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Francesca Marchi School of Yoga

tradition satyanandayoga

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INDIA 2026

RISHIKESH AND HIMALAYAN VALLEYS

YOGA & SACRED MOUNTAINS

Spiritual Journeys

EPIPHANY 2026

Jan. 2-18

SHORT / LONG VACATION

INDIA

Reach out your hands and say "Namasté."

It means "I honor in you the place where the entire Universe resides.

If you are in that place in you, and I am in that place in me, we are one

Jan. 2-11

RISHIKESH

&

MANALI and PARVATI VALLEY

Jan. 12-18

Bihar School of Yoga

RIKHYAPEETH ASHRAM

satyananda yoga tradition

"Ashram life"

RESERVATIONS

by JULY 5, 2025

SPECIAL OFFER "CHRISTMAS

GIFT"

RESERVATIONS BY DECEMBER 31

see costs and how to book at the bottom of
the page

We are pleased to invite you

To a Retreat on the Path together in this amazing Land.

a Route on the Road that will take us to make a few stops at some places that are highly charged with spiritual energy and linked to the very ancient tradition of Yoga.

A Path to be lived together, step by step with humility and an open heart, in silence and listening to the oldest spiritual Philosophy of Humanity

handed down from millennia to the present by the Great Masters of Tradition,

to answer the questions that have always plagued the soul of the human being "Who are we? What is Happiness? How to become free from Suffering?"

DEDICATED

To our guru Sri Swami Satyananda Saraswati who continues to inspire and guide us on our Spiritual Path

and to the Satyananda Yoga tradition,

Born here, along the banks of the Divine Mother Ganga,

from the teachings and dream of Swami Shivananda Saraswati who

initiated Swami Satyananda Saraswati into the secrets of Yoga.

WHAT WILL WE DO?

A Yoga Retreat in Rishikesh with Francesca,

Visit to Shivananda Ashram, home of the Divine Life Society, 1st pillar of Swami Shivananda's new vision of Yoga.

Aarhi at sunset

(the ancient Prayer with devotional songs offered to the Ganges)

An itinerant Retreat to discover Manali and Daramshala, fascinating sacred pilgrimage sites

and Nature Sanctuaries,

accompanied by Yoga, Meditation, Philosophy

and conclusion days at Rikyapeeth Ashram to understand Yoga as a Lifestyle

to whom is it addressed?

Certainly to those who have been practicing yoga for a long time but also to those who have not practiced and have been thinking about the
India

as long as he sets out with the right spirit and attitude.

The Pathway will be led by Francesca Marchi

Sannyasin Sivapuri since 1985 from the satyananda yoga tradition

HIMALAYAN VALLEYS

among valleys, mountains and the great rivers sacred places of pilgrimage since time immemorial

RISHIKESH

"Gateway to the Himalayas" and "Yoga Capital of the World."

In northern India precisely in the northern part of the state of Uttarakhand, nestled at the foot of the Himalayas on the banks of the sacred Ganges River lies Rishikesh,

Blessed by Vishnu and bathed by the waters of the Ganges River, it is a celebrated pilgrimage destination and is considered one of the holiest places for Hindus. Faithful people of all castes have visited Rishikesh since ancient times to meditate in search of higher knowledge, and even today thousands of people come to this city, inexorably drawn by its allure.

The etymology of the name Rishikesh has several interpretations.

comes from Rishi, meaning "seer," and was the name given to monks who lived in caves in the surrounding hills, considered holy men who had received revelation from the Vedas (sacred Hindu scriptures).

Because of its deep religious significance, Hindu precepts are strictly observed in Rishikesh, much more so than in other cities, and both non-vegetarian food and alcohol are in fact forbidden by law. Tourists are also naturally required to abide by these laws and consequently, the culture of the place.

Every year the city hosts the International Yoga Festival, which has been celebrated during the first week of March since 1989.

RISHIKESH: THE NATURAL BEAUTY

From a natural standpoint, Rishikesh is a jewel of a city, nestled between the Himalayan mountains, bisected by the Ganges River, on whose banks the faithful perform their ritual ablutions. Throughout time, Rishikesh has remained true to itself and to the millennia-old tradition it cherishes.

In Rishikesh one discovers another India. Here traffic and hustle and bustle are but a memory, the air is clean, nature disruptive, and even the Ganges, in this early part, is clear and clean.

In addition to the many Ghats for ablutions and religious rituals, the Ganges is kissed by several small beaches where bathing is possible.

