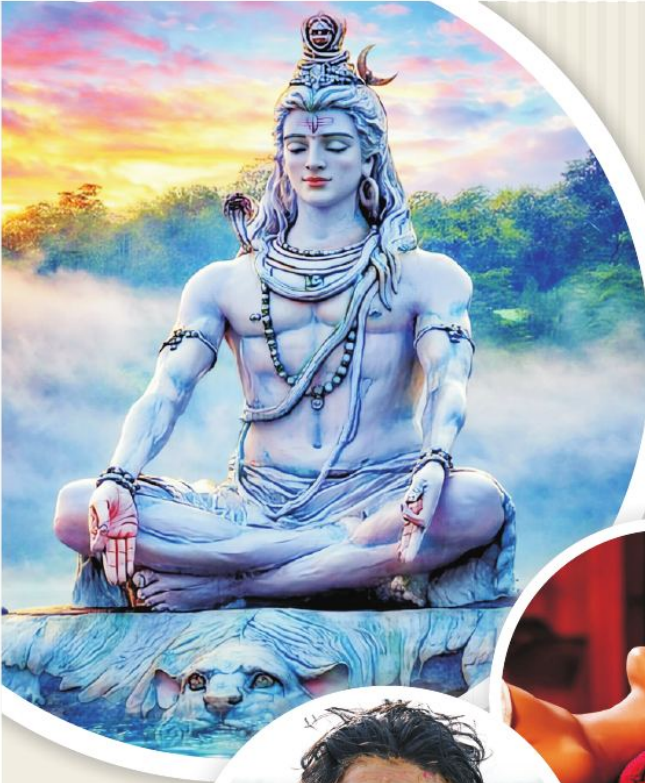




Yan Cure

YOGA RETREAT & AYURVEDA CENTER

हिताहितं सुखं दुःखमायुस्तस्य हिताहितम्।
मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते॥



Ayurveda Consultation



Yoga & Meditation



Naturopathy



Panchakarma



Acupressure Treatment



Massage Therapy



Cupping Therapy



Yagya & Mantra Therapy

Are you suffering from

Diabetes

High BP Skin problem

Body Weight Mental Stress

GASTROINTESTINAL

and many such diseases?

IRREGULAR LIFESTYLE

UNHEALTHY DIET

STRESSFUL ENVIRONMENT

Are you suffering with diseases caused by these lifestyle problems?

Do you wish to eliminate diseases from its root cause?

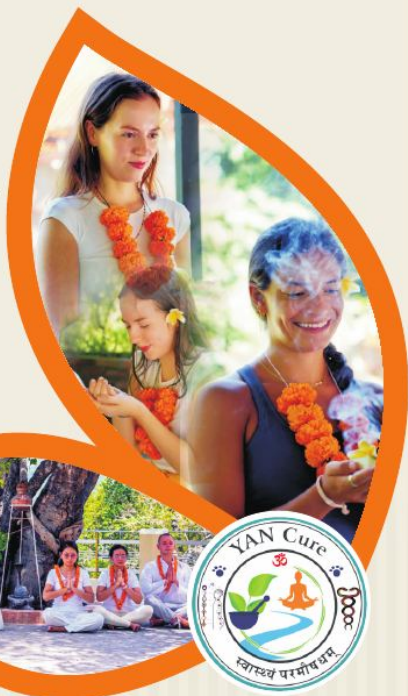
Do you wish to remain disease free for life?



If the answer to any of the above questions is yes, our expert team of doctors and world class treatment

YAN CURE

is the solution.



ABOUT YAN CURE



Totally Effective Approach for A Better Life

We at Yan Cure offer the most authentic and tailor-made wellness program suitable for every individual, whoever wants to enhance his physical and mental capabilities while staying in a serene atmosphere based on Ayurveda.

Our team of experts designs specific therapies/treatments and plans according to the individuals need based on their evaluation after pulse diagnosis by our Ayurvedic Doctor. If you are looking for a healthy way to treat your health problems, then you are at the right place.

Everything and everyone are vibrating at different

frequencies and this are what we project into the world around us.

