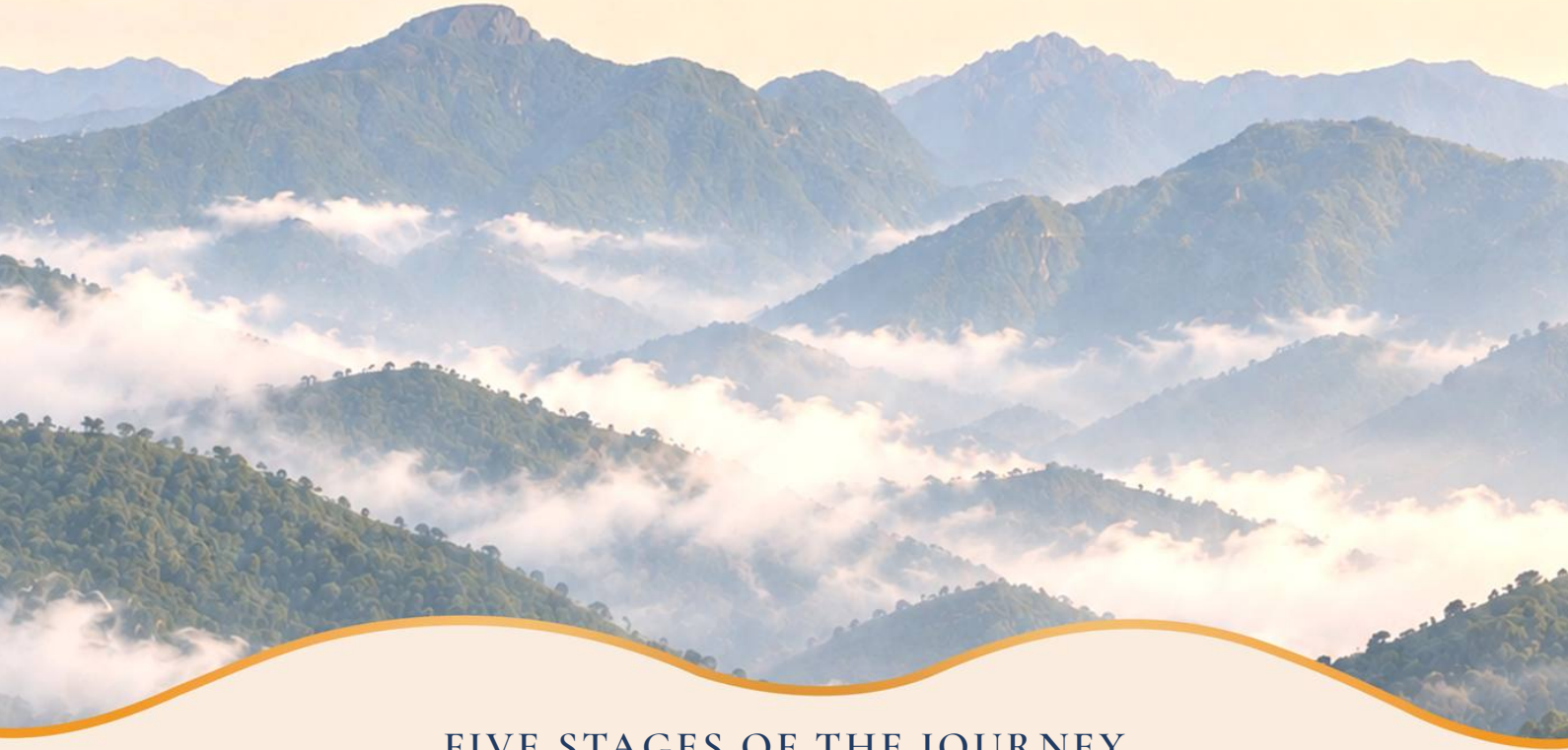
NIRVANTA™

RETURN TO SELF

A PRIVATE WELLNESS RETREAT

In the Himalayan hills above Rishikesh



FIVE STAGES OF THE JOURNEY

RESET

RECONNECT

RENEW

REFLECT

RETURN



A PLACE APART—A RETURN WITHIN

Some journeys take you somewhere new. Others bring you back to yourself.

