



SCHOOL OF HATHA YOGA
IN THE HIMALAYAS

Wellness Program 2026





Details @

[Wellness Program](#)



School of Hatha Yoga

A residential training centre rooted in ancient yogic scriptures, where yoga is lived as a holistic disciplined life. Set on a peaceful 3-acre campus near Dehradun city, Open to practitioners aged 16–80, the Wellness Program include traditional practices, a guided body-cleansing process for both personal transformation and career excellence.

Wellness Program Structure:

Guided by Yogacharya Yogender, a Government-certified Yoga Master with over 10 years of experience, the program includes:

- * Traditional Asana practice
- * Pranayama for nervous system balance
- * Meditation and Yoga Nidra
- * Shatkarma (cleansing techniques)
- * Havan and Karma Yoga
- * Practical yogic philosophy

Each element is carefully integrated to help you build sustainable habits for lifelong well-being.



A Sacred Path to Inner Balance & Well-Being

At School of Hatha Yoga, we live and teach yoga as a holistic path — not merely as physical exercise. Our Wellness Program in Dehradun is rooted in ancient yogic scriptures and traditional practices. Here, asanas are sacred disciplines, pranayama is inner purification, and meditation is a gateway to self-awareness.



3-Acre Hill Forest Campus

Reclaim energy by
being in the lap of
the mother nature.



Govt. Certified Teachers

Our teachers are
certified nationally &
internationally.



10,000+ Teaching Hours

In classical yoga,
meditation & yogic
sciences.



4.9★ Users Reviews on Google

Highly rated on
Google by students
trained with us.



Near Rishikesh & Dehradun

Well connected with
Rishikesh &
Dehradun.

Feeling Stressed, Burned Out, or Disconnected?

You are not alone if you are facing Corporate burnout, Digital overload,
Sleep issues, Anxiety or Loss of clarity



Physical: Daily Disciplined Authentic Yogic Practices

Reclaim energy and focus
through mindful movement
and better rest.



Mental: Living With The Teachings, Not Just Learning

Train your mind to stay
calm, centred, and clear
under pressure.



Emotional: Observe The Self Through Routine, Silence & Effort

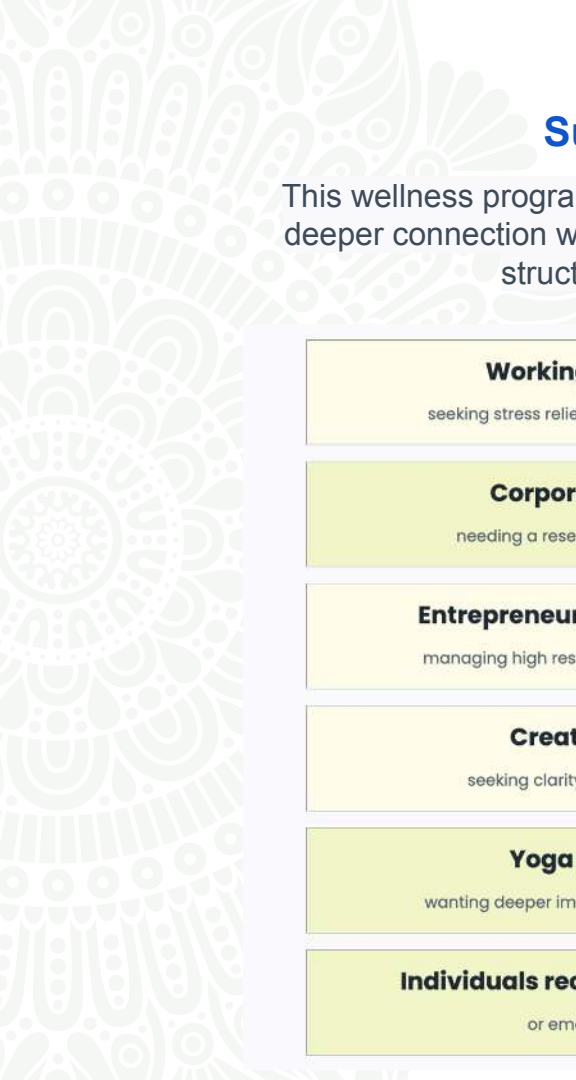
Build resilience, empathy, and
the ability to handle stress
gracefully.



Spiritual: Discover Meaning & Purpose Of Your Life

Learn to stay centred with
practice of Mindful Living for
your spiritual growth.

Because true happiness isn't found in escaping the world — it's in **becoming one with the nature within and without.**



A must for modern life

Suitable for Beginners & Experienced alike

This wellness program is designed for anyone seeking physical restoration, mental clarity, and a deeper connection with life. Whether you are new to yoga or have been practicing for years, the structured and supportive environment makes it accessible to all.

