



SOHAM

— RETREAT —

YOGA & HEALING RETREATS IN RISHIKESH

RESIDENTIAL RETREATS · HEALING COURSES · DAILY PRACTICE

Coming home *within.*

A retreat is not only a place away from daily life. It can be a space where life becomes quiet enough to be heard again.

Many people arrive carrying more than they can name — tiredness, stress, questions, or the simple need to pause. This space was created for that kind of listening: to stay, practice, dine, rest, and slowly turn inward. Surrounded by trees, silence, and the gentle rhythm of village life, it invites the body to soften and the breath to become steady.

We come from different traditions, but we share one intention: to offer practice with sincerity, care, and love. Each teacher brings years of experience, not to impress, but to support what is already waiting to open within you.

The meaning of *Soham* is simple and profound: *I am That*. It is the natural mantra of the breath — *So* with the inhale, *Ham* with the exhale. A reminder that healing is not something we force. It is something we allow, when we become present enough to listen.

सो

SO · THE INHALE

The sound of the inhale. The act of receiving — of breath, of life, of the world arriving as it is.

हम्

HAM · THE EXHALE

The sound of the exhale. The act of letting go. *Together: I am That*. The teaching is already inside you.

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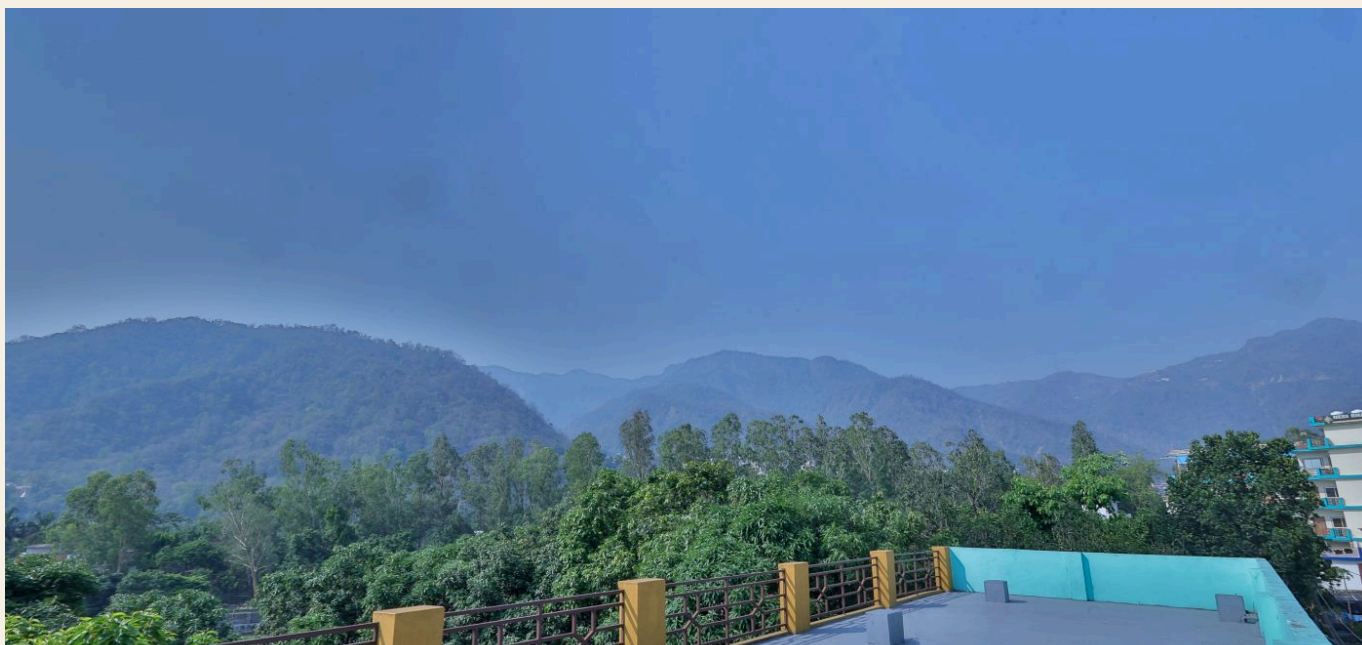
18 Begin Here

THE SPACE

A sanctuary in nature.