Nestled atop an exclusive hilltop ridge overlooking Rishikesh, Nirvanta commands uninterrupted 360-degree views of the majestic Himalayan landscape. About 60 to 90 minutes from Dehradun Airport and 45 minutes from central Rishikesh, yet far removed from the noise and demands of everyday life, it creates a rare sense of space, stillness, and perspective.

Surrounded by fresh mountain air, expansive landscapes, and the quiet rhythm of nature, the entire estate is reserved exclusively for our guests during each retreat. Small cohorts and complete privacy create an intimate, unhurried sanctuary where the mind settles, the body restores, and attention returns to what truly matters.

Designed for discerning global travellers seeking more than a temporary escape, Nirvanta brings together authentic Indian wisdom and contemporary wellbeing approaches in a personal, small-group journey. From nourishing meals and restorative practices to expert guidance and mindful silence, every element is thoughtfully designed to help you rest, reflect and reconnect.

Beyond rest and renewal, Nirvanta invites you to rediscover a sense of balance, gain fresh perspectives, and embrace a more mindful way of living.



THE NIRVANTA EXPERIENCE

Four Nights. Five Days. One Return.

Your Private Space

Four nights in a premium room, single-occupancy as standard, with a private deck and mountain views. A peaceful sanctuary offering comfort, privacy, and uninterrupted rest.



Personal Wellness Check-In

Once at Nirvanta, a relaxed, personal conversation helps us better understand your lifestyle, preferences and individual priorities, creating a welcoming, comfortable and supportive retreat experience. This is a wellbeing conversation rather than a medical assessment.

Sattvic Vegetarian Cuisine

Freshly prepared delicious vegetarian meals in the Sattvic tradition, made with wholesome ingredients and an emphasis on balanced, nourishing food. We invite guests to share any dietary requirements or allergies in their pre-arrival questionnaire, allowing our kitchen team to accommodate individual needs wherever possible.

Daily Wellness Sessions

A thoughtfully curated programme for holistic well-being, including yoga, meditation, breathwork, immersive sound experiences, mindful movement and applied Vedic wisdom, guided by experienced practitioners. Each session nurtures self-awareness and inner balance, while offering practical tools you can carry into everyday life.

Private One-to-One Consultation

A private 45-minute consultation with Nirvanta's Chief Trainer & Lead Mentor, Dr. Rakeshgiri Goswami Ji, offering dedicated time to explore your personal wellbeing priorities, lifestyle concerns and aspirations. Receive thoughtful guidance and practical insights to support a more balanced approach to everyday living.

Nature Walk & Mindful Silence

A gentle guided walk through the surrounding Himalayan hills, combining mindful breathing, sensory awareness and moments of quiet reflection —inviting you to reconnect with nature and rediscover the value of stillness.

An Intimate Group Experience

With only eight to ten guests, each retreat remains small enough for every voice to be heard and every guest to feel truly seen.

Himalayan Village Walk & Garhwali Home Visit

Wander through a traditional Himalayan village on a guided walk, followed by a visit to a local Garhwali home. Experience genuine mountain hospitality, learn about regional customs and daily life, and gain a deeper appreciation for the culture and rhythm of mountain living.

Private Aarti & Diya Lighting Ceremony at the Estate

As evening descends over the Himalayas, join an intimate, traditional Aarti with gentle mantra chanting and the warm glow of oil lamps. Guests are welcome to take part or simply observe. An optional diya-lighting ritual invites quiet reflection on gratitude and your own inner light.

Complimentary One-Way Group Transfer

Enjoy a complimentary one-way group arrival transfer from Delhi or Dehradun Airport on Day One, with scheduled pickup windows confirmed approximately seven days before the retreat. As transfers are shared, a short waiting period may be required. Return transfers can be arranged on request at an additional cost.

The Retreat Ends. The Journey Continues.

Your Nirvanta journey continues with one group online follow-up session, scheduled approximately one week after the retreat. This offers an opportunity to revisit key learnings, ask questions and explore ways to integrate meaningful practices into everyday life.



THE PEOPLE BEHIND NIRVANTA

Extraordinary minds. Compassionate guidance. Meaningful change.



