



The 5-Day Elemental Flow -Release • Flow • Ignite • Expand • Renew

DATES - 28TH DEC, 2025 - 2ND JAN, 2026



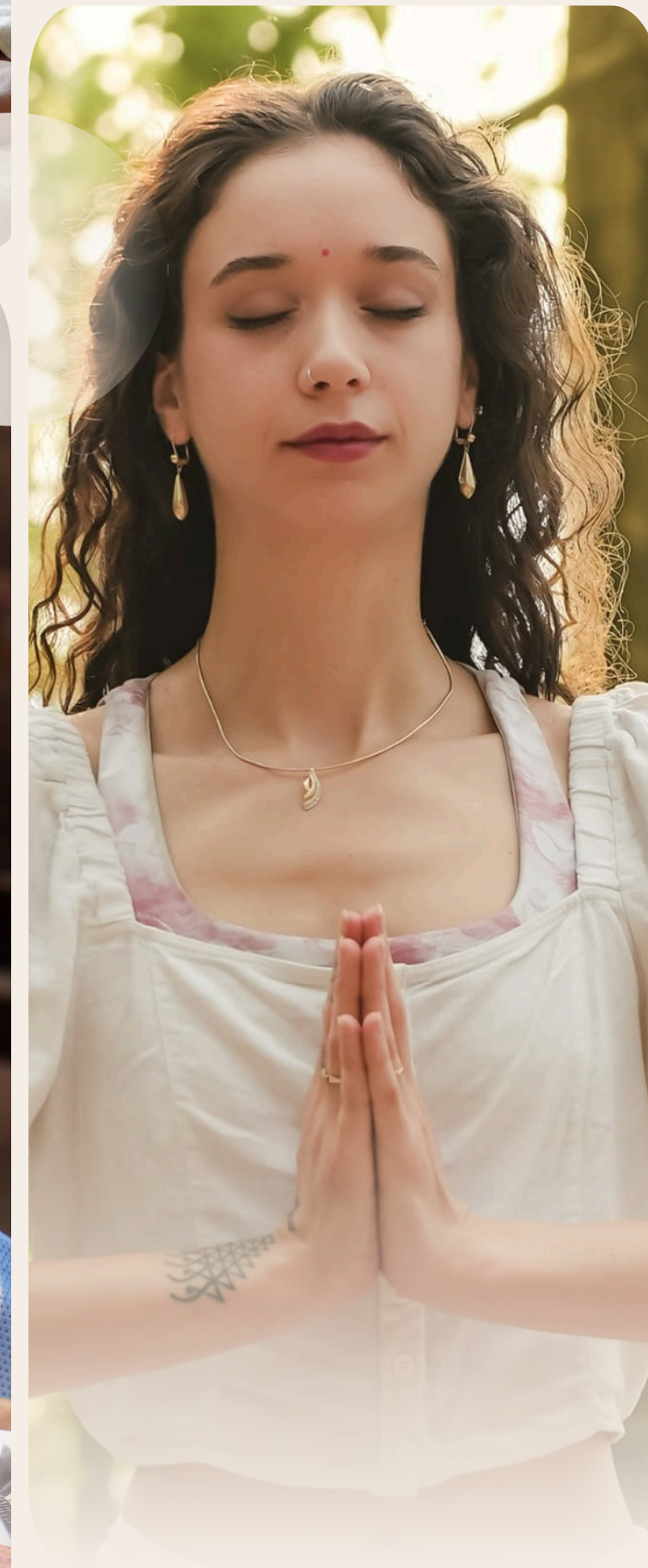
New Year Retreat 2026 in Rishikesh:

A Gentle 5-Elements Reset

If you are looking for a meaningful way to welcome New Year 2026, this retreat in Rishikesh offers something refreshingly different, a slow, grounding, and deeply mindful reset based on the ancient philosophy of the 5 elements.

Instead of resolutions, pressure, and year-end overwhelm, our New Year Retreat invites you into Earth, Water, Fire, Air, and Ether — five soft days of reconnecting with your body, breath, and inner rhythm.

