ISVARA WELLNESS

Yoga & Ayurveda Retreat

RISHIKESH, INDIA



Breathe · Move · Nourish · Connect · Be

3–10 NOVEMBER 2027

Seven nights in the foothills of the Himalayas

HOSTED BY SHIVANGI & GARRY

THE INVITATION

A week to slow down

There are places that ask you to do less.
To breathe a little deeper.
To move a little slower.
To notice what is around you.

For seven nights we'll gather in the Himalayan foothills above Rishikesh, where each day unfolds through yoga, breath, meditation, Ayurvedic care and nourishing sattvic meals.

Our intention is to create a retreat that feels personal, relaxed and welcoming. A space where yoga is not only something we practise on the mat, but something we can carry with us into everyday life.



The view across the valley

YOUR HOSTS

Shivangi & Garry

Shivangi and Garry will host the retreat together and guide the yoga, pranayama, meditation and shared practices throughout the week. Both of them hope to help people see yoga as more than something that happens on a mat.



Shivangi

Shivangi has been practising and sharing yoga for more than a decade, and still sees herself as a student first. Every practice teaches her something new.

What matters most to her is yoga beyond the mat. Not only the postures, but a growing awareness of body, breath and mind that finds its way into ordinary days: how we move, how we rest, how we respond. She keeps deepening her own practice and learning, and shares yoga in a way that feels grounded, meaningful and open to everyone.



Garry

Garry's path into yoga took him to Rishikesh, where he completed his yoga training. India has stayed close to him ever since, and he continues to return to deepen his practice and his connection with its traditions.

For Garry, yoga reaches well beyond physical practice. He is interested in how breath, awareness and meditation can quietly shape the way we live, and he hopes to help others discover that for themselves.

OUR HOME FOR THE WEEK

A place that stayed with us

VEDA5 is not simply where we are staying. It is a place Shivangi experienced personally.

Her week there became a complete reset for body and mind. The quiet of the hills, the unhurried days, simple, freshly made food, Ayurvedic care that felt deeply personal and nourishing, and real connection with people she had only just met gave her a kind of rest she hadn't realised she needed.

She came home knowing it was somewhere she would love to share with her yoga family.

This retreat grew from that experience, bringing the Isvara Wellness approach to yoga, breath and meditation into a place that already feels special.



Among the hills



Deluxe valley-facing room



The Ayurveda centre



Sattvic meals

- ✓ Deluxe valley-facing rooms with private balconies
- ✓ An outdoor swimming pool
- ✓ Gardens, swings and quiet places to sit outdoors
- ✓ An open terrace Yagyashala and a meditation cave
- ✓ A dedicated Ayurveda centre
- ✓ About 30 minutes' drive from central Rishikesh

Wi-Fi can be patchy in the hills, which makes it easier to switch off.

THE JOURNEY

Eight days. Eight themes.

Rather than a packed schedule, each day has its own theme, and the day's practice, activities and experiences grow from it. Every day includes yoga, pranayama and meditation, sometimes in one session and sometimes in two. The Rishikesh excursion will take place midweek, on a day we'll confirm closer to the retreat.

01

ARRIVE

SETTLE · BREATHE · BEGIN

We meet at Delhi Airport and travel together to the retreat, a drive of about 6–7 hours, arriving in the evening. A welcome circle or a short yoga nidra, a warm dinner and a quiet first night help us leave the journey behind.

Leave the journey behind. Arrive here.

02

GROUND

BODY · BREATH · PRESENCE

Our first full day revolves around grounding: yoga, pranayama and meditation to help you feel settled, steady and at home in your body, and your personal consultation with the Ayurveda doctor as your Ayurvedic care begins.

Come back to the body. Come back to the breath.

03

NOURISH

FOOD · NATURE · SELF-CARE

Nourishment is more than food. Today our yoga, pranayama and meditation focus on nourishing body, mind and spirit, alongside Ayurvedic care and time outdoors. We'll also learn a few Ayurvedic recipes in a cooking class with the retreat's chef. A day for receiving rather than doing.