It is a common belief that a bath in the Ganges washes away sins, helping the soul achieve eternal peace after death. Of the many places bathed by its waters, the three main and most sacred are Rishikesh, Haridwar, and Varanasi. In these three cities, at sunrise and sunset, the Ganga Aarti, a ritual of light and sound, is celebrated, with priests twirling lanterns

fiery, while reciting prayers and mantras. It is a very evocative and engaging event, even for non-believers.

RISHIKESH YOGA AND ASHRAM

Those who choose to visit are often seeking contact with deep spirituality, a new way to understand the world and their own selves, as well as meditation and yoga.

In Rishikesh, spirituality is in the air, it is part of daily life, and this is evident from the atmosphere that envelops the city: whether you are Hindu, Catholic or agnostic, you will not be able to remain indifferent to the magic of this place.

Home to hundreds of internationally renowned ashrams, but its soul remains the Swami Sivananda Saraswati Ashram home of the Divine Life Society that winds all along the left bank of the Ganges.

Numerous daily trekking routes depart from Rishikesh to places steeped in nature and sacredness.

OUR RESIDENCE IN RISHIKESH

TERRAKOTTA HOTEL 4*

BODY-MIND-SOUL

A mindful retreat nestled in the heart of Rishikesh

www.terrakottarishikesh.com

MANALI & PARVATI VALLEY

"It is always the same with mountains. Once you live with them for a certain period of time, you belong to them. There is no escape." - Ruskin bond.

Hindu legend has it that the mythical character Manu, who survived the universal flood, *recreated* humankind in this very city in the Kullu Valley.

Surrounded by snow-capped mountains, Manali is one of India's *most* famous hill stations.

This tourist town is an ideal place to relax, with mesmerizing views of abundant natural beauty.

Located among the forests of Dhungiri Van Vihar, the Hadimba Temple of great importance to *Hindu* pilgrims as it is dedicated to Hidimba Devi, the wife of Bhima who was one of the 5 brothers, in the Indian epic Mahabharata.

A look at Old Manali that has a charm all its own and a

spiritual experience at the

Manali Gompa

Monks at Gompa Monastery preach nonviolence and peace and welcome tourists from all over to meditate with them.

the Himachal Emporium

Tibetan and Bhuttico market are recommended to buy winter products such as wool, linen, Kullu shawls and pashminas.

A dip in the Sacred Springs at Vasisth

a few kilometers from the main town, visit the Vashisht temple. This temple is *more than* 4,000 years old and is dedicated to Rishi Vashisht, The temple is adorned with magnificent architecture, carvings and paintings, but the highlight is the hot spring that is visited by many!

Manali is also relaxing in famous cafes

wandering around the best areas of Manali might leave you breathless, settle down in some nice cafes here and enjoy the atmosphere of the city.

Manali is Trekking

"In every walk with nature you receive *more* than you seek" - John Muir.

Renewing oneself at Manikaran Sahib's Gurudwara

located only 80 km from Manali is Manikaran, is a religious site that receives countless devotees of both religions of Sikhism and Hinduism.

Manikaran is not only famous for its Gurudwara, but also for the Ramchandra temple.

The beauty of the Sikh temple is that there is a natural steam bath inside its premises. In addition, the food served in the langar is full of love and free for all who enter here.

A bath in these hot springs and a meal in the langar are very rejuvenating for all who seek refuge in its holy presence.

and...Skiing in Solang Valley

It would be incomplete if I visited Manali without getting hit by a snowball in the face! Manali is one of the best places to ski in India.

OUR RESIDENCE IN MANALI

Palchan Hotel & Spa 5*

a member of Radisson Individual Retreats

www.radissonhotels.com

BIHAR SCHOOL OF YOGA

Ganga Darshan and Rikhyapeeth

Ashram "Ashram Life."

A week visiting and residing at 2 *of the most* important ashrams in the world, Ganga Darshan home of the Bihar School of Yoga, founded by Paramahansa Satyananda Saraswati in 1963 and later home

Bihar Yoga University.

A priceless jewel of contemporary Yoga in every aspect, from scientific research, to the training of sannyasins, from the work of Yoga for every sector of society, to the study of Yoga in every aspect

theoretical, practical and philosophical.

From 1993 to the present day under the leadership of his successor Swami Niranjanananda Saraswati Rikhyapeeth Ashram is the place the "Tapowan Bhumi" that Paramahansaji chose in 1989 where he lived and realized the last part of his physical existence devoting himself to his realization

spiritual and asking the whole world to understand and realize the deeper essence of Yoga:

Bakti unconditional love toward every being in the 'Universe, totally donating the fruits of this great Work to the village of Rikhya

And all its neighbors.

