



SUPERARI LIFE

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INDIA RETREAT

22-29 November 2026





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THE DETAILS



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DATES:

22-29 NOV 2026

LOCATION:

DEHRADUN, RISHIKESH

ACCOMMODATION:

SHARED OR SINGLE OCCUPANCY

EN-SUITE ROOMS

LOCATED ON THE BANKS OF THE RIVER GANGES

YOGA:

PRACTICE TWICE DAILY (AM AND PM)

FOOD:

3 X VEGETARIAN MEALS A DAY INCLUDED.



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WHY JOIN?

3 reasons

Rishikesh

Rishikesh (Land of the Sages) is known as the home of Yoga and is situated in the foothills of the Himalayas. It is known for its spiritual practices and for the Holy River Ganges which runs through the town.

If you would like to deepen your practice authentically, it is a wonderful place to do so.

Rakhee has been visiting Rishikesh for 20 years (and India since the age of 12) and despite numerous visits, still has new experiences each time she visits.

Yoga

Practicing Yoga twice daily over a week enables students to experience the benefits of the ancient discipline physically, emotionally, spiritually and mentally.

Rakhee will lead the sessions and has been practicing and teaching Yoga for over 20 years. You can expect calming and dynamic sessions.

Beginners are very welcome. Rakhee teaches a blend of Hatha and Ashtanga Yoga

You

Sometimes a holiday doesn't quite cut it.

Maybe you know you need some time for yourself, and a regular holiday isn't enough.

The structure of this retreat is designed to help you reflect on where you are in your life and to help guide you, through Yogic teachings, on how to feel more inspired, fulfilled and joyful in your day-to-day life.

It is also a good way to meet positive and like-minded people.