Come raise your vibration through yoga, meditation, connection with the environment and connection with like-minded people.

Yan Cure is an advanced integrated holistic health care center in **RISHIKESH**. We have developed a very comprehensive approach to the system of healing, based on the ancient Vedic science associated with international holistic therapies. At **YAN CURE**, the advantages of modern science and technologies combine with holistic medical science, to improve efficacy that provides result-oriented solutions.

At Yan Cure, we are deeply committed to maintaining the highest standards of quality and authenticity throughout your healing journey. We use premium Ayurvedic oils and herbs sourced from renowned and trusted brands such as Kottak Kal, Vaidya- Ratnam, Arya Vaidya Pharmacy, and Nagarjuna, carefully chosen for their purity and therapeutic potency-well above the standards typically found at other retreats. Your well-being is our highest priority, and we never compromise on quality. Our experienced and highly skilled therapists provide personalized care, ensuring your comfort at every step and creating a nurturing environment where guests feel truly cared for, relaxed, and satisfied. Join us at Yan Cure for a deeply rejuvenating and transformative healing experience.

WORLD CLASS TREATMENT YAN CURE IS THE SOLUTION

WHY DID WE GIVE THE NAME

Yan Cure?

Because **Yan Cure** is more than a name-it is a holistic healing vision. **Y** represents Yoga & Meditation, **A** signifies Ayurveda, and **N** stands for Naturopathy-three ancient sciences rooted in nature and self-healing. Together, they create a complete path to restore balance in the body, clarity in the mind, and harmony in the soul. At Yan Cure, healing is not forced; it gently unfolds by aligning you with nature's intelligence and your inner wisdom.

Y Yoga & Meditation

A Ayurveda

N Naturopathy

INTEGRATED SYSTEM OF HOLISTIC HEALING

- AYURVEDA
- NATUROPATHY
- PANCHAKARMA
- SATVIK WELLNESS DIET
- THERAPEUTIC YOGA & MEDITATION
- ACCUPRESSURE THERAPY
- ALTERNATIVE THERAPIES
- YOGIC PHYSIOTHERAPY
- MUDRA THERAPY
- SPIRITUAL FIRE CERAMONY



WHY CHOOSE YAN CURE

We at Yan Cure, are committed to help and inspire people to live a healthier, longer and better life. Through thorough research, Yan Cure research has observed that nature has a very positive impact, both on the physical and mental state of health. Therefore, Yan Cure strives to bring you closer to nature. As an extension to that motto, naturopathy follows a drugless, holistic regimen comprising of Naturopathy, Yoga Physiotherapy

- Decades of Authentic Ayurvedic Therapies
- Qualified and Experienced Practitioners
- Ongoing Education and Support
- Comprehensive Wellness Approach
- Natural and Holistic Healing
- Positive Testimonials and Results
- Compassionate and Supportive
- Personalized wellness programs tailored to individual needs
- Peaceful natural environment for mind, body & soul
- Guided by healing tradition
- Blending traditional wisdom with modern healthcare standards

Yan Cure Amenities

Experience premium facilities designed for your comfort and wellness



Attached Bathroom



Laundry Services



Purified Drinking Water



Free Wi-Fi



Ayurvedic Sattvic Food



Free Parking



Recreational Area



Power Backup



Luggage Storage



AC / Geyser Equipped Room



Hot & Cold Water



LED TV



Pickup & Drop



24/7 Support



Sunset & Sunrise View

WELLNESS CUISINE

At Yan Cure we believe that health is beyond just weight -loss. However, a healthy diet and controlled weight are the pathway to heal their life. Thus, we serve a diet depending upon the health status of every individual with special emphasis on the nutritional value of the naturally available seasonal fruits and vegetables. Careful attention is paid to make the diets wholesome by including whole grains, fresh fruits and vegetables. Special care menus are also provided by the doctors to align the specific imbalances of the individuals.