Dr. Rakeshgiri Goswami Ji

CHIEF TRAINER & LEAD MENTOR

A distinguished Yoga Grandmaster with over 35 years of practice, research, and teaching experience, Dr. Rakeshgiri Goswami Ji combines traditional yogic wisdom, academic knowledge, and international expertise. Serving on the International Boards of Directors of Yoga Alliance International, the World Yoga Federation, and Meditation Alliance International, he has contributed to advancing yogic sciences and mindfulness education globally.

Creator of the Prana Flow Series, the 3B Model (Brain–Breath–Body) and the Yogic Aristotle Model, he brings together traditional yogic philosophy, mindful movement, breath awareness and contemporary approaches to wellbeing.

At Nirvanta, Dr. Rakeshgiri Goswami Ji guides the five-day journey through breathwork, reflective practices, mindful self-exploration, and guided sessions.



Swami Shivender Nagar Ji

BHAGAVAD GITA & VEDANTA SCHOLAR

A distinguished Bhagavad Gita and Vedanta scholar with decades of international teaching experience, Swami Shivender Nagar Ji is known for his eloquent discourses and ability to make profound philosophical teachings accessible to diverse audiences across India and abroad.

At Nirvanta, his sessions explore how timeless ideas from the Bhagavad Gita and Vedanta may be understood and applied in contemporary life. Through meaningful reflection and accessible discussions, guests are invited to consider themes such as self-awareness, purposeful action, emotional balance, and inner peace.



Joshan Kotnala Ji

SOUND MEDITATION SPECIALIST

With over 20 years of yogic practice and nine years of teaching experience, Joshan Ji has guided hundreds of students from the USA, UK, Europe, China, and Korea. Rooted in Himalayan traditions, he specialises in singing-bowl practices, multi- instrument sound baths, sound-based meditation, and breath awareness.

At Nirvanta, Joshan Ji creates immersive sound experiences intended to encourage relaxation, present-moment awareness, and inner stillness. His sessions offer guests a gentle opportunity to step away from habitual thought patterns and reconnect with the restorative experience of quiet attention.

THE FIVE STAGES OF THE JOURNEY

Arrive with the noise of the world. Leave with space within.

Over five days, experience a thoughtfully curated journey through five stages: Reset, Reconnect, Renew, Reflect, and Return. Blending ancient yogic wisdom with contemporary wellbeing practices, each stage offers meaningful experiences, space for self-awareness, and practical tools you can take home.



STAGE 01

RESET

Release what has accumulated and restore inner balance.

EXPLORE

- Understanding Stress & Recovery
- Why We Need to Slow Down
- Somatic Awareness & Mindful
- Presence Deep Rest & Yoga Nidra



STAGE 02

RECONNECT

Return to the intelligence of the breath, body, and present moment.

EXPLORE

- The Brain–Breath–Body Connection
- Nervous System Reset & Regulation
- Emotional Balance & Inner Stability
- Rejuvenation Kriya
- Sound Meditation & Deep Relaxation



STAGE 03

RENEW

Restore vitality through timeless principles of wellbeing.

EXPLORE

- Naturopathy & Everyday Living
- Prana, Vitality & Everyday Wellbeing
- The Five Dimensions of Holistic Wellbeing
- Himalayan Nature Immersion
- Vedic Havan & Mantra Chanting



STAGE 04

REFLECT

Create space for wisdom, perspective, and a deeper understanding of life.

EXPLORE

- Bhagavad Gita for Modern Living
- Applied Vedic Wisdom
- Self-Reflection & Mindful Inquiry
- Himalayan Village Walk & Garhwali Cultural Connection
- Living with Greater Clarity & Purpose



STAGE 05

RETURN

Carry the experience beyond the retreat and into everyday life.

EXPLORE

- Integration of Core Practices
- Mindful Daily Routines
- Practical Tools for Resilience
- Sustainable Wellbeing

A MESSAGE FROM THE FOUNDER

The heart behind Nirvanta.

Dear Guest,

For over two decades, I have worked in an international business environment, closely engaging with senior executives and C-suite leaders across the UK, Europe, Canada and Australia. Over the years, I witnessed the relentless pace of modern professional life—constant demands, growing responsibilities and the toll they can take on personal wellbeing. Having lived through many of these demands myself, I began to wonder whether there was a better way to navigate everyday life.