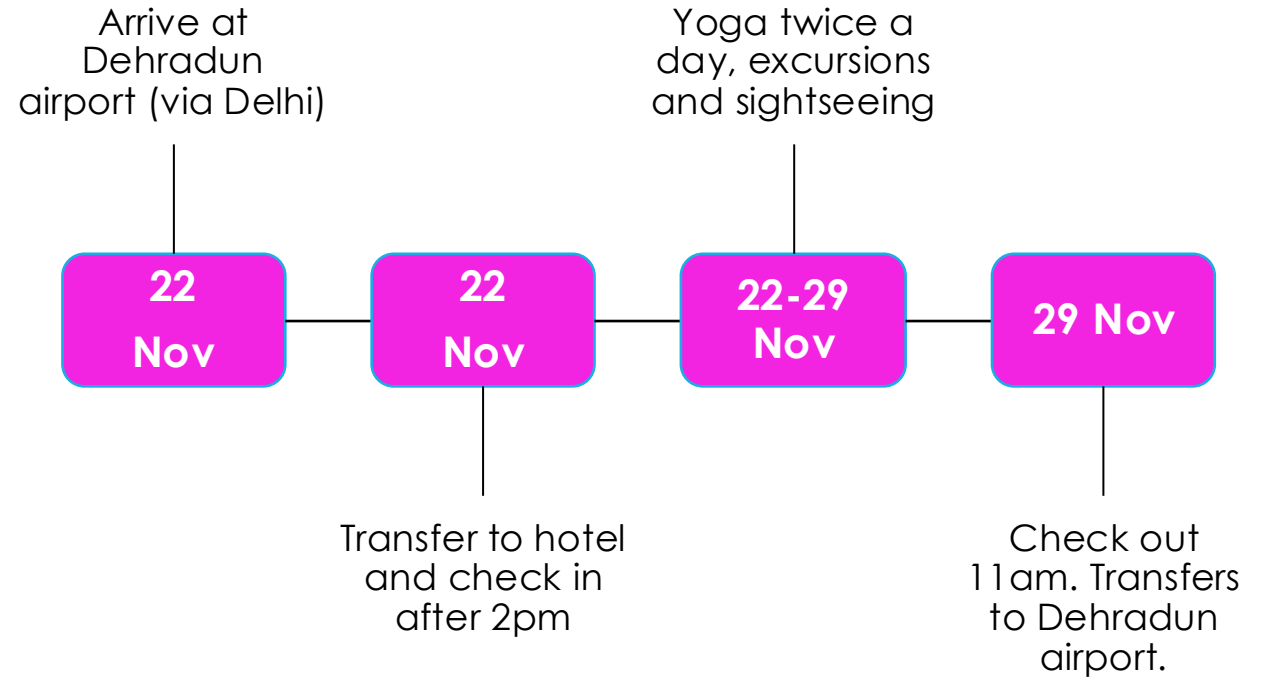


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LOGISTICS

LOGISTICS



- Guests will need to catch an internal flight from Delhi airport to Dehradun which means you will likely need to depart on 20 or 21 Nov.
- Airport to hotel transfers are included IF booked on preferred flights or arrival times are within 15 mins of preferred flights. If arriving independently note check-in is from 2pm.

Preferred flights

Details of preferred flights will be shared nearer the time.



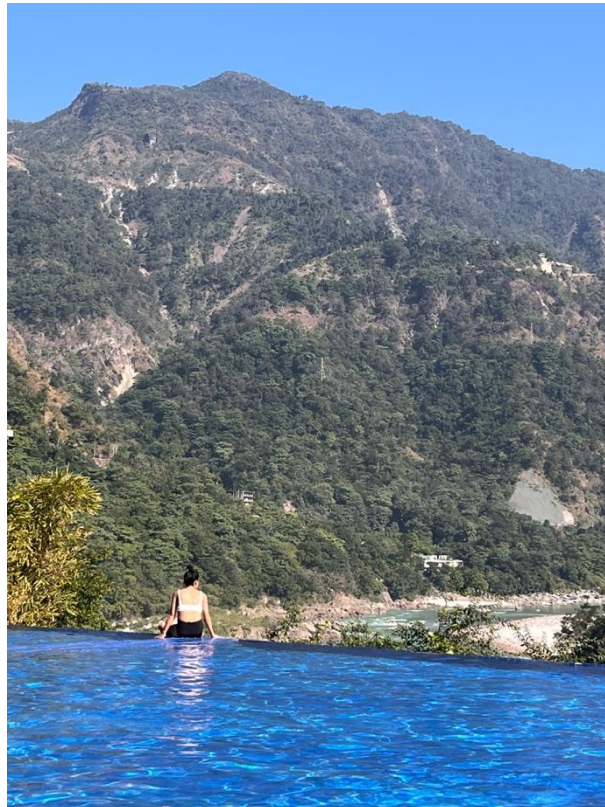
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ACCOMODATION

Accommodation

- Stay at one of the top hotels in Rishikesh
- Located on the banks of the Holy River Ganges
- All bookings include breakfast lunch and dinner including Indian and European options. Most dietary requirements can be catered for
- Rooms are newly renovated and very spacious
- Rooming options:
 - Double room shared. **Please note these rooms are NOT twin beds.** They are large rooms with one large double bed. Separate quilts are given for those who want to share.
 - Single occupancy rooms – enjoy a double bed, garden view and ensuite all to yourself.





