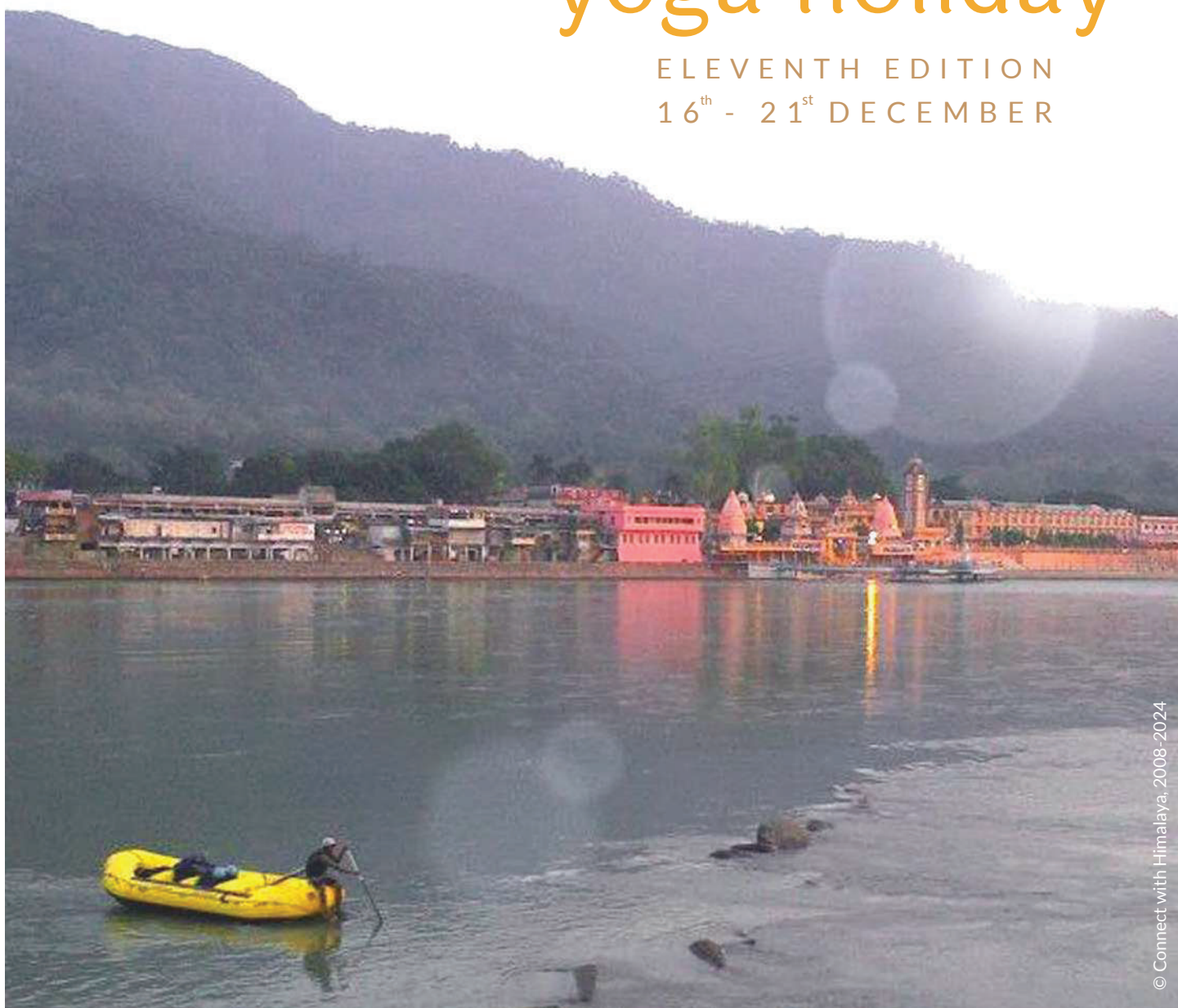


Rujuta Dinvekar

The Rishikesh yoga holiday

ELEVENTH EDITION
16th - 21st DECEMBER



What is it?

A group holiday to Rishikesh with Rujuta Diwekar.

◆ 16th Dec – 21st Dec, 2024

Amongst all the legacies from our rich civilization, Yoga surely must count as the most priceless, it being a way of life and encompassing all else. Somehow we seem to have lost it amidst the weight loss totting, self proclaimed yoga experts promising 'results' in 2 weeks, or the latest meditation/ chanting fad. This holiday then is more than a trip to Rishikesh with some asana classes thrown in, its an attempt to understand the very basics of this science through structured classes on the knowledge contained in the Yoga sutras, the right Asana techniques and practical nutrition for a wholesome way of life. And white water rafting, visit to theme restaurants and coffee shops, treks in the jungle, Ashram stay and evening Ganga aarti ensures we get the complete Rishikesh experience.



About The Teachers

Usha Devi

Considered amongst the best yoga teachers in the world, Usha ji will be teaching us asana classes daily. A direct disciple of Guruji BKS Iyengar, she is renowned for her focus on building a strong foundation and attention to detail in asana practice. In addition to teaching yoga, Usha Devi manages a pre-primary school with 240 children, which has made a place for itself, within a short period of time, on the educational map of Uttarakhand.

