



SABRR

RELEASE. REJUVENATE.



Prana
Wellness Retreats

WITH NISCHALA YOGA SHALA

THE FOUR-DAY ITINERARY

The Art of *Letting Go*

*Surya Kriya at sunrise, the river at dusk — four days
and three nights to put everything down.*

DATES

2–5 October

WHERE

Rishikesh

LENGTH

4 days, 3 nights

INCLUDED

Stay & meals



OPENING CIRCLE

FRIDAY, 02 OCTOBER

O1 Arrival — welcome & grounding

12:00 PM	Arrival, warm Tilak welcome with herbal drink & check-in
12:30 PM	Sattvic lunch
3:00–4:30 PM	Opening circle · Ice bath
5:30–7:00 PM	Expressive Arts — Session 1
7:30 PM	Sattvic dinner
9:00 PM	Wind-down meditation with sitar · 3–2–1 gratitude journaling

“You are not behind. You are just holding your breath.”

DAY ONE, 3 PM

SATURDAY, 03 OCTOBER

O2 Surya Kriya begins — awakening the inner fire

7:00–9:00 AM	Surya Kriya practice — Session 1
9:30 AM	Breakfast
11:00–12:30 PM	Expressive Arts — Session 2
1:00 PM	Lunch
2:30 PM	Working with emotions — anger, fear, guilt
5:30 PM	Sound healing session
7:30–9:00 PM	Dinner
9:00 PM	Kirtan · 3–2–1 gratitude journaling



EXPRESSIVE ARTS



SUNDAY, 04 OCTOBER

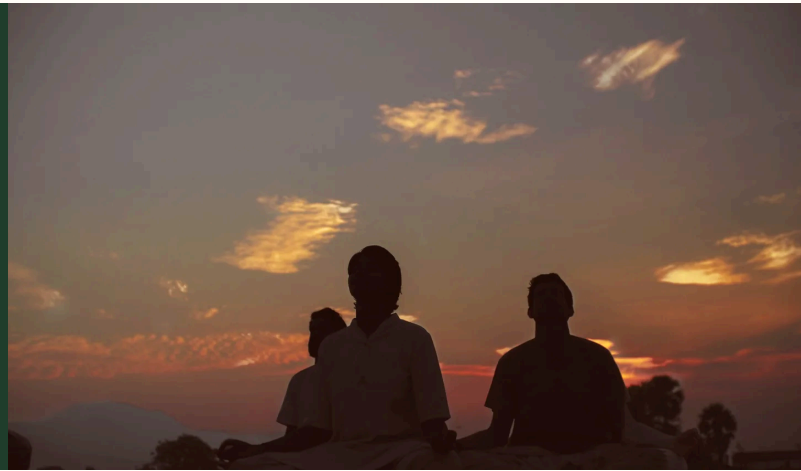
O3 Movement, forgiveness & the river

7:00–9:00 AM	Surya Kriya practice — Session 2
10:00 AM	Breakfast
11:00 AM	Forgiveness session · a letter to self, or to the anger
1:00 PM	Lunch
2:30 PM	Vashishta Cave · Ganga Aarti

THE CENTREPIECE

The Letting Go ceremony

Write it down. Release it into a guided fire.
Offer flowers to the Ganga as the aarti lamps go out.



7:30 PM	Dinner
9:00 PM	Lanterns, ecstatic dance · gratitude circle

MONDAY, 05 OCTOBER

O4 Renewal & departure

7:00–9:00 AM	Surya Kriya practice — Session 3
9:30 AM	Breakfast
11:00 AM	Checkout
11:30 AM	Closing circle — sharing, gratitude, certificates & home-practice guidance

BRING

Clothes you can move in, a swimsuit, a warm layer, a towel, a journal.

PROVIDED

Mats, bowls, art materials, the ice tub, all meals and your stay.

PLEASE NOTE

Timings are tentative — nothing is compulsory; sit a session out and rest.

Come and put it down for a while.

Naturoville, Rishikesh · 2–5 October 2026



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