This is a New Year Yoga & Wellness Retreat that helps you release old patterns, understand your emotional landscape, and begin 2026 with clarity and ease.





WHAT'S INCLUDED?

- 5 nights boutique stay at Aavya (Terrace / Premium / MV Suite / Dorm as per booking)
- Any 2 meals per day (breakfast / lunch / dinner - your choice daily)
- 1 Sound Healing Session with Ramana
- 1 Spa Session (60 min) per guest
- 1 Pottery Meditation Session with Shivani
- All elemental movement sessions with Amit
- Vedic Astrology session with Acharya Alok (1 Jan)
- Ganga experiences: Ganga Aarti, Ganga Flow, Ganga Blessing Walk
- Nature immersions: Private Forest Trek, Secret Waterfall Visit, Kunjapuri Sunrise
- Open-air mountain movement session
- Sufi Concert & Conscious New Year Celebration (31st night)
- Access to Aavya's common spaces: gardens, forest edges, lounge corners, creative nooks





Day 1 – EARTH {28th Dec, 2025}

Arrival • Grounding • No-Resolutions New Year

- Check-in & settling
- Opening grounding session
- Ganga Aarti
- Dinner with Live Acoustic Music





Day 2 – WATER {29th Dec, 2025}

Flow • Softening • Emotional Release

- Morning movement
- Pottery session
- Afternoon Flow by the Ganga
- Water-Element Sound Healing
- Reflection journaling prompts





Day 3 – FIRE {30th Dec, 2025}

Activation • Courage • Inner Heat

- Fire Breathwork
- Forest Trek
- Evening Ignite-the-Fire movement session





Day 4 – AIR {31 Dec, 2025}

Freedom • Openness • Celebration

- Open-air mountain movement session
- Secret waterfall visit
- Sufi Concert + Bonfire + Fireworks
- Conscious New Year Celebration with music, movement & joy





Day 5 – ETHER {1st Jan, 2026}

Integration • Spaciousness • Renewal

(Begins later in the morning)

- Ether-inspired movement session
- Vedic Astrology for 2026
- Ganga Blessing Walk
- Journaling: “Patterns I Release, Patterns I Choose”
- Community Lunch
- Sunset Ether Sound Healing Session
- A profound, spacious sound journey designed around the Ether element
soft expansion, deep stillness, radiant clarity for the year ahead





Day 6 – RETURN {2nd Jan, 2026}

Blessing • Completion • New Beginnings

- Kunjapuri Sunrise Experience
- Breakfast
- Closing Circle : A heartfelt space to integrate the journey, share reflections, seal the retreat with presence, and take back beautiful memories, renewed energy, and a deeper connection to yourself.





WINTER-FRIENDLY FOOD AT AAVYA

Meals during the retreat follow a warm, nourishing winter menu:

- Sattvic winter bowls, soups & sautéed greens
- Slow-cooked dals, rotis, seasonal vegetables
- Herbal teas, masala chai, jaggery-based winter sweets
- Grounding (Earth) + energising (Fire) foods

You may choose any two meals per day, keeping space to explore Tapovan's charming cafés.



The Team Crafting Your Experience



Shiv

*Singer, guitarist, breathwork,
and gentle heartbreak healer.*
Turns music class into therapy
and open mic into confession
night.



Ramana

*Sound Healer &
Reiki Master*
The “cry if you want to”
department. fixes your vibe
faster than you can say “Om



Amit

*Movement
Facilitator*
Basically your inner fire with
abs. Turns “I can’t move” into
“Wait, what just happened?”

The Team Crafting Your Experience



Dr. Rucha

*MBBS, MD | Holistic
Health Care Expert*

The silence expert who
makes your mind sit down
and behave.



Pawan ji

*lynger yoga
teacher*

Alignment master. Makes you
discover muscles no one warned you
about, but somehow you're grateful.

