



26th MARMA YOGA VIGYAN SHIVIR **(03-08 Feb 2026)**

Location: Mrityunjay Mission Marma Yoga Vigyan Training and Retreat Centre, Nandipuram, Gaundikhata, Haridwar-Najibabad Highway (NH 34), Haridwar (22 Km from Haridwar)

Duration: 6 Days

Maximum Participants: 40

Highlights:

Marma Science & Introduction, Training, practical sessions, Nature Walk and Ayurvedic plants, Yoga Sessions, Haridwar Temple Darshans, Ganga Aarti, Jungle Safari, Stay in Forest at Mrityunjaymission Ashram,

Syllabus:

1. Introduction of Marma Science and Marma Therapy, Definition of Marma, History of Marma, Difference with other oriental Therapies,
2. Anatomy of Human body, Vedic perspective, Practical Demonstration.
3. Categorization of Marma Points
4. Achar Samhita/ Session of Self Marma Therapy
5. Fundamental Principles of Ayurveda and relation with Marma Therapy
6. Marma Points of Head and neck
7. Marma Points of upper and lower extreme
8. Marma Points of back and Abdomen
9. Management of different diseases with Marma Therapy
10. Preparation of Herbal Medicine



ITINERARY (TENTATIVE)

Day 0 (2nd Feb 2026, Arrival Day):

Arrive at Mrityunjay Mission Marma Yog Vigyan Center, Nandipuram, Gaindi Khata, Welcome Drink, Registration checking, room allotment, and rest, and personal interaction,

Lunch/Dinner and overnight Stay

Day 1 (3rd Feb 2026)

6:00 am	:	Wake up time
6:15 am	:	Herbal Tea
6:30-7:30 am	:	Yoga Session
7:30-8:15 am	:	Free time for fresh-n-up
8:15-9:30 am	:	Pooja Ceremony and Introduction of Team and Participants
9:30-10:15 am	:	Breakfast
10:15-11:45 am	:	Introduction of Marma Science and Marma Therapy,
11:45-12:00 pm	:	Break
12:00 pm to 1:30	:	Measurement of Human body, Vedic Anatomy with Practical Demonstration
1:30pm to 3 pm	:	Lunch and Free time
3pm- 4pm	:	Definition of Marma, History of Marma Difference with other Therapy
4pm-5:30 pm	:	Evening Asana Class
5:30pm- 6:30 pm	:	Herbal Tea Break and Free time
6:30-7:30 pm	:	Cultural / Spiritual Program
8:00 pm – 9 pm	:	Dinner
10:00 pm	:	Lights Off

Day 2 (4th Feb 2026):

6:00 am	:	Wake up time
6:15 am	:	Herbal Tea
6:30-8:00 am	:	Achar Samhita, Yoga Session
8:00-9:00 am	:	Free time for fresh-n-up
9:00-9:30 am	:	Breakfast
9:30-11 am	:	Caterorization of Marma Points
11-11:15 am	:	Break
11:15 am to 1:15	:	Marma Points of Head & Neck Region
1:15pm to 3 pm	:	Lunch and Free time
3pm- 4pm	:	Nature Walk (around 3-5 km), Ayurvedic Plants arounds
4pm-6 pm	:	Practical Session on Marma Therapy
6:00-6:30 pm	:	Herbal Tea Break and Free time
6:30-7:30 pm	:	Cultural & Spiritual Program
8:00 pm – 9 pm	:	Dinner



10:00 pm : Lights Off

Day 3 (5th Feb 2026):

6:00 am : Wake up time
6:15 am : Herbal Tea
6:30-8:00 am : Marma Pranasan, Yoga Class
8:00-9:00 am : Free time for fresh-n-up
9:00-9:30 am : Breakfast
9:30-11 am : Marma Points of Upper Extremities
11-11:15 am : Break
11:15 am to 1:15 : Practical Demonstration
1:15pm to 2:00pm : Lunch and Free time
2:00pm-6pm : Temple Visits (Chandi Devi) at Haridwar, Refreshment enroute
8:00 pm – 9 pm : Dinner
10:00 pm : Lights Off

Day 4 (6th Feb 2026):

