



The Sage
YOGA STUDIO & KITCHEN
Be Free • Be an Artist • Be Whole

INTERNATIONAL
YOGA DAY
Retreat
AT PANHALA

LIMITED SEATS
PRIOR REGISTRATION
ESSENTIAL

20TH – 21ST JUNE
REGAL PANHALA RESIDENCY, PANHALA
Pause. Breathe. Reconnect.

Celebrate International Yoga Day amidst the serene hills of Panhala with an overnight wellness retreat designed to nourish body, mind, and spirit.

EXPERIENCE

- Sunrise over the Sahyadris
- Yoga amidst Nature
- Meditation & Mindfulness
- Nourishing Food & Community
- Harmony Within, Harmony With Nature

20TH JUNE

- 6:00 PM Arrival & Check-in
- Wholesome Early Dinner
- Night Sky Watching with Experts
- Guided Meditation

21ST JUNE

- Fresh Alkaline Juice
- Sunrise Yoga Sadhana in Nature
Yogasana • Pranayama • Meditation
- Nature Connection Practices
- Hearty Traditional Breakfast
- Herbal Tea & Wellness Conversations

EARLY BIRD OFFER (BEFORE 16TH JUNE)

WITH STAY (TWIN SHARING)	WITHOUT STAY
₹ 4,749/-	₹ 2,749/-

REGULAR INVESTMENT

WITH STAY (TWIN SHARING)	WITHOUT STAY	COUPLE PACKAGE
₹ 5,249/-	₹ 3,249/-	₹ 10,000/-

CONDUCTED BY
RACHNA KHARBANDA
YOGACHARINI & LIFE NATURAL PRACTITIONER

Rachna Kharbanda
9850500592

“ A weekend to pause, breathe, observe the stars, welcome the sunrise, and celebrate the true spirit of Yoga. ”

NATURE

WELLNESS

MINDFULNESS

COMMUNITY

INNER PEACE



CAMP DATE
Jun 20, 2026

CAMP LOCATION
Regal Panhala Residency Panhala

Date: Jun 20, 2026 – Jun 21, 2026 **Duration:** 2 Days camp

Category: **Phone:** 9850500592

What's Included?

LIMITED SEATS

Prior Registration Essential

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Special Highlight

Night Sky Observation with Experts

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20th June Schedule

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21st June Schedule

- Fresh Alkaline Juice
- Sunrise Yoga Sadhana in Nature
 - Yogāsana
 - Prāṇāyāma
 - Meditation
- Nature Connection Practices
- Hearty Traditional Breakfast
- Herbal Tea & Wellness Conversations

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Pricing

TYPE	AMOUNT
Before 16th June With Stay (Twin Sharing)	₹ 5K
Before 16th June Without Stay	₹ 3K
REGULAR INVESTMENT With Stay (Twin Sharing)	₹ 5K
REGULAR INVESTMENT Without Stay	₹ 3K
Couple Package	₹ 10K

About The Hosts



Tutor

Rachna Kharabanda

