



aavya

## The 5 Elements Retreat

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**Release • Flow • Ignite • Expand • Renew**

**Jan 22 to Jan 27**



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## 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.





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# 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**



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## 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 {24<sup>th</sup> 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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