YAN CURE WELLNESS PROGRAM- INCLUSIONS

1. Welcome Herbal Drink on Arrival.
2. Unlimited usage of Recretional Area.
3. Health and Wellness Consultation with our Ayurveda Doctor and Yoga Instructor.
4. Comfortable Accomodation On Single/double Occupancy.
5. Complimentary Tea/coffee Maker In Your Room.
6. Daily One Yoga Session One Meditation Session.
7. All Satvik Meals Breakfast, Lunch & Dinner (vegetarian - As Per The Diet Plan).
8. Ayurveda & Naturopathy Treatments.
9. Complimentary Wifi.
10. Two Ayurveda Therapy Per Day- One Before Lunch And One After Lunch (each Lasting One Hour).
11. Once A Week Ganga Walk (morning) And Kirtan/art Work(evening).
12. Indoor And Outdoor Games.
13. Ganga Arti Visit.



Why Ayurveda & Naturopathy ?

In a world full of quick fixes and temporary solutions, **Ayurveda and Naturopathy offer something truly timeless - natural healing from the root.**

Ayurveda, the ancient science of life, has been trusted for over **5,000 years** and is often honored as the **"Mother of All Medicine."** Its powerful principles have influenced many traditional healing systems, including Tibetan, Chinese, and even Greek medicine.

When paired with **Naturopathy**, which awakens the body's own ability to heal through detox, nutrition, yoga, and nature-based therapies, it becomes a complete wellness journey.

Together, Ayurveda and Naturopathy don't just treat illness - they restore balance, rejuvenate the body, calm the mind, and help you live in harmony with nature.



TREATMENTS

GASTROINTESTINAL

- Constipation
- Weight loss
- Weight gain
- Hyperacidity
- Gastritis
- Duodenal ulcer
- Mucous colitis
- Ulcerative colitis
- Fatty liver
- Hepatomegaly
- Liver cirrhosis (early stage)
- Tonsillitis
- Laryngitis
- Reflux
- Pharyngitis
- Irritable bowel syndrome
- Hemorrhoids
- Chronic pancreatitis
- Piles
- Sperm Count
- PCOD & PCOS

ESPIRATORY

- Allergic bronchitis
- Bronchial asthma
- Pulmonary fibrosis
- Influenza
- Sinusitis
- Emphysema
- Asthma Allergies

MUSCULOSKELETAL

- Osteoarthritis
- Arthritis
- Gout
- Cervical spondylosis
- Lumbar spondylosis
- Sciatica
- Joint Pain
- Ankylosing spondylitis
- Frozen shoulder
- Spondylolisthesis

ARDIOLOGY

- Hypertension
- Hypotension
- Angina pectoris
- Hyperlipidemia
- Dyslipidemia
- Coronary artery disease (early stage)
- Pre & post-operative cardiac care
- Blood Pressure

ENDOCRINE

- Hypothyroidism
- Hyperthyroidism
- Diabetes mellitus
- Obesity
- Dysmenorrhea
- Secondary infertility
- Pre- and post-menopausal syndrome
- Leucorrhea
- Metrorrhagia
- Antenatal care
- Postnatal care
- Ovarian cyst

EUROLOGICAL & PSYCHOSOMATIC

- Neuropathy
- Hemiplegia (Paralysis)
- Insomnia
- Migraine
- Headache
- Depression & Anxiety
- Insomnia
- Mental Disorders

SKIN

- Eczema
- Psoriasis
- Vitiligo (Leukoderma)
- Acne & pimples
- Skin allergy

CANCER CARE TREATMENT
POST-MOTHER CARE TREATMENT

AYURVEDA TREATMENT

AYURVEDA CONSULTATION

Doctor- Pulse diagnosis, Prakruti analysis, Diet & Food Supplement for maintenance of health & cure.