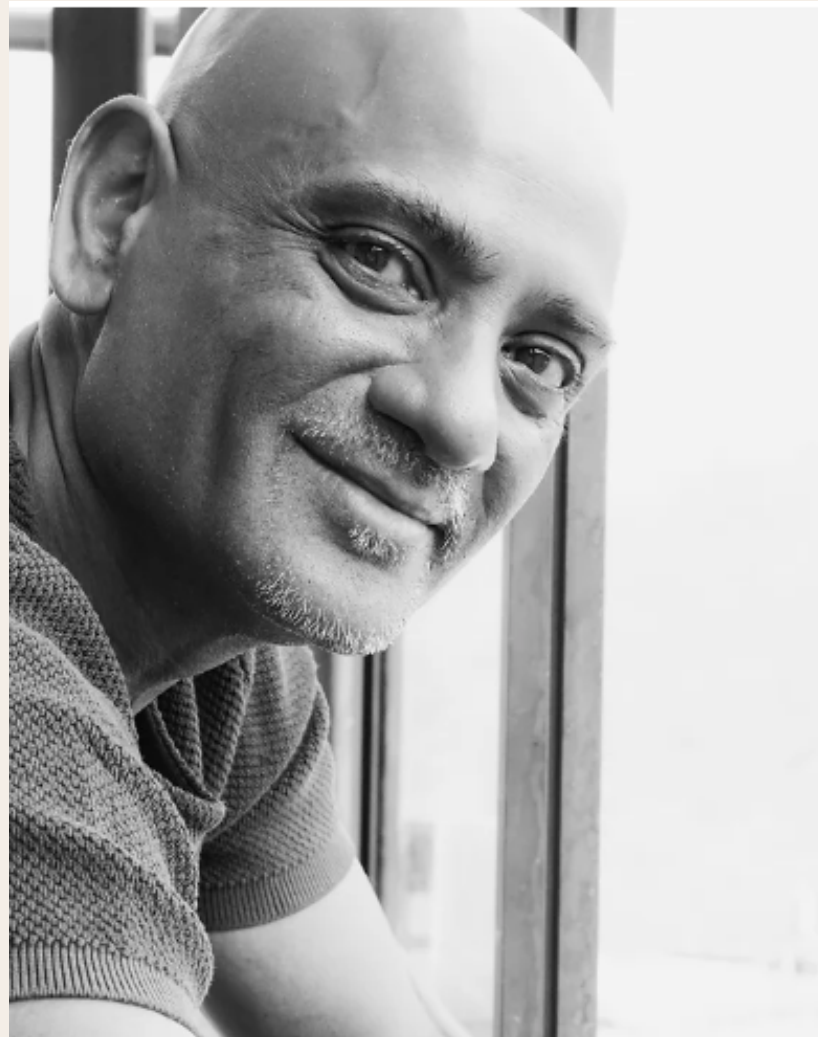


Shivanya

*Head of Pottery & Head
Cooking Teacher*

Clay whisperer & soulful
chef. Heals your energy,
your pot, and your appetite

The Team Crafting Your Experience



Ashish

*Founder , Counselling &
Coaching*

Perspective alchemist. Helps people
untangle life knots, including his own,
simultaneously.



Retreat Pricing

Early Bird till Dec 1 – 10% Off
Full Advance Payment – Extra 5% Off

Single Occupancy (For Solo Travelers)

- Terrace Room –
INR 46,500
- Premium Room –
INR 59,000
- Jungle Sleep Pod (**Dorm**)
INR 25,500

Double Occupancy (For Two Guests)

- Terrace Room –
INR 32,000 per person
- Premium Room –
INR 39,500 per person

Mountain View Suite (4 Guests)

- **INR 35,000 per person**



Luxury Stay



Mindful Practice

Nourish Your Soul



Art Therapy



Eat Nutritious Food



Connect with Us

E-mail

home@aavya-rise.com

Website

aavya-rise.com | aavyapotterystudio.com

Phone

+91-639 841 9747

Instagram

aavya_rise

Address

Upper Balaknath Rd, Tapovan, Rishikesh, Uttarakhand, 249192