Rikhyapeeth Ashram is a large Ashram where you go to perform Seva, offer yourself entirely for this thought

With the guidance of Swami Satsangananda Saraswati.

An important Occasion to embrace the message of Yoga especially through Lifestyle and Seva, Satsang and Moments of Deep Spirituality

In the presence of 2 great spiritual leaders of the moment.

Ashram Life Week is especially aimed at those who are seeking this and should not be forced.

An optional Week that you can add to the previous week but only if you want to have this experience.

This week is not offered individually but only as a continuation of the previous Route, Rishikesh & Manali.

IN ORDER TO OFFER EVERYONE A GOOD EXPERIENCE AND ABOVE ALL WHAT YOU ARE
LOOKING FOR WE OFFER YOU A
FREE
WEBINAR
TO MEET ONLINE (OR ONSITE)
AND GIVE ANSWERS TO ALL YOUR QUESTIONS GIVEN
SUNDAY, MARCH 2
6-8 PM
WEBINAR REGISTRATIONS MAX BY FEBRUARY 15

PROGRAM 1

Jan. 2-11

(9 nights/10 days)

Jan. 2-6

RISHIKESH

Jan. 6-10

MANALS

January 11

New Delhi

departure and return home

PROGRAM 2

Previous program + January 12-18

Ganga Darshan-Rikhyapeeth Ashram

January 18

Delhi-departure and return

COSTS

JANUARY 2-11.

single room €1990

shared double room €1790 shared

triple room €1750

shared quadruple room €1690

JANUARY 12-18

Rikhyapeeth Ashram

Bihar School of Yoga €1080

THE COST INCLUDES

Jan. 2-11

RISHIKESH & MANALI

Yoga Program with Francesca

(in the morning and/or evening at times to be synchronized with the schedule and travel)

RISHIKESH TERRAKOTTA HOTEL 4*+ 1st breakfast+dinner

MANALI PALCHAN HOTEL 5*+1 Breakfast

Rishikesh/Manali/Delhi flights

cabs and vehicles

(For communal travel on travel days)

any guides (if necessary)

Jan. 12-18

BIHAR SCHOOL OF YOGA

Ashram life and planned activities.

Stay in shared rooms and meals in Ashram

Manali/Deoghar/Delhi flights

airport taxi/ashram a/r

COST DOES NOT INCLUDE:

international flight

insurance (recommended)

lunches/dinners

extra means/rickshaw/taxi

dinner supplement

MODE OF RESERVATION AND PAYMENT

TOTAL FEE CAN BE DIVIDED INTO 3-5 INSTALLMENTS UPON REQUEST

AND ON DATES TO BE MUTUALLY AGREED UPON

1ST INSTALLMENT €500 MAX BY JULY 5

BALANCE MAX BY NOVEMBER 15

VISAS AND AIRLINE TICKETS

tourist visas must be applied for at the Indian Embassy within 2 months before departure.

See all info on the Indian Embassy website.

AIRLINES FLIGHTS.

It is highly recommended to purchase flights in advance to get the best rates

Add flight insurance and date change if needed,

there are also excellent direct flights to New Delhi at slightly higher cost but very convenient (about 7 hours - €700 round trip),

otherwise with a stopover at major European airports you will have a lower cost (about €400- 600 round trip).

ASK FOR INFO

Reservations

To participate in the Residential Yoga Programs you must :

fill out the appropriate registration form at our Yoga School

Amateur Sports Association and Social and Cultural Promotion Organization

CSEN affiliated

+1ST DEPOSIT FEE €500

by bank transfer

Transfer details will be sent to you at the time of booking

By sending a copy to:

francescamarchiyoga@gmail.com

Text or whatsapp to 3480806129

The balance must be paid by bank transfer no later than

30 days prior to your arrival.

IN CASE OF CANCELLATION

In case of cancellation within 30 days before departure for justified reasons

THE SHARE OF THE DEPOSIT

WILL BE REIMBURSED WITH A VOUCHER VALID FOR 12 MONTHS TO BE USED FOR ANOTHER YOGA RETREAT OF EQUAL OR GREATER AMOUNT.

In case of cancellation in the 30 days before departure for justified reasons

50% OF THE TOTAL BALANCE FEE WILL BE REFUNDED

WITH A VOUCHER VALID FOR 12 MONTHS TO BE USED FOR ANOTHER YOGA RETREAT OF EQUAL OR GREATER AMOUNT.

We are at your disposal for any inquiries or clarifications and facilitate your reservations.

BOOK NOW

EVENT REGISTRATION FORM

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Ancona

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