



Prana

Wellness Retreats

FIND HOME WITHIN

A Gentle Return to Yourself.

FIND HOME WITHIN



Welcome to Prana a space created to help you slow down, breathe deeper, and reconnect with yourself.

Prana is a **pause from the pace of everyday life** a space to become more present, more aware, and more connected to what truly matters.

From the first conscious breath of the morning to moments of stillness, movement, meditation, nature and connection, every element is thoughtfully designed to bring you closer to yourself.

Breathe. Move. Be Still. Connect. Reflect.

Here, nothing is required of you.
Simply a little space to pause, be present, and breathe.

From Breath to Stillness.
From Stillness to Awareness.

FIND HOME WITHIN



Prana means **breath**, life force, and the vital energy that moves through us. Breath is our most constant companion quietly present through every moment of our lives. Yet, in the rhythm of everyday living, we often move through it without truly noticing.

At Prana, we believe that the breath can become a doorway to awareness. When we slow down enough to observe it, we begin to reconnect with our body, our thoughts, and our inner world.

Prana is not about becoming a different person.
It is about **becoming more deeply** connected to the person you already are.

More aware of your **breath**.
More comfortable with **stillness**.
More present in the **everyday**.
More intentional in **how you live**.

Prana is the pause between **where you have been** and how you **choose to move forward**.

We Offer Everything
You Need to Unwind.

FIND HOME WITHIN



Satvik Nourishment

At Prana, nourishment is an essential part of the retreat experience. Our meals are rooted in the principles of Satvik living, with a focus on freshness, simplicity, purity, and balance.

Thoughtfully selected ingredients are prepared with care to create wholesome, nourishing meals that feel light on the body and support a calm, balanced state of mind.

Fresh ingredients. Pure nourishment. Conscious living.

Stay & Rejuvenate

Your stay at Prana is designed to be as restorative as the experiences around it. Relax in our luxury rooms, thoughtfully designed to offer comfort, privacy, and a peaceful space to unwind. With proper hygiene, cleanliness, comfortable amenities, and serene surroundings, every detail is taken care of so you can settle in with ease and truly switch off.

Stay in comfort. Slow down. Rejuvenate.



A Journey Back to Yourself

Step away from the everyday, slow down, and reconnect with what truly matters.

SOULFUL JOURNEYS

Moments of joy, connection, and wonder in the lap of Rishikesh. Experiences that awaken the senses, spark joy, and reconnect you with nature, creativity, and expression.

- **Hatha Yoga**

Gentle postures and mindful breathing that harmonise the body, mind, and breath. A grounding practice to build flexibility, balance, and inner stillness.

- **Ice Bath**

A revitalising cold-water experience that awakens the body and sharpens awareness. Helps build resilience while leaving you feeling refreshed and energised.

- **Breathwork**

Conscious breathing practices designed to calm the mind and release built-up tension. A powerful way to reconnect with the body and restore inner balance.

- **Nature Excursions**

Slow, mindful walks that invite you to breathe deeply and reconnect with nature. A simple practice of presence, observation, and quiet reflection.



- *Ganga Aarti*

A sacred riverside ritual of light, devotion, and gratitude. A deeply reflective experience rooted in tradition, presence, and spiritual connection.

- *Ecstatic Dance*

Free-flowing movement that encourages self-expression without judgment or choreography. Move, release, and reconnect with your body.

- *Sitar Night*

An intimate evening immersed in the soulful melodies of Indian classical music. A calming sensory experience designed to encourage stillness and serenity.

INNER AWAKENING

Practices designed to quiet the mind, deepen awareness, and create space for reflection and inner balance. Led by Isha Foundation-trained Hatha Yoga teachers

- *Guided meditations*

Gentle, guided practices to quiet the mind and cultivate presence. Create a deeper sense of calm, awareness, and inner connection.

- *Emotional release session*

A safe, mindful space to acknowledge and release emotional weight. Let go of what has been held within and make space for greater ease.

- *Affirmations session*

Intentional practices using positive words and mindful repetition. Nurture self-belief, clarity, confidence, and a more positive inner dialogue.

- *Expressive Arts*

Explore thoughts and emotions through colour, movement, creativity, and art. Express freely without judgment and discover new ways of connecting with yourself.

- *Letting go ceremony*

A reflective ritual centred around releasing old emotions, thoughts, and attachments.

