



The 5 Elements Retreat

Release • Flow • Ignite • Expand • Renew

Jan 22 to Jan 27



Returning to the Elements

Instead of rushing into plans, goals, or expectations, this retreat invites you to pause — and begin from a place of presence.

The Five Elements Retreat is a grounding, mindful journey through Earth, Water, Fire, Air, and Ether. Each day is designed to help you settle into your body, soften the mind, and reconnect with your natural rhythm.

Five days. Five elements. A slower, more meaningful return to balance.

This January, we recreate the Five Elements Retreat as a space to arrive fully, exactly as you are.





WHAT'S INCLUDED?

5-night boutique stay at Aavya

All meals during the retreat

Daily, meditation & movement sessions

Sound Healing session

Pottery, Painting

Create your own piece, leave it for firing & glazing, and take it back home

Ganga experiences

Ganga Aarti, Yoga by Ganga,
blessings

Private forest trek

Kunjapuri Sunrise experience

Open-air mountain movement session

2 Musical nights

Guided journaling & reflection sessions woven through the retreat

Day 1 - {22nd Jan, 2026}

EARTH

Arrival

Opening session

Movement- We ground to the the earth

Dinner

Live Acoustic Musical Night





Day 2 – WATER {23rd Jan, 2026}

Flow • Softening • Emotional Release

- Morning movement
- Reflection Journaling Session
- Afternoon Flow by the Ganga
- Pottery session
- Water-Element Sound Healing





Day 3 – FIRE {24th Jan, 2026}

Activation • Courage • Inner Heat

- Fire Breathwork
- Forest Trek
- Ganga Aarti /Fire Ceremony





Day 4 – AIR {25 Jan, 2026}

Freedom • Openness • Celebration

- Open-air mountain movement session
- Pottery/sound healing
- Talk on “The Five Elements Within You” with Ashish
- Musical Event + Bonfire





Day 5 – ETHER {26th Jan, 2026}

Integration • Spaciousness • Renewal

(Begins later in the morning)

- Ether-inspired movement session
- Ganga Blessing Walk
- Journaling: "Patterns I Release, Patterns I Choose"
- Community Lunch
- Free time to explore Rishikesh





Day 6 – RETURN {27th 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

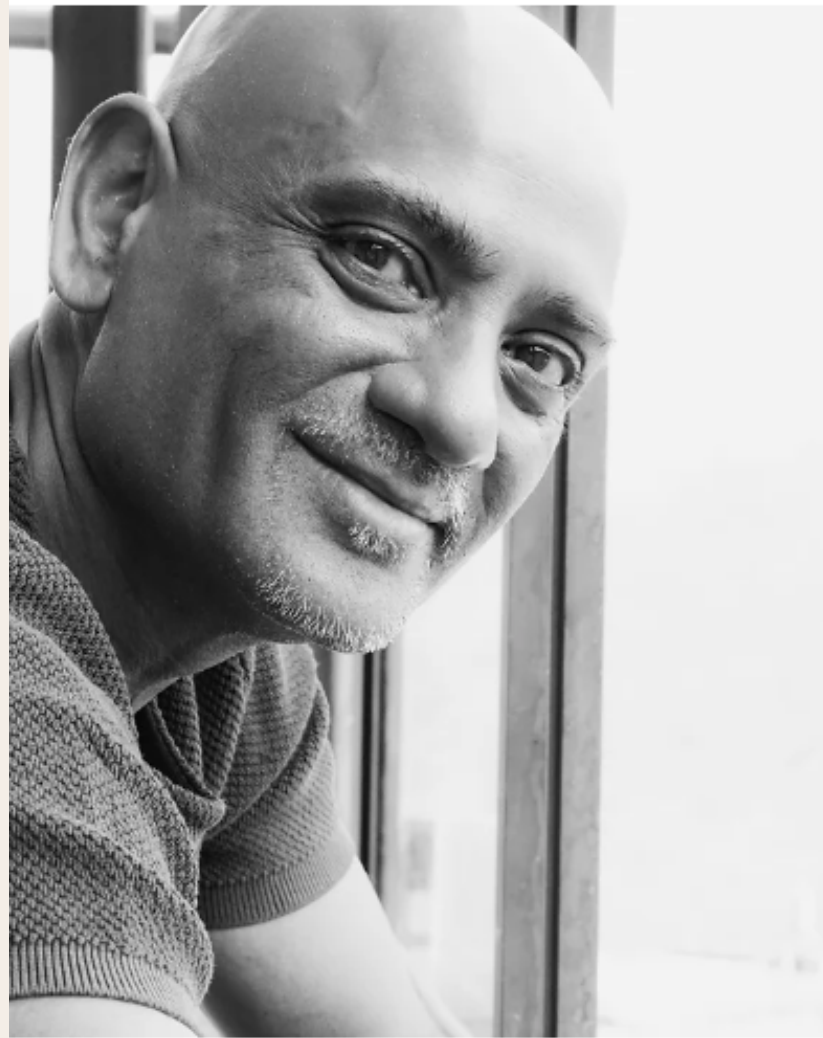
Meals during the retreat follow a warm, nourishing winter menu:

- 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



Ashish

*Founder , Counselling &
Coaching*

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

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

*Iyengar yoga
teacher*

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



Abha

Retreat Host

The quiet hand
curating the flow and supporting
the ones holding the space.

The Team Crafting Your Experience



Kumar Krishna

Pottery &

Art Teacher

Transforms pottery into a healing ritual and art into a place where emotions find form.



Ramana

Sound Healer &

Reiki Master

The “cry if you want to” department. fixes your vibe faster than you can say “Om



Shivanya

Head of Pottery

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



Retreat Pricing

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

Single Occupancy (For Solo Travelers)

- Terrace Room –
INR 39,900
- Premium Room –
INR 49,900
- Jungle Sleep Pod (**Dorm**)
INR 22,900

Double Occupancy (For Two Guests)

- Terrace Room –
INR 29,900 per person
- Premium Room –
INR 33,900 per person

Mountain View Suite (4 Guests)

- **INR 29,000 per person**



Luxury Stay



Mindful Practice

Nourish Your Soul



Art Therapy



Eat Nutritious Food



Connect with Us

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