morning yoga practice, fire ceremony for creating intention (sankalpa), and walk around Rishikesh.

Evening practice, walking around the city, and Ganga Aarati. We will visit the famous Lakshman Jhula and Ram Jhula bridges, climb the Trayambakeshwar temple, which offers a great view of the Ganga. Going up from floor to floor of the temple, you can get acquainted with the main pantheon of Indian deities.

We will visit Parmath Niketan, which hosts the famous Ganga Aarati, a Ganga worship ceremony. We will walk through the shopping streets, beautiful promenades and drop into cozy cafes and meditate and swim on the quiet sandy beaches by the Ganga.

Day 3:

Sunrise at Kunjapuri Temple ("Place of the Heart"), practice meeting the Sun. These are places of special power - Shakti Pithi. The legend of Sati and Shiva is associated with them, which we will definitely discuss at these places. It is also a good vantage point from where you can get a great view of Rishikesh and the surrounding area. .

Day 4:

Morning Practice. After practice we will make a visit to Vashishta cave. The cave is located on the quiet bank of the Ganga, away from populated areas, so visiting it is very auspicious for meditative contemplation and finding peace of mind.

Sage Vasishtha, who possessed divine power and wisdom, lived and meditated in this place. We will visit the cave, meditate together and take ablution in the Ganges if desired.

Day 5-7:

Drive to the mountains with a visit to Tungnath Temple and (optional) Mt. Chandrashila. Located at 3,680 m, this is the highest Shiva temple and part of the important Panch Kedar pilgrimage route." After a short climb, you will be able to witness the majestic Himalayas and have a transcendent experience of connecting with this place!

The experience of climbing is always a special coping practice that opens up the possibility of looking at the world and your life from above. Literally and figuratively. Who knows what spiritual insights and experiences await you along the way!

On the way, we will stop by Devprayag and the Dhari Devi temple. Devprayag is a small town about a two-hour drive from Rishikesh. Here, the Bhagirathi and Alakananda rivers merge to form the beginning of the Ganga. It is an energetically powerful place, and pilgrims come here to perform ablutions.

The temple of Dhari Devi, the patroness of the state of Uttarakhand and especially of the pilgrims following the Char Dham (Four Sanctuaries) route. Optionally, depending on time, trek to Deoria Tal.

Day 8: Morning and evening practice. Free time and rest.

Day 9: Morning and evening practice. Visit to Maharishi Mahesh Yogi's ashram. (Beatles' ashram).

There is a unique place near Rishikesh, the Maharishi Ashram, also known as the ashram of the Beatles, who came here in the 60s to study Transcendental Meditation.

Maharishi Mahesh Yogi was a renowned teacher who introduced the tradition of Transcendental Meditation to the world and offered in-depth training in applied Vedic sciences. The special atmosphere and spirit of the teacher are still felt in this place.

Day 10: Morning and evening practice, free time in the afternoon. In the evening, a fire ceremony, dinner, and a general circle.

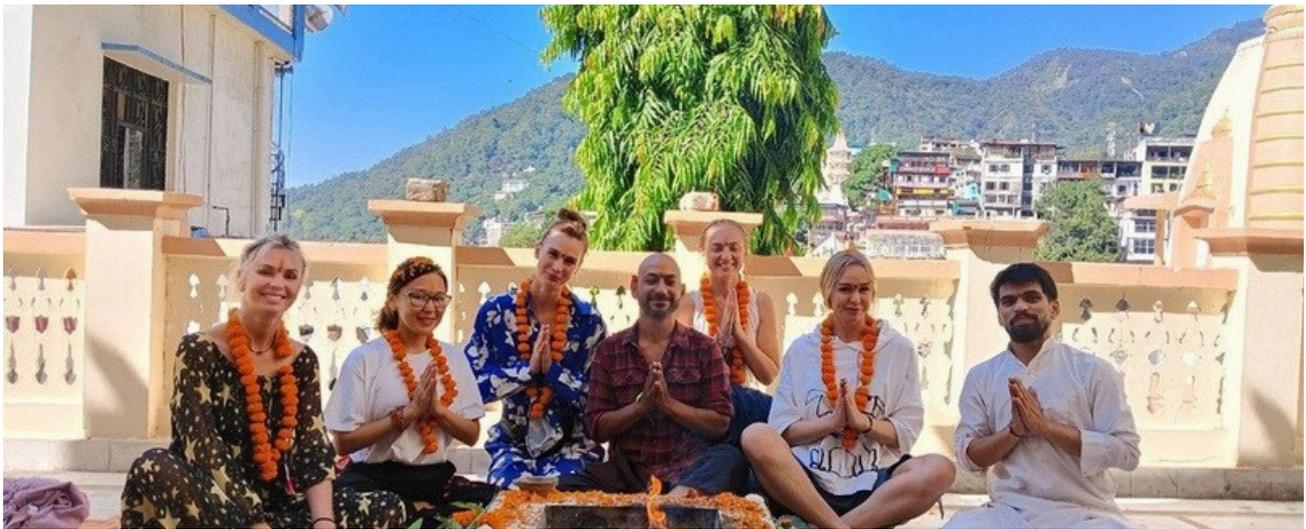
Day 11: Morning practice. Rest, shopping. Departure or continuation of the

Extra sightseeing: Haridwar

Days 12 - 14: An additional program can be organised upon participants' wishes.