Soham Retreat sits in Yoga Village, in the heart of Rishikesh — nestled among the Himalayan foothills with views of the Ganga below.

A quiet, intimate space designed for deep practice. Fourteen guests maximum. A dedicated yoga hall, a peaceful garden, a rooftop with the mountains in view.



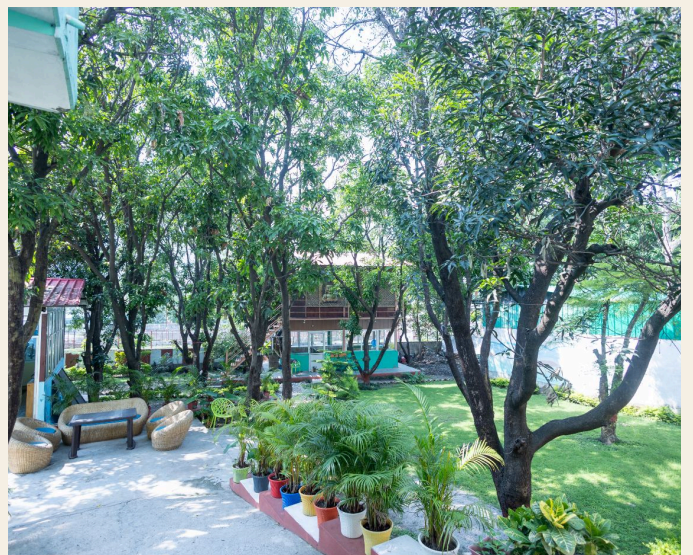
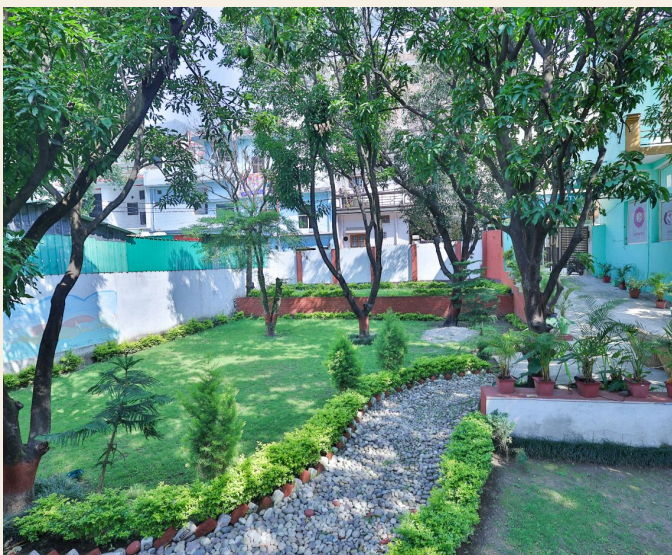
Lakshman Jhula — the bridge across the Ganga.



Ganga Aarti at sunset — daily on the riverbank.

| LOCATION | CAPACITY | ROOMS | DINING |
|--|-------------------------------------|---|---|
| Yoga Village <i>Rishikesh, India</i> | 14 <i>guests, maximum</i> | 10 + 2 <i>single / double</i> | Sattvic <i>vegetarian, 3x daily</i> |

Glimpses of Soham.



Six paths, one centre.

Whether you need a complete reset, deeper breath, or simply a way to begin — there is a place for you at Soham.

01 10 DAYS

Soham Yoga & Healing Retreat

Our flagship immersion. A complete reset — asana, Yoganga Healing, sound, breathwork, and Yoga Nidra, woven into ten unhurried days of practice, rest, and quiet return to yourself.

02 10 DAYS

Pranayama Healing Retreat

An immersion in the science of breath. Daily pranayama, philosophy, and meditation with Sunil Sharma — extending the prana and steadying the restless mind.

03 10 DAYS

Yoga Nidra Healing Retreat

The practice of conscious sleep. A deep nervous-system reset through guided Yoga Nidra and gentle asana, releasing tension held far below the surface.

04 7 DAYS

Ashtanga Yoga Retreat

Mysore-style structured practice with Kamal Singh — precise, traditional, and disciplined, for committed practitioners ready to deepen their sequence.