Receive. Restore. Be nourished.

04

EXPLORE

RISHIKESH · GANGA · CULTURE

The day revolves around exploring, inward through our practice and outward in Rishikesh, with sightseeing, time by the river and the evening Ganga Aarti. Transport is arranged for the group.

Look around. Be curious. Take it in.

05 CONNECT

SELF · OTHERS · SURROUNDINGS

Connection with ourselves, with the people sharing the week, and with the place around us. Today's practice and activities are about coming together: moving and breathing as a group, conversation and time in nature.

Share the experience. Make space for connection.

06 REFLECT

PAUSE · NOTICE · LISTEN

By now the week has settled in. Today turns inward, with restorative practice, meditation and Ayurvedic care giving space to notice what has changed.

Pause. Listen. Let things settle.

07 INTEGRATE

GATHER · ABSORB · COMPLETE

Our last full day revolves around bringing the week together. Practice and activities help us integrate what we've experienced, and an Ayurveda wellness talk offers simple ways to carry it into daily life. In the evening, a closing circle gives us time to reflect before our final night together.

Gather what the week has given you.

08 RETURN

CARRY IT WITH YOU

A last practice, breakfast and goodbyes, then group transport back to Delhi Airport. We don't have to return exactly as we arrived. Perhaps with a quieter breath, a little more patience, or a little more space in the day.

Return to your life. Carry the experience with you.

Ayurvedic therapies are spread across the week, and the order of some activities may change.

THE PRACTICE

Yoga, breath & meditation

Yoga is at the heart of our week. Shivangi and Garry will guide practices that follow the theme of each day, bringing together movement, breath, meditation and relaxation. Everyone is welcome, whatever your experience, and every practice can be adapted to you.

HATHA	Steady, alignment-based postures with attention to breath and mindful movement.
VINYASA	Flowing sequences that link breath and movement.
RESTORATIVE	Slower, supported practices and yoga nidra to rest deeply.
PRANAYAMA	Breathwork for steadiness, awareness and a calmer mind.
MEDITATION	Guided practices to cultivate presence and inward awareness.

Coming together

A welcome circle to begin, sharing circles along the way, time for journaling, and a closing circle at the end of the week.

Depending on the day

Depending on the group and the weather, we may add a silent walk, creative time in nature and other simple experiences.

A TYPICAL DAY

Space for practice. Space to pause.

MORNING

Yoga · Pranayama · Meditation
Begin the day with practice and awareness.

THROUGH THE DAY

Ayurvedic care · Meals · Rest
Time for therapies, food and letting the day settle.

AFTERNOON

Practice · Connection · Nature
A practice or shared activity, depending on the day.

EVENING

Dinner · Reflection · Rest
Some evenings include a planned experience; others are quieter.

AYURVEDA

Ayurvedic care

Ayurveda is India's traditional system of wellbeing, and an important part of this retreat. Your care begins with a one-to-one consultation with the Ayurveda doctor, who will talk with you about your health and wellbeing. Your **five therapies of 60 minutes each** are then chosen for you and scheduled around the group programme.

ABOUT THE THERAPIES

To give you a feel for Ayurvedic care, here are some of the traditional therapies offered:



ABHYANGA

A full-body massage with warm herbal oils, traditionally used to nourish the body and encourage relaxation.



SHIRODHARA

A gentle, continuous stream of warm herbal oil poured over the forehead, traditionally experienced as deeply calming.



POTLI

A massage using warm pouches filled with herbs and natural ingredients.



UDVARTANA

A massage with herbal powders, more invigorating than an oil massage.



HERBAL STEAM

A gentle herbal steam, traditionally used after certain treatments to help the body relax.

Personalised care

The doctor recommends the therapies that suit you, so your experience may differ from others in the group. Extra therapies can be added during your stay at your own cost.

RISHIKESH

A glimpse of Rishikesh

Our retreat home is a peaceful base for the week, but we'll also spend time in Rishikesh itself, known around the world as the yoga capital, where the Ganga (Ganges) flows out of the Himalayas.



