



Step into 2026 with Peace: **New Year Healing Retreat**

6-Day Holistic Wellness Retreat

www.yanadays.com

📅 Dec 28, 2025 – Jan 2, 2026
📍 Riverside Nature Location



About the Retreat

A soulful pause from your busy life — this 6-day retreat invites you to reconnect with your body, mind, and the natural world. Blending time-tested wellness practices, local cultural tourism, creative therapies, and deep self-reflection, the retreat is curated to awaken your inner balance and joy.

Hosted by Yanadays, each session is guided with warmth, simplicity, and presence — creating a truly transformational experience.





What's Included

- 5 nights eco stay (private/shared)
- Daily sattvic meals (veg) + herbal teas
- 2 full-body Ayurvedic massages (Abhyanga + Steam)
- Guided yoga, meditation & philosophy sessions
- Local sightseeing & cultural experiences
- One-on-one consultations & journaling prompts
- All workshop materials & activity access
- Welcome kit + closing gift

Retreat Highlight

- Sunrise riverside yoga (gentle - dynamic)
- Daily pranayama & guided meditation
- Sattvic, farm-fresh meals + herbal teas
- Digital-detox quiet hours
- Nature walk & mindful barefoot grounding
- Restorative evening stretch + Yoga Nidra
- Sound bath (singing bowls) relaxation
- Reflective journaling prompts
- Sharing circle (safe, facilitated)
- 1:1 mini-mentoring / check-in
- Ayurveda basics: prakriti & dinacharya
- Breathwork: Nadi Shodhana & Box breathing
- Creative hour: pottery/mandala/art therapy
- Golden-hour silent sit by the river



Retreat Highlight

- Stargazing with soft instrumental music
- Mindful eating ritual + gratitude practice
- Strength & mobility: posture/back-care
- Bonfire satsang + cultural evening (folk music/dance or heritage walk)
- Sleep hygiene routine (early lights-out)
- Closing intention ceremony + take-home plan
- Netra Tarpana (eye rejuvenation ritual)
- Relaxation massage (light-medium pressure)
- Shiro Abhyanga + Pada Abhyanga (head & foot oil massage)
- Karna Poorana (ear oiling) + guided ice bath session



Optional Add-ons

Optional Add-ons (Time/space permitting)

Henna Art
Mala Bead Threading
Tea Blending Workshop
Perfume Making
Fire Puja or Closing Ritual
Community Seva (Service)
Mindful Craft Table
Cultural Dance Evening
Stargazing + Night Silence





Accommodation

- Eco-friendly cottages (single / twin sharing)
- Private bathrooms, solar-powered hot water
- Surrounded by nature, no Wi-Fi distractions

Food

- Farm-to-table sattvic vegetarian meals
- Herbal teas, kombucha tasting, and fresh juices
- Food designed for digestion, balance & energy

Who is This For?

Ideal for:

- Working professionals & creatives seeking a reset
- Yogis & wellness explorers
- Healers, coaches, or therapists
- Anyone looking to unplug, reflect, and realign

You Will Go Back With

- A clearer mind & relaxed body
- Stronger breath & better sleep
- Tools for balance & peace
- Handcrafted wellness kit
- Connections that last

What to Bring

Comfortable clothes for yoga & massage

- Swimwear (for river / ice bath)
- Personal journal & water bottle
- Open mind + curiosity

- Packages include: 5 nights stay, all meals, 2 massages, sessions, tourism, and wellness kit.
- Group discounts & early bird offers available
- Limited seats – advance booking recommended

Arrival & Transfers (Included)

- Pick & Drop: Mysore Bus Station
- Pick & Drop: Mysore Railway Station
- Pick & Drop: Mysore Airport (MYQ)

Transfer window and coordination details will be shared after booking confirmation.

CONTACT US

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📍 Private riverside eco-space near Mysore
full address shared upon registration