Working professionals

seeking stress relief and nervous system balance

Spiritual seekers

exploring meditation and yogic philosophy

Corporate employees

needing a reset from fast-paced lifestyles

Beginners

curious about experiencing authentic traditional Hatha Yoga

Entrepreneurs & business owners

managing high responsibility and decision fatigue

Individuals facing life transitions

(career shifts, relocation, personal change)

Creatives & artists

seeking clarity and renewed inspiration

Retirees

looking for structured, healthy living in a peaceful environment

Yoga practitioners

wanting deeper immersion beyond studio classes

Digital nomads and remote workers

wanting balance and routine

Individuals recovering from burnout

or emotional exhaustion

International travellers

seeking an authentic yogaretreat in

Wellness Program:

Enhance your well-being and quality of life.

Our Wellness Programs are tailored to your wishes and needs to establish a connection with your own self, to experience the intangible potential of the inner being. It has been designed for physical health and mental well being.

Special offers

- Excursions to spiritual places like Gangotri, Rishikesh and Haridwar



Wellness Program – Schedule	
Time	Activity
6:45 AM	Morning (Herbal) Tea
7:15 AM	Havan: A havan is a ceremony that involves worship through the use of a sacred fire. It is a ritual offerings such as grains and ghee to the sacred fire, which is held to mark a special occasions.
8:00 AM	Asanas: Different basic poses or asanas are much more than just stretching. They open the energy channels, chakras and psychic centers of the body while increasing flexibility of the spine, strengthening bones and stimulating the circulatory and immune systems. (everyday different classes of asanas for 60 minutes))
9:00 AM	Pranayam:
10:00 AM	Fruits Breakfast
10:30 AM	Brunch
11:00 AM	Seva/Karma: It is selfless service, Seva is a Sanskrit word meaning selfless service, and perhaps considered the most important part of any spiritual practice. It lies at the heart of the path of karma yoga—selfless action—and asks us to serve others with no expectation of outcome. (For 60 minutes daily)
1:15 PM	Yoga Nidra: Yoga nidra', variously meaning 'yogic sleep', 'psychic sleep', or 'sleeping consciously', is a meditative procedure whose goal is to transform the mind and body. The name 'yoga nidra' derives from two Sanskrit words: 'yoga,' which means union, and 'nidra,' which means sleep.
2:00 PM	Tea
3:30 PM	Asanas: As per the School of Hatha Yoga ancient traditions.
5:30 PM	Nature Walk.
6:30 PM	Satvik Dinner: The Satvik diet we offer includes: Freshly prepared vegetarian food. Light, easily digestible grains, pulses, vegetables, and dairy.
8:00 PM	Meditation Practice
9:30 PM	Milk
10:00 PM	Lights Off
Schedule is likely to be changed according to weather conditions or different seasons but practices will remain same.	

COST IS MORE PRICE IS LESS

Prevention is better
than cure

All Inclusive – Classes, Stay, Meals

A STRUCTURED, IMMERSIVE JOURNEY

How the Program Actually Unfold?

We know you're busy — that's why *School Of Hatha Yoga* has built this one week concise but intense breakaway for you. Start with a small step, and watch your personality and career grow with clarity and joy naturally.

1

Join

Register and join the program built with the foundation of authentic traditional Yogic lineage.

2

Relax

Step into calm and growth with our immersive wellness program in the Himalayas.

3

Rejuvenate

Our wellness program trains you to remain centred in the midst of your working life.

Wellness Program – Indian Passport Holders

Room Type	Total	Per Person	Currency
Tree House (Three persons)	12,000	4,000	INR
Tree House (Two persons)	10,000	5,000	INR
Tree House (Single use)	8,000		INR
Double Bed Room (Two persons)	7,000	3,500	INR
Double Bed Room (Single use)	5,500		INR
Family Room (Three persons)	10,500	3,500	INR
Family Room (Two persons)	8,400	4,200	INR
Family Room (Single use)	6,500		INR
Dormitory (One bed)	2,200		INR

Wellness Program – International Passport Holders

Room Type	Total	Per Person	Currency
Tree House (Three persons)	150	50	USD
Tree House (Two persons)	120	60	USD
Tree House (Single use)	100		USD
Double Bed Room (Two persons)	100	50	USD
Double Bed Room (Single use)	70		USD
Family Room (Three persons)	150	50	USD
Family Room (Two persons)	140	70	USD
Family Room (Single use)	90		USD
Dormitory (One bed)	35		USD

Our Teachers:

Meet the yogies having established their authority in Shat Karmas, Asanas, Paranyama, Mudras and Bhandas, Yoga Nidra, and Meditation, with decades of experience teaching classical yoga, meditation, and yogic sciences.



Meenakshi Ji

Meenakshi Subramanyan is an alternate medicine healer, certified Yoga teacher and evaluator. With a technology background after a Masters in Computer Science she has transitioned into an all round healer focused on Whole Food Plant based nutrition. She teaches Anatomy and Physiology.



Mohan Ji

A Himalayan sannyasi and practitioner of Yoga and Vedanta, Mohan Ji lives in an ashram near the Ganga and brings deep experience in classical yoga, Vedanta, Sanskrit, and the Bhagavad Gita to his teaching.