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INVESTMENT

Investment

EARLY BIRD DISCOUNT: DOUBLE OCCUPANCY

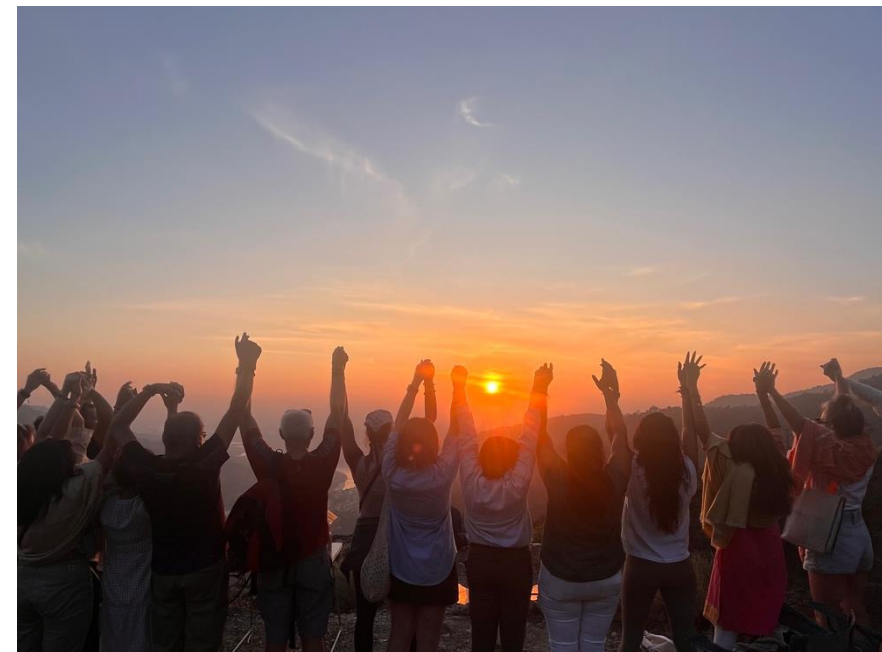
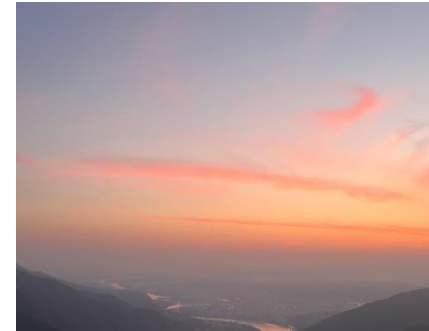
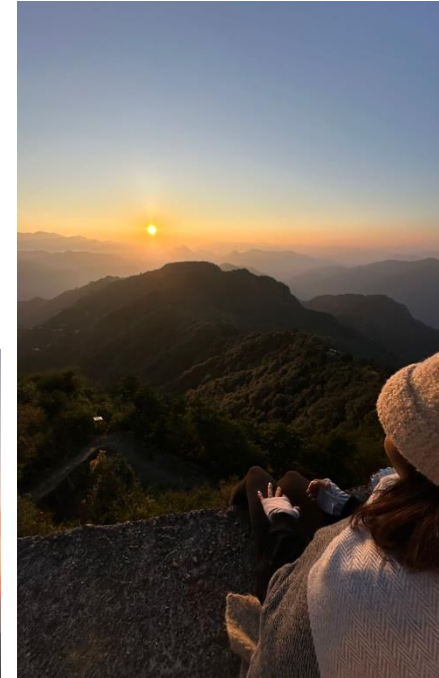
- £200.00 OFF IF BOOKED BY June 1st
- TOTAL **£2999.00** per person

EARLY BIRD DISCOUNT: SINGLE OCCUPANCY

- £200 OFF IF BOOKED BY June 1st
- TOTAL **£3499.00** per person

IF BOOKED AFTER JUNE 1ST

- Double occupancy: **£3299.00** per person
- Single occupancy: **£3799.00** per person



What's included?

Your investment includes:

- Royal Superior Room with Garden View
- Breakfast, lunch and dinner each day
- 2 x Yoga sessions per day
- 1 x activity e.g. whitewater rafting tbd
- Transfers to and from airport (only for pre- confirmed times)

Your investment does not include:

- Flights
- Additional excursions or activities
- Taxis or travel costs for additional excursions
- Additional drinks, room service and spa services
- Travel insurance
- Hotel damages
- Please note Rishikesh is a dry state so alcohol is not available or permitted.

Frequently asked questions

Do I need anything else?

Yes. A tourist visa to India (approx. £25.00) and vaccinations. Please check with your GP – Malaria tablets are not usually required in Rishikesh.

Can I join if I have health issues?

Yes, though please ensure you get clearance from your GP for any serious medical issues. The retreat is not advisable for pregnant women.

What's the weather like?

November is a beautiful time to visit Rishikesh with temperatures ranging from 22-26degrees. Rains are unlikely as monsoon season is between July – Sept.

What about refunds?

Deposits are non-refundable. Full refund (minus deposit) if cancelled with 16 weeks notice. 50% refund (minus deposit) if cancelled within 16 weeks. 25% refund (minus deposit) if cancelled within 8 weeks. No refunds if cancelled within 8 weeks.

How do I secure my space?

Email rakhee@superanilife.com to confirm you'd like to join. You will be asked to secure your spot with a £299-00 non-refundable deposit.



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FINALLY...

