

It's here...

YOUR PLACE

For

YOG

AUTHENTIC SANATAN YOG SADHANA
IN SYNCHRONICITY WITH BRAHMAMUHURTA
& THE PANCHANG CALENDAR
BUILT IN CONVENIENCE & ACCOUNTABILITY

BEGINS THE
AUSPICIOUS DAY
OF
MAHASHIVARATRI
15 FEB 2026



RISHI YOGA & WELLNESS



CLARITY

WHAT IS SANATAN?

SANATAN IS YOUR BREATHING. EVERY INHALE & EVERY EXHALE IS AN OPPORTUNITY TO CRAFT YOUR LIFE. SANATANS ARE SPIRITUAL SEEKERS DEDICATED TO UNDERSTANDING THE SELF: BY THE SELF, THROUGH THE SELF. THEY REFINED TECHNIQUES THAT GOT LATER LABELED AS HINDUISM & YOGA. SANATAN TRANSLATES TO MEAN “ETERNAL” AND REFERENCES A WAY OF LIFE THROUGH CONNECTION TO, & ALIGNMENT WITH, THE SUPREME SOURCE.

WHO IS THIS PROGRAM FOR?

WE WELCOME ANYONE READY TO:

- ACCEPT, THROUGH EXPERIENCE, LORD SHIVA, THE ADIYOGI (FOUNDER OF YOG), AS THEIR SUPREME SOURCE
- SURRENDER TO THEIR BREATHING
- EMBRACE DISCIPLINED PRACTICE
- SEEK CONSTANT TRANSFORMATION

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FEATURES

GUIDANCE BY GURU ASHLAY KARMANANDA CHAWLA JI OF RISHIKESH, INDIA: GRADUATE OF JAI RAM SANSKRIT MAHAVIDHALAYA, 12+ YEARS IN SERVICE OF YOGIC SCIENCE, FLUENT IN HINDI, ENGLISH & SANSKRIT

LEARN & PRACTICE AUTHENTIC YOG
SADHANA: POWERFUL, EFFECTIVE, DYNAMIC

AS INTENDED WITH COMPLETE SANATAN
EMPHASIS

BHAKTI

JNANA



KARMA

RAJA

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INCLUSIONS

MANDIR SET-UP & VASTU SHAstra
GUIDANCE

ROUTINE AARTI, BHAKTI & HATHA YOG
TAPAS IN ACCORDANCE WITH PANCHANG

LIFELONG GURU-SHISHYA CONNECTION

EXCLUSIVE ACCESS & DISCOUNTS TO
AUSPICIOUS EVENTS, WORKSHOPS, RETREATS
& ADDITIONAL OFFERINGS

RISHI YOGA & WELLNESS SADHAK GROUP
CHAT ACCESS

MANTRA | MUDRA | BANDHA | PRANAYAMA | ASANA | SHATKARMA | DHARANA | DHYANA

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DETAILS

75MIN SESSIONS, 5 DAYS A WEEK
M-F + GUIDANCE FOR WEEKEND SADHANA

5:30-6:45 AM **EASTERN STANDARD TIME**
15TH FEB - 15TH AUG 2026

ONLINE VIA ZOOM

MUST MEET CERTAIN REQUIREMENTS,
APPLICATION OPENS 1ST DECEMBER 2025

\$5/DAY

FULL 6 MONTH COMMITMENT REQUIRED: \$600
PAYMENT OPTIONS AVAILABLE &
7 DAY RISK FREE WITHDRAWAL PERIOD.



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LETTER FROM US

HARI AUM TAT SAT,

IT IS OUR HEARTFELT INTENTION THAT THIS PROGRAM BE THE START OF ALL OF OUR NEXT CHAPTERS. WE ARE LOOKING FOR **SADHAKS** READY TO GROW, FLOURISH, STRUGGLE, TRANSFORM, FIND PEACE, FREEDOM, LIBERATION, JOY AND FULFILLMENT THROUGH YOG. AS YOUR GURU IN THIS, I WILL BURN BRIGHT TO SHOW THE PATH AND FACILITATE YOUR CONNECTION TO LORD SHIVA. THIS PROGRAM IS THE VERY BEGINNING. IT IS THE PLATFORM FROM WHICH OUR ASHRAM WILL FLOURISH AND WE INVITE YOU TO BECOME A PART OF THIS JOURNEY.

-ASHLAY KARMANANDA CHAWLA & EMILY
DAWSON-CHAWLA

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OVERVIEW

PROGRAM WILL BEGIN INSTRUCTION BASED AND SHIFT TO MORE CUED PRACTICE AS THE GROUP LEARNS TOGETHER.

- EXAMPLE- DAILY*: 5:30-5:45 AARTI & BHAKTI. 5:45-6 PRANAYAMA & SHATKARMA, 6-6:30 HATHA YOG ASANA, 6:30-6:45 MANTRA JAPPA & MEDITATION
 - MONDAY: SHIV JI SADHANA
 - TUESDAY: HANUMAN JI SADHANA
 - WEDNESDAY: GANESH JI SADHANA
 - THURSDAY: SHREE RAM SADHANA
 - FRIDAY: MAA LAKSHMI SADHANA

*SUBJECT TO CHANGE: SADHANA WILL BE DYNAMIC & ADJUST WITH LUNAR PHASE & AUSPICIOUS DAYS

DAILY GUIDANCE ON PRACTICES FOR MORNING PREPARATION, EVENINGS, & WEEKENDS

ACCESS TO WORKSHOPS & SATSANG TO DEEPEN YOUR UNDERSTANDING & RETENTION

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APPLY

APPLICATION PERIOD:

1ST DECEMBER 2025 - 15TH JANUARY 2026



WWW.RISHIYOGAANDWELLNESS.COM/SADHANA

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RISHIYOGAANDWELLNESS@GMAIL.COM

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COMING SOON

SANDHYAMUHURAT SADHANA

PROGRAMING IN PACIFIC
STANDARD TIME

NEW APP PLATFORM

& MUCH MORE!



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