Swami Tyagrajananda Saraswati Ji

A senior yoga master of the Satyananda–Bihar Yoga tradition and an initiated Sanyasa teacher, Swami Tyagrajananda Saraswati has decades of experience teaching classical yoga, meditation, and yogic sciences, and has led advanced trainings across premier academic institutions, government bodies, and public organizations in India.



Yogender Ji

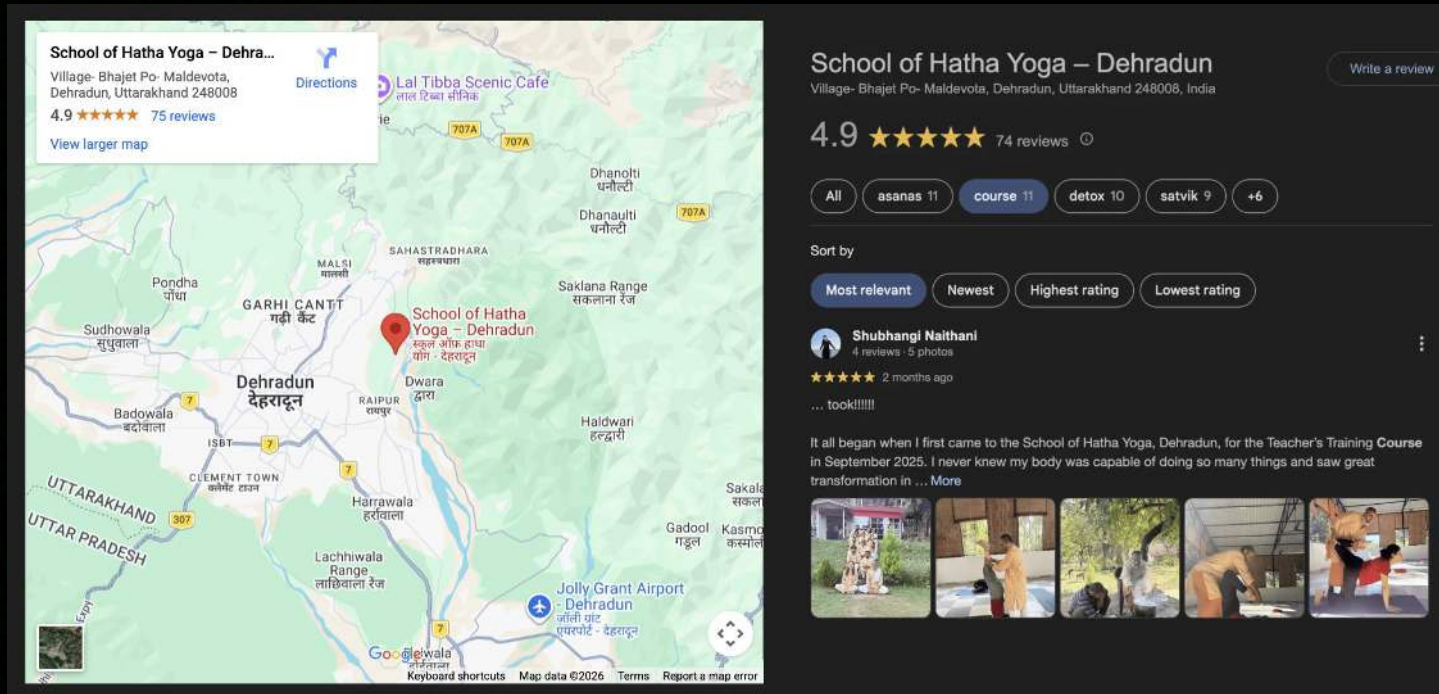
Yogender Singh is the Operational Director and lead trainer of the School of Hatha Yoga, a Government of India–certified Yoga Master with over 10 years and 10,000+ teaching hours of experience, specializing in traditional Hatha Yoga practices rooted in the lineage of Swami Shivananda and the Bihar School of Yoga.

Our Programs:

- Yoga Teacher Training Course (TTC) (200 Hours | 28 Days)
- Advanced Yoga Teacher Training (ATTTC) (300 Hours | 28 Days)
- Weight loss Program;
- Wellness Program
- Detox Program;
- Parents and kids Yoga Meet;
- Kids/teens Yoga Camp;

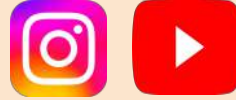
Trusted by Our Students

Rated 4.9★ on Google by students who have lived, practiced, and trained with us.



Visit

Wellness Program



Apply Now



Contact

+91 8950453007

+91 7015561339



Location:

10 km away from Dehradun City, deep in the forest area.

Yoga School Facilities:

Set on a peaceful 3-acre campus, the school offers dedicated Yoga Halls, Dining Hall, comfortable Cottages and Dormitories, and freshly prepared sattvic yogic meals to support focused practice and inner balance.

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