



WELCOMHERITAGE ARKA RESORT & SPA, RISHIKESH

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अनाहत

Wellness Retreat



2 NIGHTS | 3 DAYS WELLNESS ESCAPE

Anahata Wellness Retreat is a soulful 2 Nights | 3 Days companions escape blending yoga, nature, mindfulness, and nourishing experiences to help you reconnect, rebalance, and reignite together.

Escape the ordinary and step into a soulful retreat designed for couples seeking wellness, connection, and mindful living. Anahata Wellness Retreat blends yoga, nature, nourishment, and meaningful experiences in a serene setting where you can slow down, reconnect, and rejuvenate together.





RETREAT EXPERIENCE



DAY 1 — 20th June

Arrive • Relax • Connect



Welcome Drinks & Curated Gifts



Lunch & Meet-and-Greet with Teachers



Classic Hatha Yoga Session



Evening Meditative Music Session



Relaxing Sattvic Dinner

Ease into the retreat with warmth, movement, and mindful experiences designed to calm the mind and open the heart.








DAY 2 — 21st June

Flow • Nourish • Celebrate

 | Morning Chai with Sunrise


 | Sunrise Yoga Session

 | Healthy Breakfast

 | Ganga Beach Games

 | Traditional Pahadi Delicacies Lunch

 | Evening Yin Deep Stretch Yoga

 | Fire Ceremony with Dance



A day of energy, balance, nourishment, and joyful celebration surrounded by nature and soulful connection.



DAY 3 — 22nd June

Reflect • Renew • Rebalance



Morning Chai



Yoga, Meditation & Asanas



Detox Breakfast



Goodbyes with a Promise of Good Health



Leave feeling refreshed, lighter, and deeply connected to yourself and your partner.



DAY 3 — 22nd June

Reflect • Renew • Rebalance



Morning Chai



Yoga, Meditation & Asanas



Detox Breakfast



Goodbyes with a Promise of Good Health



*Leave feeling refreshed, lighter, and deeply
connected to yourself and your partner.*





ANAHATA

WELLNESS RETREAT



What's Included



Guided Yoga Sessions



Meditation & Mindfulness Practices



Sunrise Wellness Experiences



Sattvic & Nourishing Meals



Music, Movement & Fire Ceremony



Nature-Inspired Activities



Curated Couple Wellness Experience



House Rules



Room allotment on first-come, first-serve basis



100% advance payment required



Standard cancellation policy applicable



No meats | No alcohol | No smoking



Electrical Detox – No mobiles during sessions

Reconnect • Rebalance • Reignite

Anahata Wellness Retreat is more than a getaway — it is a shared wellness journey for couples to reconnect through yoga, mindfulness, nature, and nourishing experiences.



Join us for an unforgettable 2 Nights | 3 Days retreat dedicated to balance, healing, and togetherness.

