

At the Source

A 7-Day Yoga Retreat in Rishikesh, India · December 8–14, 2026



Dates	Group Size	Teachers	Location
Dec 8–14, 2026 (6 nights / 7 days)	Max 10 participants	Ankit Chauhan & Hannah Pfeffer, E-RYT 500	Rishikesh, India — steps from the Ganga

"At the Source" is a 6-night, 7-day yoga retreat in Rishikesh, India — the town on the banks of the Ganga where yoga's living tradition began. Daily Hatha, Vinyasa and Yin yoga, a Thai Yoga Massage workshop, and sessions on alignment, adjustment and philosophy in practice, alongside three sacred excursions: the Ganga Aarti fire ceremony, sunrise at Kunjapuri Temple, and the sacred confluence at Devprayag. Both teachers lead every session personally, and the retreat carries 20 hours of Yoga Alliance YACEP continuing education credit.



GANGA ARTI



KUNJAPURI SUNRISE

DAY-BY-DAY OVERVIEW

A provisional schedule — subject to change.

Day 1 Dec 8	Arrival & Opening Arrival & check-in, welcome circle, opening ceremony (Kirtan), welcome dinner together.
Day 2 Dec 9	Foundation Morning Pranayama & Vinyasa, Alignment & Anatomy workshop, evening Yin Yoga.
Day 3 Dec 10	Ganga Aarti Morning practice, Thai Yoga Massage workshop, evening Ganga Aarti fire ceremony on the river.
Day 4 Dec 11	Kunjapuri Sunrise Pre-dawn departure for sunrise at Kunjapuri Temple (1,676m), brunch & rest, evening Yin Yoga & Yoga Nidra.
Day 5 Dec 12	Deep Practice Morning Pranayama & Vinyasa, Philosophy in Practice session, evening Yin Yoga.
Day 6 Dec 13	Devprayag Short morning practice, excursion to the sacred confluence at Devprayag, closing ceremony, farewell dinner.

Day 7
Dec 14

Departure
Final morning practice, breakfast, check-out and departures.

WHAT'S INCLUDED

Included

- 6 nights accommodation, steps from the Ganga
- All meals — breakfast, lunch & dinner
- All daily yoga sessions — Hatha, Vinyasa & Yin
- Thai Yoga Massage workshop
- Alignment & Adjustment workshop
- Philosophy in Practice workshop
- All 3 sacred excursions with transport
- 20h YACEP Continuing Education certification
- Study materials & retreat handbook
- Taxi pickup from Delhi to Rishikesh (arrival day)

Not Included

- International flights to Delhi / Dehradun
- Return transfer from Rishikesh to Delhi (we help arrange, at your cost)
- Indian visa fees, if applicable
- Personal expenses, tips, souvenirs

PRICING

Room Type	Early Bird (before Oct 13)	Standard
Shared Room friends or couples	€850 per person	€950 per person
Private Room limited availability	€1,050 per person	€1,150 per person

A deposit of €400 secures your place. Remaining balance due 4 weeks before the retreat starts. Payment via bank transfer (Wise). Applications reviewed in order of deposit received.