THE GANGA

The river is at the heart of Rishikesh and of daily life in the town.

GANGA AARTI

An evening ceremony of fire, music and prayer on the riverbank, one of Rishikesh's most moving traditions.

RISHIKESH

Sightseeing to take in the temples, the bridges and the unique atmosphere of the town.

GETTING THERE

The excursion is part of the retreat, with transport arranged for the group.

THE INVESTMENT

Your week in Rishikesh

	EARLY BIRD Book by 15 March 2027	STANDARD
Twin share	**£1,125**	**£1,225**
Single room	**£1,350**	**£1,450**

Prices are per person. 3–10 November 2027 · 7 nights · Small group of 8–12 guests.

Your retreat includes

- ✓ 7 nights at VEDA5 in a Deluxe valley-facing room (twin share or single)
- ✓ All sattvic vegetarian meals and evening herbal tea
- ✓ Daily yoga, pranayama and meditation with Shivangi & Garry
- ✓ Personal consultation with the Ayurveda doctor
- ✓ Five personalised Ayurveda therapies, 60 minutes each
- ✓ An Ayurveda cooking session and wellness talk
- ✓ Rishikesh sightseeing and the evening Ganga Aarti
- ✓ Group transport Delhi Airport – VEDA5 – Delhi Airport
- ✓ An Isvara Wellness goodie bag to take home

Not included

- – International flights
- – Indian e-Tourist Visa
- – Travel insurance (required)
- – Extra therapies or treatments
- – Meals on the Delhi travel days, outside retreat mealtimes
- – Personal expenses
- – Delhi hotel, if you arrive early or leave later

GOOD TO KNOW

Before you join us

TRAVEL

Flights to Delhi are not included; group transport between Delhi Airport and VEDA5 is. Plan to arrive in Delhi on the morning of 3 November and fly home from the evening of 10 November. Please don't book flights until we've confirmed the retreat and the pickup times.

VISA & INSURANCE

UK passport holders need an Indian e-Tourist Visa from the official Government of India website. Travel insurance with medical and cancellation cover is required.

ROOMS

Choose a twin room (shared) or a single room of your own. If you'd like to share with a friend or partner, just let us know.

FOOD

Please tell us about any dietary needs or allergies when you register, so we can share them with the kitchen.

QUESTIONS

I'm new to yoga. Is this for me?
Yes. Everything can be adapted, and no experience is needed.

Can I come on my own?
Of course. Book a single room, or share a twin room with another guest.

Do I have to join everything?
No. Every session is an invitation. Rest whenever you need to.

What if I need to cancel?
You can cancel at any time by letting us know in writing. Your £350 deposit is non-refundable, and cancellation charges increase as the retreat gets closer. Full details will be in our booking terms, which we'll share when bookings open.

What will the weather be like?
Early November is one of the loveliest times to visit Rishikesh: dry, sunny and clear, with hardly any rain. Days are pleasantly warm, around 24–27°C, and mornings and evenings are cool, around 11–14°C. VEDA5 sits in the hills about 10 km outside Rishikesh, so evenings there can feel a little cooler than in town. Bring light clothes for the day, plus a warm layer or shawl for early-morning yoga and evenings.

What if the retreat doesn't go ahead?
If we have to cancel, you'll receive a full refund of everything you've paid to us.

How to book

1. Register your interest (no commitment).
2. We'll contact you when bookings open, with the booking form and full terms.
3. Secure your place with a £350 deposit. If you'd like to pay the rest monthly, just let us know when you book. Full payment is due by 15 August 2027.

Travel, packing and arrival details will be shared once your place is confirmed.

RISHIKESH · INDIA

Come with us

3–10 NOVEMBER 2027

A week to slow down.

To practise. To receive. To explore.

To connect. To reflect.

And to return with something of it still with you.



JOIN US

Scan to register your interest

No commitment at this stage

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SHIVANGI & GARRY · ISVARA WELLNESS

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