05 3 DAYS

Sound Healing Therapy

Tibetan bowls, mantra, and vibrational sound. Two daily sessions of guided rest that carry the body somewhere deeper than thinking can reach.

06 3 DAYS

Reiki Healing · Level 1

Foundational attunement and training in Reiki energy work — the Japanese art of channeling universal energy through the hands.

Which retreat is right for me?

Each path at Soham is offered with the same care — but they meet you in different ways. Read across, and let your body tell you where to begin.

Deep rest, emotional healing, a complete reset

SOHAM YOGA & HEALING

Ten unhurried days that hold body, breath, and mind together — our most complete immersion.

Breathwork, pranayama, and classical practice

PRANAYAMA HEALING

For those drawn to the science of breath and the steadiness it brings to a restless mind.

Nervous-system rest and inner release

YOGA NIDRA HEALING

Conscious sleep and gentle asana to release what is held far below the surface.

Traditional, disciplined practice

ASHTANGA YOGA

Mysore-style structure and precise alignment for committed practitioners ready to deepen.

Relaxation through vibration and sound

SOUND HEALING

Tibetan bowls and mantra to carry the body somewhere deeper than thinking can reach.

Energy healing and inner balance

REIKI LEVEL 1

Foundational Reiki attunement and guided practice for energy awareness, self-healing, and inner balance.

Still unsure? Write to us at info@sohamretreat.com — we will help you choose the path that fits where you are.

Choose your dates. Begin your journey.

| DATES | PROGRAM | DURATION | GUIDED BY |
|-----------------------|--|----------|-----------------|
| SEPTEMBER 2026 | | | |
| 1 – 10 Sep | Soham Yoga & Healing Retreat | 10 Days | Sunil Sharma |
| 12 – 14 Sep | Sound Healing Therapy | 3 Days | Krishna Sikhwal |
| 17 – 19 Sep | Reiki Healing · Level 1 | 3 Days | Upendra Prasad |
| 23 – 28 Sep | Private Retreat — Yoga Nidra | 6 Days | Sunil Sharma |
| OCTOBER 2026 | | | |
| 1 – 10 Oct | Soham Yoga & Healing Retreat | 10 Days | Sunil Sharma |
| 12 – 21 Oct | Pranayama Healing Retreat — Yoganga Healing | 10 Days | Sunil Sharma |
| 23 – 29 Oct | Ashtanga Yoga Retreat | 7 Days | Kamal Singh |
| NOVEMBER 2026 | | | |
| 1 – 10 Nov | Soham Yoga & Healing Retreat | 10 Days | Sunil Sharma |
| 12 – 14 Nov | Sound Healing Therapy | 3 Days | Krishna Sikhwal |
| 17 – 19 Nov | Reiki Healing · Level 1 | 3 Days | Upendra Prasad |
| 23 – 29 Nov | Ashtanga Yoga Retreat | 7 Days | Kamal Singh |
| DECEMBER 2026 | | | |
| 1 – 10 Dec | Soham Yoga & Healing Retreat | 10 Days | Sunil Sharma |
| 14 – 23 Dec | Yoga Nidra Healing Retreat — Yoganga Healing | 10 Days | Sunil Sharma |

All listed programs include accommodation and sattvic meals unless mentioned otherwise.

Custom retreat dates available year-round for private groups & facilitators.

10-DAY RESIDENTIAL

Soham Yoga & Healing Retreat.

Ten days of complete immersion — yoga, Yoganga Healing, sound, breathwork, and Yoga Nidra. All meals and accommodation included.

More than a holiday, this is an invitation to stop, breathe, and return to yourself.

"True healing begins when the mind becomes still."

SUNIL SHARMA · LEAD TEACHER



SEP 1 – 10, 2026

OCT 1 – 10, 2026

NOV 1 – 10, 2026

DEC 1 – 10, 2026

DAILY RHYTHM

Kriya at dawn, two sessions of practice, long unhurried meals, silence in between.

7:30am – 8:30am Kriyas & Pranayama

8:30am – 10:00am Hatha Yoga

10:00am Breakfast

10:30am – 1:00pm Free time

1:00pm Lunch

2:00pm – 3:00pm Yoga Nidra

3:00pm – 4:30pm Philosophy

6:00pm – 7:00pm Evening Meditation

After 7:00pm Dinner

WHAT'S INCLUDED

In every retreat:

- ◆ Accommodation in our yoga village
- ◆ All sattvic vegetarian meals
- ◆ Daily yoga & healing sessions
- ◆ 2 Sound Baths
- ◆ 1 Excursion to a spiritual place
- ◆ Evening meditation

Deepen through breath. Restore through rest.

