

7 Day Wellness Itinerary in Rishikesh: Rejuvenate Mind, Body & Soul- Modi Yoga Retreat



Experience the perfect blend of relaxation, healing, and spiritual growth with the [7 Day Wellness Itinerary in Rishikesh](#) for Modi Yoga Retreat. This thoughtfully curated program is designed for anyone seeking a holistic wellness journey amidst the serene Ganges and the tranquil Himalayan backdrop.

Each day offers a balance of yoga sessions, meditation, and mindfulness practices, guided by experienced instructors to help you reconnect with your inner self. Enjoy detoxifying Ayurvedic meals, herbal therapies, and rejuvenating spa treatments to cleanse your body and mind. Explore nature walks, riverfront reflections, and mindful journaling that enhance mental clarity and emotional well-being.

Modi Yoga Retreat ensures a luxury yet authentic wellness experience in Rishikesh, making it an ideal destination for travelers looking to de-stress, recharge, and nurture overall health. This 7-day itinerary promises transformation, leaving you revitalized, refreshed, and ready to embrace life with positivity.

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