NATUROPATHY THERAPIES

- **Mud Bath**
 - Herbal Mud Bath
 - Medicinal Mud + Sand Bath
 - Green Detox Bath
 - Anti-Oxidant & anti allergic Mud Bath
 - Hot Mud Bath (Mix of Herbs)
- Wet Sheet Pack + Hot & Cold compress massage
- Hot Hand & Foot Bath
- Abdominal & Face Pack + Hot & Cold compress massage
- Lower Back & Cervical Pack + Hot & Cold compress massage
- Green house Thermoleum Therapy
- Thyroid wrap
- Abdominal Wrap
- Cardio wrap + Hot & Cold compress massage
- Spinal Bath ● Hip Bath ● Eyes Pack



PANCHAKARMA THERAPIES

- Ayurvedic Abhyanga Massage + Steam Bath
- Ayurvedic Urdhvatanam massage + Steam Bath
- Deep tissue massage + Steam Bath
- Thai Massage
- Nasyam Therapy
- Swedish Massage
- Herbal dry powder Massage + Steam Bath
- Ayurvedic Marma Massage
- Ayurvedic Facial
- Ayurvedic Medical Massage
- Ayurvedic Scrub + Steam Bath
- Head & Foot Massage
- Neck & Back Massage
- Honey Rose Massage + Steam Bath
- Back, Neck & Shoulder Massage
- YAN Cure Special + Steam Bath
- Parisheka Therapy
- Ruksha Baluka Therapy
- Shati - Saindhava Baluka Sweda

• Shiro Dhara

- Takara Dhara
- Milk Dhara
- Shiro Dhara

• Basti

- Enema (as per body condition)
- Janu Basti
- Kati Basti
- Griva Basti
- Hridya Basti
- Cervical Basti
- Spinal Basti
- Shiro Basti
- Netra Tarpan Therapy
- Karan Puranam Therapy





TRADITIONAL/ALTERNATIVE THERAPIES

- Shingi Therapy
- Acupressure Therapy
- Gosha Moksha Therapy
- Vibrator (O.B.C.M.)
- Infra-Red Therapy
- Leech Therapy
- Tens Therapy
- Cupping Therapy
- Wet Cupping (Rakta-Mokshana)
- Vacuum Cupping
- Dry Cupping
- Fire Cupping
- Silicon Cupping

YOGA

- Ashtanga Yoga
- Hatha Yoga
- Vinyasa Yoga
- Therapeutic Yoga
- Strength Training
- Restorative Yoga
- Prenatal Yoga
- Yin Yoga
- Body Movement
- Bhakti Yoga
- Kriya Yoga

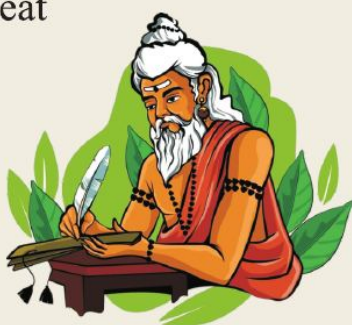
MEDITATION

- Trataka (Candle Gazing) Meditation
- Mandala Art Meditation
- Chakra Meditation
- Guided Visualization Meditation
- Ajapa Japa Meditation
- Body Awareness Meditation
- Silent Meditation (Mauna Sadhana)
- Mudras Learning & Practice
- Nada Yoga Meditation (Sound Awareness)
- Mindfulness Meditation
- Walk with Nature (Walking Meditation)
- Loving-Kindness Meditation
- Mantra Chanting Meditation
- Yoga Nidra Meditation
- Chitra Kala Meditation

Pathways to Healing

Retreats & Services

- Ayurvedic Doctor Consultation
- Ayurvedic Therapy (Rejuvenation)
- Yoga & Meditation Retreat
- Wellness Retreat
- Naturopathy Retreat
- Detoxification Retreat
- Panchakarma Retreat
- Weight Loss Retreat
- Stress Management Retreat
- Ayurvedic Pain Management Retreat
- Holistic Elder Care Retreat
- Post-delivery Mother Care Program
- Colon Cleansing Therapy
- Corporate Wellness Retreat
- Healthy Diet Plans
- Alternative Therapies
- Specialized Treatment



THE RETREAT PROGRAM

Yan Cure Ayurveda Retreat Program **(3-Day | 7-Day | 14-Day | 21-Day)**

A Journey of Healing, Detoxification & Inner Renewal in Rishikesh.

At Yan Cure Yoga & Ayurveda Retreat, we invite you to experience a deeply transformative wellness journey rooted in the ancient sciences of Ayurveda, Yoga, Meditation, and Naturopathy.

