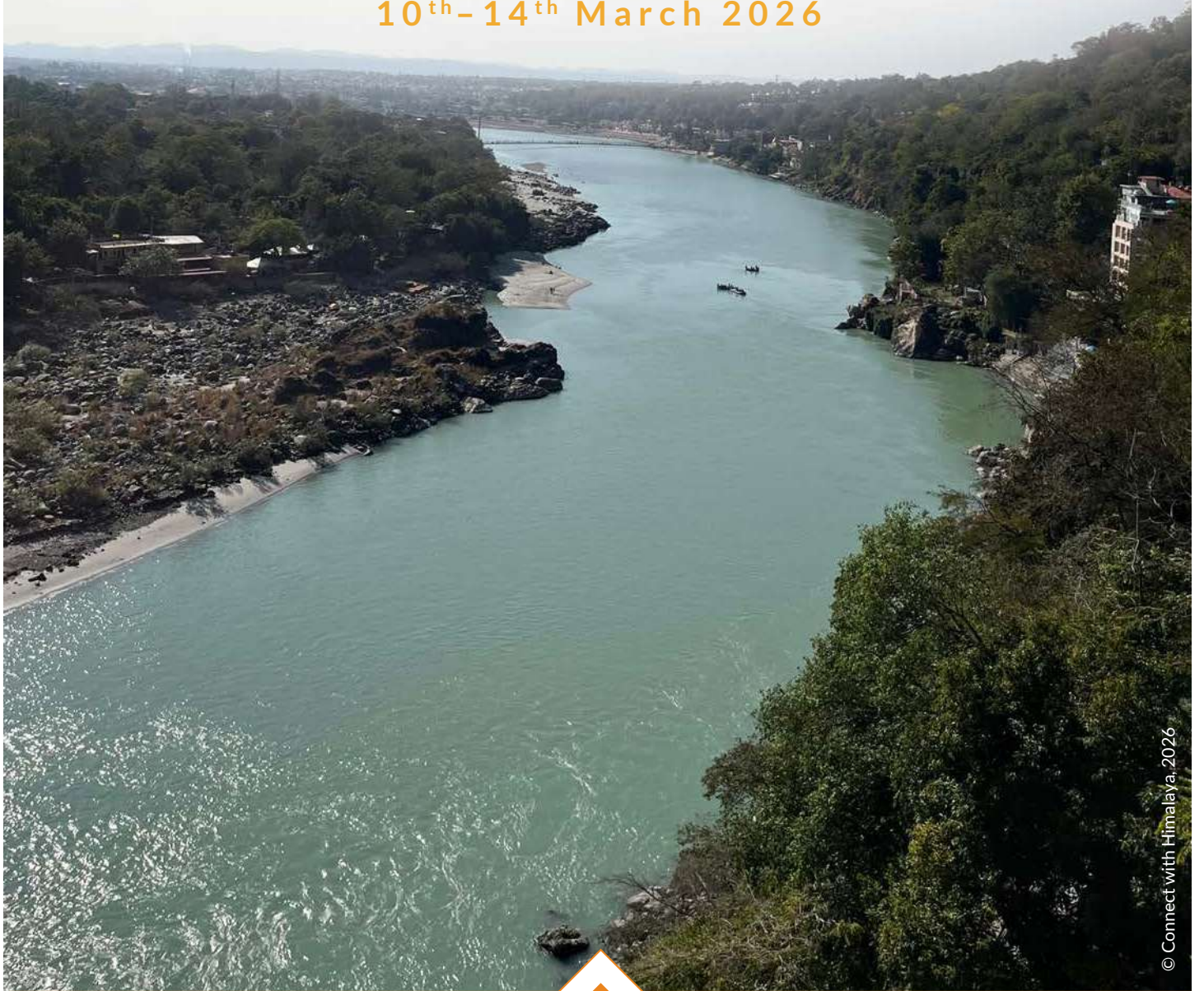


Rujuta Dinakaran

Rishikesh wellness Holiday

10th - 14th March 2026





» What is it?

Along the banks of the Ganga,
an hour upstream from Rishikesh town,
we get together to unlearn and relearn,
food, exercise and sleep gyan.

10th – 14th March, 2026

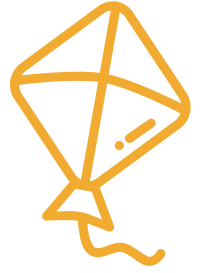
The gentle flow of the river and the cool breeze of early spring, provides a perfect setting for this very special retreat designed by Rujuta Diwekar for senior citizens. There will be structured workouts, with special focus on recovery, and learning sessions about your body and its everchanging nutritional requirements. All this while staying at the best location along the Ganga, at Taj Rishikesh. You will come back with a better understanding of your body, a sustainable daily plan, and an inner calm that only Himalaya can give.