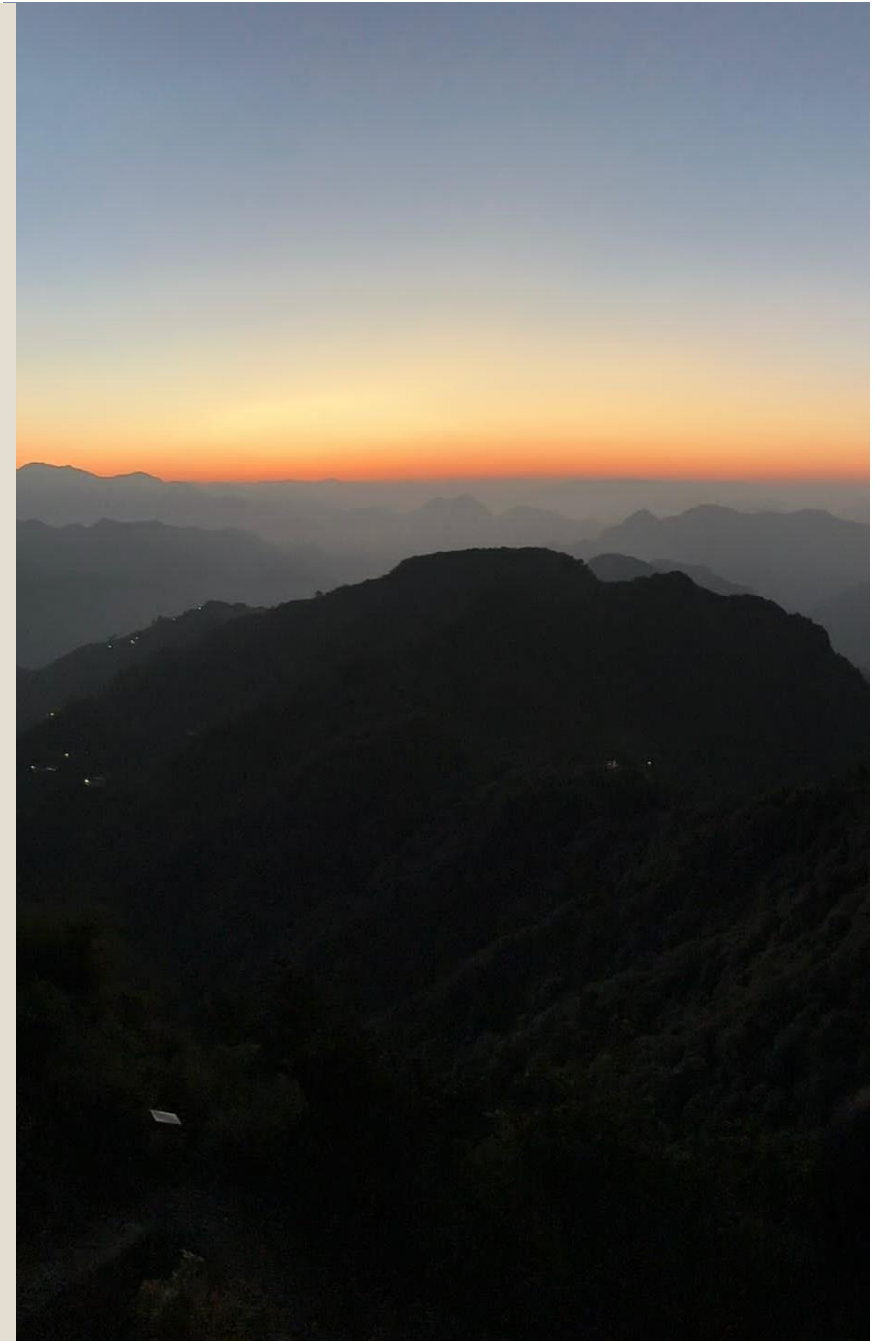
If you are travelling solo or have never been to India before, please don't worry. Many people have joined this retreat over the years and have left having made great friendships and connections. If you have any questions or would like to talk through any details, please don't hesitate to contact me.

I hope you can join us on this retreat.

It would be a privilege to experience Rishikesh with you.

Om Shanti.

Rakhee x





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