That search led me to explore meditation, breathwork and traditional Indian wellbeing practices. I undertook intensive training and began incorporating these practices into my daily routine. The difference was profound—a greater sense of calm, clarity and balance, even amidst the demands of professional life.

What I discovered made me realise that the need to slow down, reconnect with ourselves and find a sense of inner peace extends far beyond professions or geographical boundaries. I wanted more people to have the opportunity to explore these practices and discover their potential benefits.

That is how Nirvanta began—a desire to share what had made such a difference in my own life. Set amidst the tranquillity of the Himalayas, Nirvanta brings together experienced mentors, time-honoured wisdom and a nurturing environment where guests can pause, reflect and reconnect. We do not promise quick fixes or overnight transformations, but rather the space and guidance for meaningful change to begin.

Sometimes, a little stillness can bring clarity. A little reflection can shift our perspective. And a few days away from everyday demands can inspire a healthier, more conscious way of living.

My greatest hope is that you leave Nirvanta with more than memories: a deeper connection with yourself.

With warmth and gratitude,

Pratik Nanavati

Pratik Nanavati
FOUNDER, NIRVANTA



A PLACE BEYOND THE ORDINARY

Actual photographs of the Nirvanta estate.



The estate on the ridge



Entrance



Room



View from Balcony



Indoor Yoga Hall



Mountain View Deck



Coffee Zone



Outdoor Activity Area



Relaxing Zone

NIRVANTA™

RETURN TO SELF

Get in Touch

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LINKEDIN
pratiknirvanta

Visit Us

WEBSITE
www.nirvanta.in

ADDRESS
Chamba – Tehri Rd, Narendra Nagar,
Rishikesh, Uttarakhand 249175, India

IMPORTANT GUEST INFORMATION

1. **Retreat Dates, Cost & Booking**
For retreat pricing, inclusions, booking procedures and payment details, please visit **www.nirvanta.in/booking**. To explore the retreat property, accommodation, other facilities and surroundings, visit **www.nirvanta.in/gallery**

2. **Wellness, Not Medical Treatment**
Nirvanta offers wellness and educational experiences, not medical or psychological treatment. Our programmes are not a substitute for professional medical advice, diagnosis or treatment.

3. **Individual Experiences**
Every guest's journey is unique. Experiences and benefits may vary.

4. **Health & Wellbeing Considerations**
All guests are required to complete a confidential health and wellbeing questionnaire before arrival. Certain practices may not be suitable for everyone. Guests with medical conditions or concerns may consult their healthcare professional before booking. Nirvanta may recommend adjustments to participation where necessary for safety.

5. **Travel Insurance**
Comprehensive travel insurance, including emergency medical cover and emergency evacuation, is mandatory for all guests. Proof of cover may be requested before arrival.

6. **Freedom to Participate**
Participation in all sessions and spiritual practices, including Aarti, Havan and mantra chanting, is entirely optional. These experiences are offered in a welcoming, non-denominational spirit.

7. **Programme Flexibility**
The retreat programme, mentors and schedule may be adjusted due to weather, safety or operational considerations.

8. **Airport Transfers & Travel Arrangements**
Complimentary shared arrival transfers are provided from Delhi or Dehradun Airport on Day One, subject to scheduled pickup windows confirmed approximately seven days before arrival. Shared transfers may involve waiting. Private and return transfers are available on request at an additional cost.

9. **Booking Terms & Guest Policies**
All bookings are subject to Nirvanta's Booking Terms, Cancellation & Refund Policy, Privacy Policy and other applicable guest policies. Please review these at **www.nirvanta.in/policiesandterms** before booking.

10. **Health, Safety & Personal Responsibility**
Guests participate in retreat activities and use arranged transfers at their own discretion, taking into account their health, fitness and personal limitations. Guests are expected to follow safety instructions and promptly inform our team of any health concerns or discomfort. To the extent permitted by applicable law, Nirvanta, its management, mentors and staff shall not be liable for personal illness, injury, accidents, loss or damage arising during the retreat or associated transfers, except where caused by negligence or where liability cannot lawfully be excluded.