

It's here...

YOUR PLACE

For

YOG

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

START DATE:
FEBURARY 2ND 2027



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:

- CONNECT TO THE ADIYOGI (FOUNDER OF YOG) & SUPREME SOURCE
- SURRENDER TO THEIR BREATHING
- EMBRACE DISCIPLINED PRACTICE
- SEEK CONSTANT TRANSFORMATION

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

RISHI YOGA & WELLNESS

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

RISHI YOGA & WELLNESS

DETAILS

60MIN SESSIONS, 3 DAYS A WEEK
M, W, & F + GUIDANCE FOR OFF DAYS

5:30-6:30 AM **EASTERN STANDARD TIME**

ONLINE VIA ZOOM

MUST MEET CERTAIN REQUIREMENTS

\$25/WEEK

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*: 5:30-5:45 BHAKTI & PRANAYAMA, 5:45-6:15 HATHA YOG ASANA, 6:15-6:30 MANTRA JAPPA & MEDITATION

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

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

ACCESS TO WORKSHOPS & SATSANG TO DEEPEN YOUR UNDERSTANDING & RETENTION

APPLY

APPLICATION OPEN

CONSULTS IN JAN 2027, PROGRAM START DATE FEB 2ND



WWW.RISHIYOGAANDWELLNESS.COM/SADHANA

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RISHI YOGA & WELLNESS

COMING SOON

SANDHYAMUHURAT SADHANA

PROGRAMMING IN PACIFIC
STANDARD TIME

NEW APP PLATFORM

& MUCH MORE!



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