Both retreats are led by Sunil Sharma, founder of Yoganga Healing — a method using authentic yogic practices to release stored emotional and mental tension.



OCT 12 – 21, 2026

Pranayama Healing Retreat

An immersion in the science of breath. Pranayama is the fourth limb of Ashtanga Yoga — the practice of extending the prana, or life-force energy, through specific breathing techniques.

SUNIL SHARMA

10 DAYS

- ◆ Daily kriyas & Pranayama practice
- ◆ Yogic philosophy from ancient scriptures
- ◆ Mantra chanting & sound healing
- ◆ Personalized guidance throughout

DEC 14 – 23, 2026

Yoga Nidra Healing Retreat

The practice of conscious sleep. Yoga Nidra is a guided meditation that induces deep relaxation in the space between wakefulness and sleep — restoring the nervous system at its root.

SUNIL SHARMA

10 DAYS

- ◆ Daily Yoga Nidra & guided meditation
- ◆ Asana & pranayama foundations
- ◆ Yoga philosophy sessions
- ◆ Practices for emotional release

"Healing begins when we stop forcing ourselves and learn to listen."

SUNIL SHARMA · FOUNDER OF YOGANGA HEALING



7-DAY RESIDENTIAL

Ashtanga Yoga *Retreat.*

Seven days of Mysore practice, alignment, and steady self-study.

Designed for students who wish to deepen their Ashtanga practice in a focused and supportive environment.

Guided by *Kamal Singh*, founder of Tattvaa Yogashala, the retreat includes daily Mysore-style practice, alignment guidance, posture adjustments, breath awareness, and yogic study. Students practice at their own rhythm while receiving individual attention within the group.

The approach is traditional, precise, and attentive — helping each practitioner understand body, breath, and sequence with greater clarity.

OCT 23 – 29, 2026

NOV 23 – 29, 2026

DAILY SCHEDULE

Practice, rest, study, and silence.

| | |
|------------------|---------------------------------|
| 7:30am – 8:30am | Kriyas & Pranayama |
| 8:30am – 10:00am | Mysore/Guided Ashtanga Practice |
| 10:00am | Breakfast |
| 10:30am – 1:00pm | Free time |
| 1:00pm | Lunch |
| 2:00pm – 2:45pm | Yoga Nidra |
| 2:45pm – 3:30pm | Philosophy |
| 3:30pm – 5:00pm | Mysore with Adjustments |
| 6:00pm – 7:00pm | Evening Meditation |

WHAT'S INCLUDED

In every retreat.

- ◆ Accommodation in our yoga village
- ◆ All sattvic vegetarian meals
- ◆ Daily Mysore & alignment sessions
- ◆ 1 Excursion to a spiritual place
- ◆ Evening meditation

Sound Healing Therapy & Reiki Level 1.

For those who wish to experience healing in a shorter residential format, these three-day courses offer focused practice, rest, and personal guidance. Open to all levels.



3-DAY RESIDENTIAL Sound Healing Therapy

Tibetan singing bowls, mantra, and vibrational sound work. Two daily sessions that move the body into deeper rest than thinking alone can reach. Open to all levels — no musical experience needed.

LED BY

Krishna Sikhwal

SEP 12 – 14, 2026

NOV 12 – 14, 2026



3-DAY RESIDENTIAL · CERTIFIED Reiki Healing Level 1

Foundational attunement and training in Reiki — the Japanese practice of channeling universal energy through the hands. Open to all levels — no prior experience needed; certification on completion.

LED BY

Upendra Prasad

SEP 17 – 19, 2026

NOV 17 – 19, 2026

All-inclusive: accommodation, sattvic meals, guided practice, and personal support.

ALSO AVAILABLE AT SOHAM

Daily classes. *Walk-in welcome.*

For those already in Rishikesh, or staying nearby — two drop-in classes every day. No booking required. Just walk in.