Whether you join us for a 3-day relaxation retreat, a 7-day cleansing retreat, a 14-day revitalizing immersion retreat and a 21-day complete rejuvenation retreat, every program gently guides you toward restoring balance, renewing your energy, and rediscovering your natural inner harmony.

A Sacred Beginning: Fire Ceremony (Havan)

Your retreat begins with a traditional Vedic Fire Ceremony (Havan) - a powerful ritual for purification, positive intention-setting, and spiritual grounding.

This sacred start helps you step into your healing journey with clarity, peace, and renewed energy.

RETREAT HIGHLIGHTS & HEALING ITINERARY

1. Ayurvedic Pulse Diagnosis (Nadi Parikshan)

Every retreat begins with an early morning Pulse Diagnosis conducted by our experienced Ayurvedic doctor. This ancient diagnostic technique helps us understand:

- Your body constitution (Doshas).
- Root causes of imbalance.
- Digestive and metabolic health.
- Stress and emotional patterns.

Based on this, a fully personalized healing plan is created for you.

2. Personalized Ayurvedic Treatments & Therapies

All therapies at Yan Cure are customized according to your health needs and doctor's consultation.

Your retreat may include:

- Ayurvedic detox and rejuvenation therapies.
- Herbal oil massages.
- Stress relief and pain management treatments.
- Panchakarma-inspired cleansing sessions.
- Healing therapies to improve circulation and immunity.

Each treatment supports deep cleansing, relaxation, and renewal.

3. Daily Yoga, Pranayama & Meditation

Yoga is an essential part of healing at Yan Cure. Each day includes guided sessions such as:

- Therapeutic Yoga for flexibility and strength.
- Pranayama (breathing techniques) for detox and calmness.
- Meditation & mindfulness practices.
- Breath awareness and nervous system restoration.
- These sessions help you reconnect with your body, calm the mind and cultivate inner balance.

4. Satvik Nutrition & Herbal Wellness Drinks

Healing is incomplete without proper nourishment. Our retreat includes:

- Healthy herbal detox drinks.
- Fresh vegetarian Satvik meals.
- Daily breakfast, lunch, and dinner.

Meals are designed to support:

- Better digestion.
- Gentle detoxification.
- Increased energy.
- Balanced metabolism.

Our food is light, vegetarian, nutritious, and prepared with mindful care.

Exploring the Spiritual Energy of Rishikesh

Surrounded by the holy Ganga River and Himalayan serenity, Yan Cure offers the perfect environment for healing.

During your stay, you may explore:

- The peaceful ghats of Rishikesh.
- Sacred temples and spiritual landmarks.
- Evening Ganga Aarti experience.
- The calm, pure energy of nature.

Rishikesh itself becomes a part of your transformation.

Who is This Retreat For?

This retreat is ideal for anyone seeking:

- Detoxification and cleansing.
- Stress relief and mental relaxation.
- Improved digestion and lifestyle balance.
- Weight management and increased energy.
- Relief from joint pain, fatigue, or burnout.
- Spiritual connection and inner peace.

Whether you are beginning your wellness journey or looking for deeper rejuvenation, Yan Cure welcomes you with warmth and care.

A Complete Mind-Body-Soul Reset

The Yan Cure Ayurveda Retreat is more than a program ; it is a healing lifestyle experience.

Through personalized therapies, yoga, nourishing meals, mindful activities and the sacred energy of Rishikesh, you return home feeling :

- ✦✦ Lighter
- ✦✦ Calmer
- ✦✦ Healthier
- ✦✦ Deeply Renewed



DAILY SCHEDULE

	Ayurvedic Detox Drinks	06:00 am
	Shat Kriya & Cleansing(Jal Neti etc.)	06:30 am
	Yoga & Relaxation	07:00 am
	Inner Cleansing Program	08:30 am
	Breakfast Time	09:30 am
	Therapy (Session-1)	11:00 am
	Lunch Time	01:30 pm
	Therapy (Session -2)	04:00 pm
	Tea/Herbal Drink	05:00 pm
	Meditation / Ganga Walk	07:00 pm
	Dinner Time	08:00 pm
	Ayurvedic Rejuvenation Drink	09:00 pm

Note : Schedule can be changed depending on weather conditions.



