

# THE SACRED HIMALAYA RETREAT

A Meditative Immersive Journey

Rishikesh • Almora

Meditate • Travel • Heal • Discover Yourself • Celebrate Yourself

A carefully curated journey for deep inner transformation and comfort  
Meditate in the sacred energy of the Himalayas

6+ Hours of Daily Guided Practice  
OSHO® Active Meditations • Energy & Awareness Practices

Starting 10 November 2026 (10 Days)

Limited Seats

Participation through a guided selection process only  
Open for Solo Travellers & Meditative Couples  
Languages Fluency: English, Russian, Lithuanian & Hindi

ENQUIRE NOW & BEGIN YOUR JOURNEY

📞 +91 85955 09083 📧

[www.thebeyondmind.com](http://www.thebeyondmind.com) • [info@thebeyondmind.com](mailto:info@thebeyondmind.com)



Vedanto



Aloka

Facilitated by certified and experienced practitioners in OSHO® International,  
Ayurvedic Bodywork, Vigyan Bhairav Tantra and Energy Traditions.

THE BEYOND MIND FOUNDATION INITIATIVE

Rishikesh • Goa • Mumbai





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MEDITATION RETREAT  
NOV 2026**



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# THE SACRED HIMALAYA RETREAT (10 TH NOVEMBER 2026 – 10 DAYS)

 **CHECK-IN: TUESDAY, 10 NOVEMBER 2026 (2:00 PM) – RISHIKESH**

 **CHECK-OUT: THURSDAY, 19 NOVEMBER 2026 (AFTER TEMPLE VISIT)**

 **DURATION: 10 DAYS / 9 NIGHTS**

 **RISHIKESH • ALMORA**

## **ABOUT THE JOURNEY**

A 10-DAY MEDITATION & TRAVEL JOURNEY THROUGH THE HIMALAYAS.

✓ 6+ HOURS MEDITATION DAILY

✓ PERSONAL Q&A

✓ GROUP ACTIVITIES

✓ TIME TO RELAX

## **MEDITATION FLOW**

• STRUCTURED YET FLEXIBLE SCHEDULE

• ACTIVE MEDITATIONS, STILLNESS, AWARENESS

• DAILY RHYTHM:

– EARLY MORNING

– MORNING

– AFTERNOON

– EVENING

## **EXPERIENCE SACRED ENERGY FIELDS**

• DEVPRAYAG

• VASHISHTHA CAVES

• JAGESHWAR DHAM

• KASAR DEVI TEMPLE

VISITING POWERFUL ENERGY CENTRES FOR MEDITATION AND INNER EXPERIENCES. ADDITIONAL PLACES MAY BE ADDED IF TIME ALLOWS.

## **STAY PLAN**

• 5 NIGHTS – RISHIKESH

• 4 NIGHTS – ALMORA

10 DAYS / 9 NIGHTS

## **STAY**

• COMFORTABLE STAYS IN PEACEFUL NATURAL SURROUNDINGS

• DESIGNED FOR REST, SILENCE, AND INNER WORK

• THE HOTEL IS BOOKED NEXT TO GANGA IN RISHIKESH ,

WITH A FEW ROOMS HAVING GANGA VIEW

• THE HOTELS IN HIMALAYAS ARE AS WELL SURROUNDED WITH SCENIC BEAUTY

## **FOOD**

• INDIAN + CONTINENTAL

• RISHIKESH: BREAKFAST & DINNER

• ALMORA: BREAKFAST & DINNER

## PASS OPTIONS

### FULL JOURNEY RESIDENTIAL

\$1,252

€1,058

₹116,400

### RISHIKESH ONLY RESIDENTIAL (5 NIGHTS)

\$581

€491

₹54,000

PRICES MAY VARY SLIGHTLY WITH EXCHANGE RATES.

EARLY BIRD PRICING APPLIES

## CLOTHING & WEATHER

- WARM DAYS, COOL MORNINGS/EVENINGS
- LIGHT WARM LAYERS
- COMFORTABLE LOOSE CLOTHING

## IMPORTANT

- THESE PRICES ARE OF SHARING ROOM WITH 2 / 3 PEOPLE
- ALL PARTICIPANTS WILL NEED TO GO THROUGH THE SELECTION PROCESS
- WE WILL BE KEEPING A SMALL GROUP FOR MAXIMUM ATTENTION AND GUIDANCE
- STARTS WITH FOUNDATION WORK IN RISHIKESH
- JOINING LATER IS RESTRICTED
- MULTI UTILITY VEHICLE WITH EASY SITTING FOR TRAVEL
- SEPERATE ROOMS FOR SINGLE OCCUPANCY CAN BE PROVIDED AT A DIFFERENT RATE, SUBJECT TO AVAILAIBTY
- COUPLES WILL BE ALLOTED SAME ROOM
- THERE WILL BE COMPLETE EFFORT TO MAINTAIN THE MALE FEMALE RATIO
- PICK UP AND DROP FROM NEW DELHI AIRPORT CAN BE ARRANGED AT COST
- **50% ADVANCE WILL BE REQUIRED TO DO THE BOOKING, REST CAN BE PAID ON THE FIRST DAY.**

## FACILITATORS

ALOKA & VEDANTO

FACILITATED BY CERTIFIED AND EXPERIENCED PRACTITIONERS IN OSHO® INTERNATIONAL, AYURVEDIC BODYWORK, VIGYAN BHAIKAV TANTRA AND ENERGY TRADITIONS.

- LANGUAGES : ENGLISH, RUSSIAN, LITHUANIAN, HINDI

## APPLY & ENQUIRE

 +91 8595509083 (CALL / WHATSAPP / TELEGRAM)

 [info@thebeyondmind.com](mailto:info@thebeyondmind.com)

 [www.thebeyondmind.com](http://www.thebeyondmind.com)

**“SOMETIMES, ALL YOU NEED IS THE RIGHT PLACE TO SEE CLEARLY.”**



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RISHIKESH • GOA • MUMBAI

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