8:30 — 10:00 AM

1.5 HRS · MON — SAT

Morning Hatha Yoga

A complete morning practice — asana and pranayama. Opens the body, settles the breath, sets the tone for the day. Suitable for all levels.

6:00 — 7:00 PM

1 HR · MON — SAT

Evening Meditation & Yoga Nidra

Guided meditation and Yoga Nidra — the practice of conscious sleep. The simplest, gentlest way to end the day. No experience required.

CLASS PASS PACKAGE

VALID FOR 3 MONTHS FROM PURCHASE

Mix & match morning and evening classes.

Ten classes, used at morning or evening sessions — the most flexible way to make practice part of your week.

Mats and props provided.

ALSO AVAILABLE AT SOHAM

One-on-one *with our teachers.*

For when group practice isn't what you need. By appointment.

BY APPOINTMENT · 60 MINUTES

01

Yoganga Healing

SUNIL SHARMA

Deep healing work using yoga, pranayama, and psychotherapeutic techniques to release trauma and emotional blockages.

02

Yoga Counseling

SUNIL SHARMA

Integrated guidance combining yoga philosophy, breathwork, and therapeutic listening for life transitions.

03

Sound Healing

KRISHNA SIKHWAL

Tibetan bowls and vibrational therapy for energetic rebalancing and deep relaxation.

04

Yoga Alignment

KRISHNA SIKHWAL

Precise alignment coaching for asana practice, injury prevention, and deepening your posture work.

05

Reiki Healing

UPENDRA PRASAD

Energy healing through the hands. Attunement, treatment, or guidance towards your own practice.

06

Pranayama & Meditation

UPENDRA PRASAD

Breath work and meditation techniques to calm the nervous system, build energy, and deepen awareness.

Book by email or WhatsApp.

Renowned teachers, *trusted lineages.*

Five teachers, each holding their own lineage. Together they have shaped the practices of countless students across continents.



01 Sunil Sharma

YOGA GURU · THERAPIST · FOUNDER OF YOGANGA HEALING

Sunil is the founder of Yoganga Healing, a classical yoga-based healing approach that integrates yogic practice with psychological understanding. His teaching has touched students across continents who return year after year for the depth and quiet authority of his presence.

"True healing begins when the mind becomes still."



02 Kamal Singh

ASHTANGA MASTER · TEACHER TRAINER · FOUNDER OF TATTVAA YOGASHALA

Kamal is widely respected in the global Ashtanga community as a precise, alignment-based teacher whose students span generations and continents. His teacher trainings have produced practitioners now leading shalas of their own.

"Through discipline, freedom is attained."



03 Krishna Sikhwal

SOUND HEALER · ALIGNMENT EXPERT · FOUNDER OF SAMATVA YOGALAYA

Krishna is known for his rare combination of sound work and body alignment — a teacher whose students describe his sessions as the deepest rest of their lives. His Tibetan bowl practice and alignment teaching are sought out by yogis the world over.

"Alignment in body creates alignment in life."



04 Upendra Prasad

REIKI MASTER · PRANAYAMA & MEDITATION TEACHER

Trained in the Bihar School of Yoga lineage and a Reiki Master of long standing, Upendra is known for the calm, grounded steadiness he brings to every class. Students return for his quiet precision and the depth of his pranayama teachings.

"Energy flows where awareness goes."



05 Rohit Puri

SOUND HEALER · PRANAYAMA & MEDITATION TEACHER

Rohit brings a younger, gentler voice to the sound work at Soham. His Nada Yoga sessions are loved for their tenderness and clarity — and for the way he holds space for those new to inner practice.

"Sound is the doorway to silence."

Before You Arrive.

A few simple details to help you prepare for your stay at Soham.

Accommodation

10 single rooms and 2 double rooms. Quiet, clean, and designed for rest. WiFi, hot water, and all utilities are included. The yoga hall and garden are only a few steps from your room.

Food & Nourishment

Three sattvic vegetarian meals daily — breakfast, lunch, and dinner — with tea and snacks. Meals are freshly cooked and included in every retreat fee.

Getting Here

Jolly Grant Airport, Dehradun is around 35 km away. Haridwar Railway Station is around 25 km away. From Delhi, the journey by road usually takes 5–6 hours. Airport pickup and drop-off can be arranged on request.