WELLNESS PACKAGE

Yan Cure's approach is different. Our aim is to create an experience where you are heard, understood and are given the quality care that you deserve. You are not defined by your condition or disease; you are an individual with a unique medical history. We understand this and do our best to provide the care that is personalized for you.

3 DAY & 2 NIGHT RETREAT PRICE

(Private and shared accommodation)

ACCOMMODATION TYPE	PRICE	PERSON
Private Single Room	300 USD (28K INR)	1
Shared Twin Room	245 USD (23K INR)	1

7 DAY & 6 NIGHT RETREAT PRICE

(Private and shared accommodation)

ACCOMMODATION TYPE	PRICE	PERSON
Private Single Room	690 USD (65K INR)	1
Shared Twin Room	615 USD (58K INR)	1

14 DAY & 13 NIGHT RETREAT PRICE

(Private and shared accommodation)

ACCOMMODATION TYPE	PRICE	PERSON
Private Single Room	1270 USD (120K INR)	1
Shared Twin Room	1165 USD (110K INR)	1

The Above Wellness Package Tariffs Include:

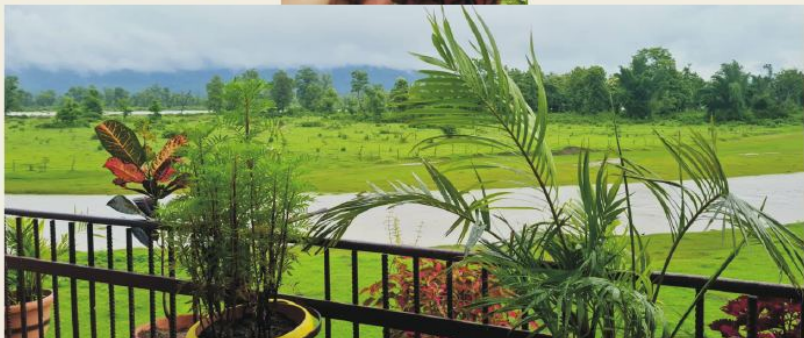
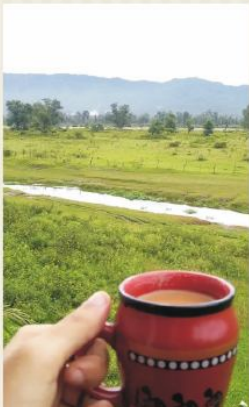
- Hundred types of therapies. Everything included in the package. No extra charges.
- Individual wellness meals as prescribed by the doctors which include breakfast, lunch, evening snacks and dinner. Also, a variety of refreshing and healthy juices are provided as recommended by doctors. Accommodation as per your preference mentioned during reservation
- We offer flexible plans as per your needs and your schedule. You may choose any of the following plans.
- These prices Include comfortable Accommodation, all meals and all treatments.

ACKNOWLEDGE

At Yan Cure, the **PRICING REMAINS SAME FOR** across all our retreat programs. What truly makes your experience unique is the personalized healing journey we create for you. After a detailed doctor consultation, your therapies and treatments are carefully designed according to your body's needs, health concerns, and wellness goals. This ensures that every guest receives the right balance of care, detox, and rejuvenation-tailored completely to their individual condition.



YAN CURE VIEW



FAMILY SUITE ROOMS (GROUND FLOOR)



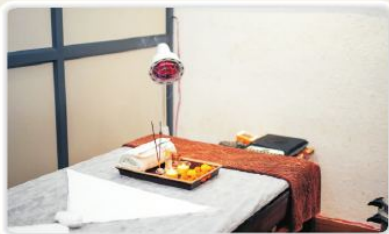
8 DELUXE ROOMS (FIRST & SECOND FLOOR)



GUEST LOUNGE & DINING AREA



YAN CURE THERAPY ROOMS



THE HEART OF YAN CURE





Yan Cure

YOGA RETREAT & AYURVEDA CENTER

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