- *Sound Healing*

Immerse yourself in soothing vibrations and resonant sounds designed to calm the mind. A deeply relaxing experience that encourages inner stillness, balance, and restoration.



YOUR RETREAT. YOUR TRANSFORMATION

EXPERIENCE DEEP HEALING. TAKE IT HOME FOR LIFE.

RETREAT CONTRIBUTION

DOUBLE OCCUPANCY

₹49,000

—PER PERSON—

SINGLE OCCUPANCY

₹69,000

—PER PERSON—

MADE FOR YOUR JOURNEY

EARLY BIRD OFFER

Register before
31 Aug 2026

Enjoy an exclusive discount of

10%

TRAVEL SUPPORT

Need help getting here?
We can arrange door-step
pick up from your city to
our retreat venue.

Available at an additional cost.

ADDITIONAL INFORMATION

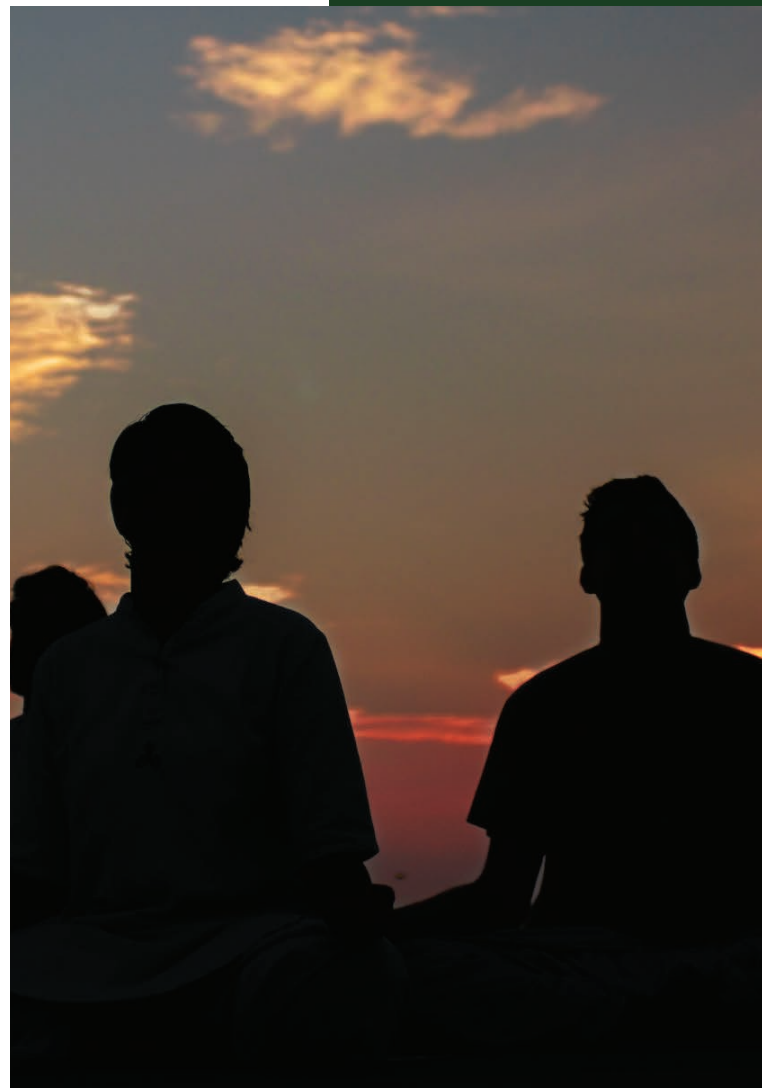
INCLUSIONS

Seamless Transfers
Premium Resort Stay
Three Daily Wholesome Meals

EXCLUSIONS

Room Dining Beyond Included Meals
Additional Resort Services
Personal Expenses & Purchases

A Journey Within, A Transformation Beyond.



THANKYOU

We are truly grateful to be a part of your journey. This retreat is more than a gateway, It's a return to you. We can't wait to welcome you to an experience that will stay with you, long after you leave.

REGISTRATION FORM

www.sabrr.org/prana-wellness

VISIT OUR WEBSITE

www.sabrr.org

CHAT WITH US

+91 84484 01022

FOLLOW US ON INSTAGRAM

@sabrr.wellness