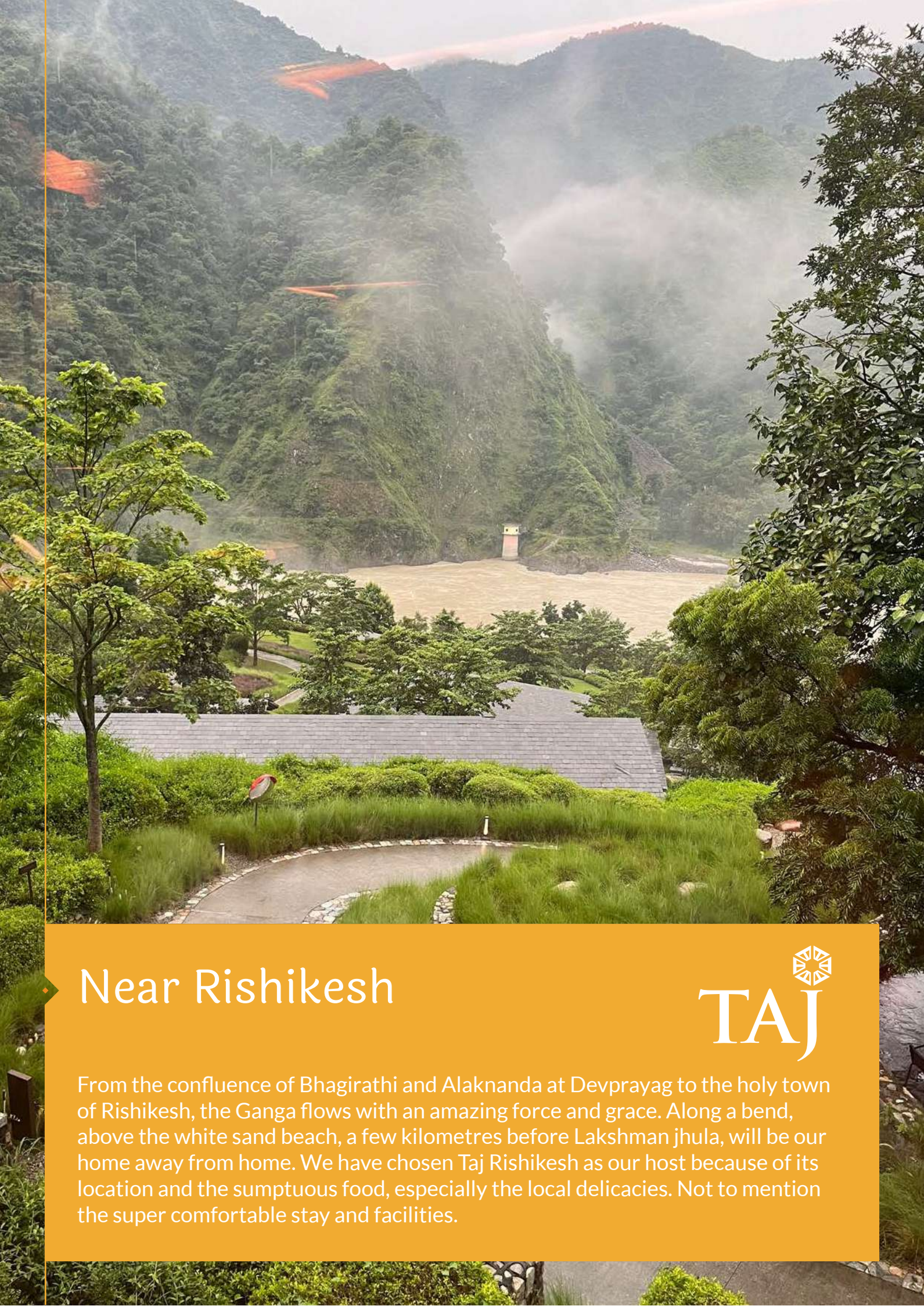
About Rujuta Diwekar



India's pre-eminent nutritionist and public health advocate, a best-selling author, a proficient Yoga practitioner, a born trekker, amongst the most sought after speakers – Rujuta dons many hats and adeptly at that. Her love for the Himalaya and passion for holistic fitness is the driving force behind this wellness retreat.

More here: www.rujutadiwekar.com





Near Rishikesh



From the confluence of Bhagirathi and Alaknanda at Devprayag to the holy town of Rishikesh, the Ganga flows with an amazing force and grace. Along a bend, above the white sand beach, a few kilometres before Lakshman jhula, will be our home away from home. We have chosen Taj Rishikesh as our host because of its location and the sumptuous food, especially the local delicacies. Not to mention the super comfortable stay and facilities.

Daily classes

The crux of the trip will be the daily learning sessions (on nutrition and recovery) and structured activities (walks, yoga, balancing, etc) with Rujuta and her team. The focus will be on imparting the right information on meal planning and daily routine, which you can bring back and implement in your day-to-day life. Rujuta will also try and answer all your questions during the daily lectures.

Itinerary:

Date	Remarks	You have to...
Tuesday 10 th March	Will pick you from Dehradun airport and drive to the hotel. Orientation in the evening.	Book your flight to Dehradun. It takes about 1.5 hours to reach the hotel.
11 th – 13 th March	We set into a daily rhythm of workout sessions and lectures. A detailed schedule with topics will be provided.	Fill up your diet and activity recall sheet. Will share the form on signing up. You will have daily free time for yourself too.
Saturday, 14 th March	Time for the return journey. We will drop you to the Dehradun airport.	Book your return flight from Dehradun.

Cost of the trip in INR:

Double occupancy	1,90,000
Single occupancy	3,10,000

Group size will be restricted to 15 and will be on first paid first in basis. Do check our '[Cancellation policy](#)'.

Online payment:

Credit/ Debit cards,
Net banking etc.

[Pay Now](#)

Bank transfer/Deposit to:

Connect with Himalaya
Axis Bank
Current A/C #: 415010200003681
IFSC: UTIB0000186



Pics from previous Retreats



About Wellness holidays

We started wellness holidays in 2011, as a sort of collab with the mountains and good food, and since then have conducted over 30 such trips.

From Darjeeling to Rishikesh to Kullu valley, these retreats are always hosted at places where me and Rujuta have been to previously on our travels and have loved the location, the food and the people.

These places are a sanctuary of calm and provide an ideal setting to absorb all the learnings from inside and outside the classroom. And encourage us to step outside our comfort zone, while staying very much in a safe zone.

Get connected:

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