What to Bring

Comfortable yoga clothes, a light shawl or jacket, personal toiletries, a journal, any regular medicines, and a reusable water bottle. Yoga mats and practice props are available at the centre.

When to Come

September to April is our core retreat season — cooler, clearer, and ideal for practice, rest, and time outdoors. The retreat is intimate by design, with a quiet village atmosphere and space to turn inward.

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Bring your group to Soham.

FOR TEACHERS, HEALERS & FACILITATORS

Soham is designed for intimate, custom retreats led by you. Bring your students, your community, or your clients. We hold the space and handle every detail — accommodation, meals, transport, and logistics. You lead the teachings.

We welcome returning Soham students who want to deepen their practice by leading others, alongside external teachers bringing established groups.



A private retreat opening puja — fire ceremony in the yoga hall.

WHAT WE PROVIDE

- ◆ Full use of yoga hall, garden & rooftop
- ◆ Accommodation for your group (up to 14 guests)
- ◆ All sattvic vegetarian meals, 3x daily
- ◆ Airport pickup & drop-off included
- ◆ Curated excursions to spiritual sites
- ◆ Administrative & on-ground coordination
- ◆ Flexible dates that work for your calendar

CUSTOMIZED RETREAT THEMES

Choose a focus that aligns with your group's intention — or design something entirely your own.

Pranayama Retreat

Purifying the nadis,
regulating prana,
steading the mind.

Yoga Nidra Retreat

Nervous system rest,
guided meditation,
deep release.

Sadhana Retreat

Traditional, disciplined
personal practice —
kriyas, asana, silent
study.

Your Own Theme

Bring your teaching,
your modality, your
vision.

TO EXPLORE A PRIVATE RETREAT

Write to info@sohamretreat.com or WhatsApp [+91 90688 06322](tel:+919068806322) with your group size, preferred dates, duration, and the practices you'd like to focus on.

FOR INDIVIDUAL PRACTITIONERS

Custom Private Retreat.

A personal practice, on your own dates — shaped entirely around the work you've come to do.



For those whose travel doesn't match our group retreat calendar, or who simply want a stay that follows their own rhythm. You choose the practices, duration, and dates. Our teachers hold the space, and the work is yours alone.

CHOOSE YOUR FOCUS

| | | |
|---------------------|------------|---------------|
| Hatha Yoga & Kriyas | Pranayama | Yoga Nidra |
| Ashtanga Yoga | Meditation | Sound Healing |

HOW IT WORKS

- 01 Tell us your dates & duration — minimum three days, flexible thereafter.
- 02 Choose your practices — typically two classes per day, morning and evening.
- 03 We confirm & coordinate — teacher availability, room, and transport, all handled.
- 04 You arrive & the work begins — practice unfolds at your own rhythm.

WHAT'S INCLUDED

- ◆ Two daily classes with our senior teachers
- ◆ Use of the yoga hall, garden & rooftop
- ◆ A/C accommodation, hot water, WiFi (optional)
- ◆ Mats, props, and personal coordination throughout
- ◆ Airport pickup & drop available on request

| | | | |
|---|---|--|---|
| FORMAT One-on-one <i>with senior teachers</i> | SCHEDULE 2 / day <i>morning & evening</i> | MINIMUM STAY 3 Days <i>flexible thereafter</i> | AVAILABILITY Year-round <i>your own dates</i> |
|---|---|--|---|

BEGIN HERE

Ready to find your way back to yourself?

Whether you know the retreat you want, or you are still unsure, write to us. We will help you choose the right path, confirm availability, and guide you through the next step personally.

Spaces are limited to 14 guests. Early booking is recommended.

EMAIL

info@sohamretreat.com

We reply within 24 hours.

WHATSAPP

+91 90688 06322

Quickest way to reach us.

WEB

sohamretreat.com

Full calendar & booking.

HOW BOOKING WORKS

01

Reach out

Tell us which retreat and which month works for you. We confirm availability — most retreats book a few weeks ahead.

02

Reserve

To confirm your place, a deposit is required at the time of booking. The remaining balance may be paid upon arrival.

03

Arrive

We send directions, an airport-pickup option, and a short orientation note before you travel. You arrive. The work begins.



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— I am That.