More here: www.facebook.com/ushadeviyoga



Siddhartha Krishna

Siddhartha Krishna was raised in the family tradition of Yoga. He was educated at the Kailas Ashram Brahma Vidya Pitha, a monastery focusing on the teaching of Vedanta whose name is related to well-known scholars and masters such as Swami Vivekananda. Later, he taught courses on sanskrit grammar and Indian philosophy at the same monastery. In his further study he has specialised on veda and yoga philosophy and has published translations of and commentaries on sanskrit texts. His sessions will focus on yoga, its meaning and relevance in daily life.

More here: www.facebook.com/siddharthakrishnayoga



Rujuta Diwekar

India's pre-eminent fitness professional, a best selling author, a long time Yoga practitioner, a born trekker, amongst the most sought after speakers – Rujuta dons many hats and adeptly at that. Her love for the Himalaya and passion for holistic fitness is the driving force behind this Yoga holiday. She will be taking sessions on practical Nutrition for a holistic lifestyle.

More here: www.rujutadiwekar.com





Rishikesh

From the confluence of Bhagirathi and Alaknanda at Devprayag to the holy city of Haridwar, the Ganga flows with an amazing force and grace. On the banks of Ganga lies Rishikesh and the Swargashram area beyond the Ram Jhula. Since ages this has been the chosen place for saints, yogis, rishis for their spiritual practices and still reverberates with those vibes, best experienced through an ashram stay.

Itinerary: 6 days, 4 days off work

You have to book your flight tickets to Dehradun and return

Date	Activity	Remarks
Monday 16 th Dec	Pickup from Dehradun airport and drive to Rishikesh ashram. - 45 mins.	You will need to reach Dehradun airport between 10 am and 2 pm to avail the pickup. Evening orientation session.
17 th - 20 th Dec	We set into a pattern for the next 4 days – asana classes with Usha ji, nutrition sessions with Rujuta and sessions on Yoga sutras by Siddhartha.	It might sound hectic but there will be plenty of free time on your hands. We will use some of it to explore Rishikesh including short walks, Ganga aarti, a trek up the mountains or white water rafting.
Saturday 21 st Dec	Drop back to Dehradun airport for your flight back home.	Book your return flight between 10 am - 2 pm.

The Yoga studio

There can't be a better place to practice asana. Overlooking the Ganga, the large, airy Yoga studio at the Ganga Sadan is well equipped and conducive in every way to serious practice.



The cost components of the trip are:

All classes	Daily 2 Asana classes with Usha ji. Classes with Rujuta and Siddhartha on alternate days.
Stay	At the Ganga Sadan, Omkarananda ashram, single or double occupancy in basic but clean rooms. You can choose to stay outside the ashram at your own expense. Yog Niketan is a good option, just 2-minute walking distance.
Food	All meals included, freshly cooked, in the ashram kitchen.
Transportation	To and from Dehradun airport and ashram.
Adventure activity	A short easy trek along the Ganga

Cost of the trip:

Rs. 80,000/- if staying outside the ashram

Rs. 95,000/- for double occupancy in the ashram

Rs. 140,000/- for single occupancy in the ashram

Group size will be restricted to 25 and will be on first come first serve basis. Confirm your place by making the full payment in advance. Read our [cancellation policy](#) and fill the [release document](#)

Cheque/ DD:

For 'Connect with Himalaya'
403, Ram Krishna chambers
Linking Road, Khar west
Above Reebok showroom
Mumbai -400052

Online transfer/ Deposit to:

Account name: Connect with Himalaya
Bank: Axis bank
Current A/C #: 415010200003681
IFSC: UTIB0000086
SWIFT: AXISINBB186

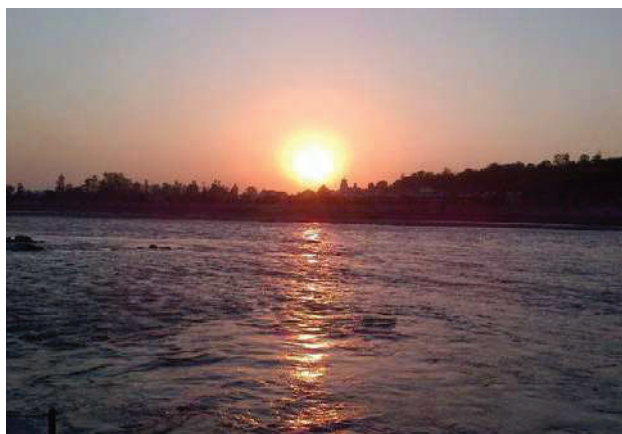
Online payment:

Credit/ debit cards, Net banking, etc

What to get along?

This is a great time to be in Rishikesh with just the perfect weather (Temp range: Min 8- Max 20 degree C). Early mornings and late evenings can get windy so carry a windcheater. A warm sweater and/ or a light jacket, a woolen hat and a shawl will suffice otherwise. Most of your requirements can be met by the Rishikesh market, including internet connection. Detailed checklist on signing up.

Pics from
earlier editions of **The**
Rishikesh
yoga holiday



For more pics from
earlier editions, [Click Here](#)

Get connected:

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