SOCIALIZING WITH FRIENDS OF THE PRACTICE

We will have traditional fire ceremonies and evening talks - a great opportunity to share experiences. We will also learn the basics of Ayurveda, try traditional healing treatments for the body, and be able to cleanse the mind and subtle structures with the sound of singing bowls. Everything that happens to you in this space will be your practice! The experience on the mat will gently flow into the processes of visiting the temple, walking around the city, socializing and meditating on the river bank. Be open to new things, attentive to sensations and inner processes, and allow everything that comes in to happen. You will be surprised at the miracles and soft transformations happening to you!



Mittra

In his classes, Mittra teaches not only classical asana techniques and body training, but also invites students to explore and recognize the inner sensations and limitations of the body and mind.

Mittra's classes are known not only for the practice of hatha yoga, but also for the stories through which he shares important and timeless insights that can be lived during the class and beyond.

Kindness, loving presence, allowing the student to practice as they can in the here and now, a subtle sense of humor - these valuable qualities bring students to him from all over the world.

This approach allows even difficult asanas to be performed in awareness and in harmony with one's nature, level of practice, and limitations. The teacher combines strength and gentleness, which makes mastering yoga accessible and effective.

Elena Efanova.

For more than 10 years she has been organizing training seminars and trips to spiritual places, exploring traditions and culture of different countries.

She has conducted dozens of trips in India, Bali, and Sri Lanka.

She began her yoga training in the tradition of the Iyengar school in 2007 and continues to practice hatha yoga and study with teachers in Russia and India.

She has been teaching since 2018. She got an education in yoga teaching in Russia and India, and continues her yoga training.

She has lived in Rishikesh for the last 4 years.



Elena on her yoga practice:

"I came to yoga in 2007 to deal with back pain and improve my health. I later realized that it is not only a healthy exercise, but also a deep practice that benefits both body and soul.

In my classes I use static and dynamic asana practice, breathing and meditative practices, yoga nidra (yogic sleep). I pay close attention to the structure and technique of asanas and inner work.

The most important thing I want to share in my classes is the state of contact and connection with my body, with my feelings and sensations, with my power and possibilities, with people and space. It is from a state of contact and connection that we can develop awareness on all levels of life, move in the right direction, and truly live our lives.





After the first class with Elena, you immediately understand that you will be engaged in monitoring the correctness of exercises, posture, etc., and in being comfortable, because it is very important to do all the movements correctly and benefit the body and soul.

Elena's students say:

Elena is a pleasant person in communication, friendly, punctual, prompt, guides, and advises. I learned a lot of useful things. I recommend it! Thank you, Elena, for your professional approach! Irina

Elena is an excellent specialist in her field. She is sensitive, interested, adjusts techniques, monitors their implementation. In a word, a professional! Anna

Wonderful yoga specialist! I have been practicing with Elena for several months and I am very satisfied. Elena knows her business very well and will always answer any question, which makes the classes not only useful but also interesting! I am new to yoga, but after a few months of classes, my body has become more agile, focused and energetic! Which is exactly what I was looking for in yoga! Thank you! Natalia



RETREAT COST

Yoga Retreat: \$. Only after a prepayment (\$500) is the participant reserved a place on the retreat.

Cancellation less than 20 days in advance is non-refundable.

One personal consultation with Elena

Sightseeing according to the program, tour organization, and accompaniment during the whole program

EXTRA CHARGEABLE:

airfare to Delhi or Dehradun airport

ground transportation to Rishikesh

lunches and dinners

Massage and other personal

expenses

BRING WITH YOU

Yoga mat, if you prefer to practice on your own mat.

Sunglasses, headwear.

Power strip, if you plan to bring a lot of electronic devices.

Personal medications (equivalent medications can be purchased locally). An Ayurvedic doctor will be available.

Cosmetics and toiletries (everything can be purchased locally).

Clothing For yoga: comfortable clothing that does not restrict movement.

In Rishikesh: clothing for hot, dry weather and cool (around 15°C) evenings.

For women, a light shawl/pareo to cover your shoulders in temples. It will come in handy for swimming.



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Considering that this is India, it is better to wear moderately covered clothing; short shorts, transparent clothing, leather shoes, and heels are not necessary.

However, in the mountains, at night and in the morning, it can be cold and windy, so you will need a jacket, sweatshirt, shawl, hat, and gloves, which will also come in handy. Comfortable shoes with non-slip soles. Usually, the outerwear people arrive in is sufficient.

A pair of flip-flops/sandals (can be bought here) that you don't mind losing.

Money: It is best to bring cash in US dollars or euros. International cards work in ATMs and some shops.

PERSONAL EXPENSES

Lunch or dinner - \$3-10 depending on your appetite and location.

Massage from \$20.

Transfer: from Delhi airport from 3800 rupees to 4500 rupees per car, from Dehradun 1500. The transfer will be booked based on the final group size. You will be met by a driver with a name board.

There are all kinds of souvenirs, and you have to bargain everywhere.

Please send scans of your passports, visas, and other documents to your email address. Important: VISAS MUST BE PRINTED BEFORE DEPARTURE.

COMMUNICATION

Mobile roaming works well in India. You can buy a SIM card at the airport on your way out or in Rishikesh.