6:00 am : Wake up time
6:15 am : Herbal Tea
6:30-8:00 am : Marma Pranasan and Self Marma Therapy
8:00-9:00 am : Free time for fresh-n-up
9:00-9:30 am : Breakfast
9:30-11 am : Marma Points of Lower Extremities
11-11:15 am : Break
11:15 am to 1:15 : Management of different diseases with Marma Therapy,
1:15pm to 3 pm : Lunch and Free time
3pm- 5pm : Practical Session of Marma
5pm-6 pm : Mrityunjay Mission Gaushala Visit and Panchgavya
6:00-6:30 pm : Tea Break and Free time
6:30-7:30 pm : Cultural & Spiritual Program
8:00 pm – 9 pm : Dinner
10:00 pm : Lights Off

Day 5(7th Feb 2026):

6:00 am : Wake up time
6:15 am : Herbal Tea
6:30-8:00 am : Yoga Session
8:00-9:00 am : Free time for fresh-n-up
9:00-9:30 am : Breakfast
9:30-11 am : Marma Points of Thorax, abdomen & Back region
11-11:15 am : Break
11:15 am to 1:15 : Fundamental Principles of Ayurveda and relation with Marma Therapy



1:15pm to 2:00 pm:	Lunch and Free time
2:00pm- 5pm :	Safari at Jhilmil Jheel Conservation Reserve
5:00pm –5:15m :	Herbal Tea Break
5:30pm -6:30pm :	Aarti at Shiv Mandir
8:00 pm – 9 pm :	Dinner
10:00 pm :	Lights Off

Day 6 (8th Feb 2026):

6:00 am :	Wake up time
6:15 am :	Herbal Tea
6:30-8:00 am :	Yoga Session
8:00-9:00 am :	Free time for fresh-n-up
9:00-9:30 am :	Breakfast
9:30-11 am :	Question & Answer Session, Assessment Test
11-11:15 am :	Break
11:15 am to 1:15 :	Valedictory ceremony, certification, Feedbacks
1:15pm to 2:00 pm:	Lunch
2:00 pm :	Program Ended and Checkout

Fees (Donation):

- Rs. 30,000 (Thirty Thousand Rupees Only) Per person in double sharing.
- Rs. 25,000 (Twenty-Five Thousand Rupees Only) Per person in dormitory room (5 beds).



QR CODE	BANK DETAILS
<div></div> <p>SCAN & PAY USING ANY BHIM UPI APP</p>  <p>9897532991m@pnb MERCHANT: MRITYUNJAY MISSION</p>	<p>Bank: PUNJAB NATIONAL BANK, HARIDWAR</p> <p>Name: MARITYUNJAY MISSION, HARIDWAR</p> <p>A/C No: 4063000100105677</p> <p>IFSC Code: PUNB0406300</p> <p>MICR Code: 249024007</p>

For participation confirmation:

Please pay the full amount corresponding to your selected room so that we can confirm your booking.

After Payment, click on below link and send Payment Details.

<https://mrityunjaymission.org/marma-therapy-training-confirmation-form/>

Also share on WhatsApp Number +917500041684 (Mr. Mayank Joshi)

Included:

- Stay (in shared room), newly constructed building of Mrityunjay Mission as per itinerary
- All Veg meals (Lunch, Dinner, Breakfast,), morning, evening Tea/Coffee
- Training sessions, Yoga Session as per itinerary
- 1 session Wildlife Safari Tour
- 1 session Temple visit at Haridwar
- Learning Material Kit
- Transportaion during temple visit at Haridwar and Jungle Safari

Not Included:

- Transportation to reach center



- Personal expenses
- Dr. Consultation
- Panchakrama session

Consultation, Panchakarma Therapy is payment basis at Center and can be avail as per doctor advise.

How to reach:

First Reaching Point is Gairdikhata Gurudwara (Gurdwara Sri Sant Sagar Baoli Sahib), Google Map location: <https://maps.app.goo.gl/TyFhdbbhYbXiLhCD69>

Distance:

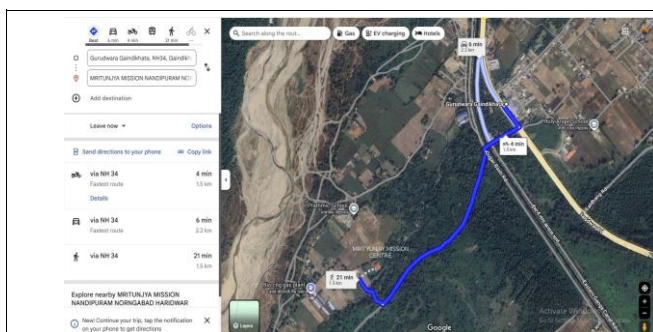
- 1) From Haridwar: 23 Km from Hariwdar Railway station (35 minutes' drive),
- 2) From Dehradun Airport: 59 Km (1 hour, 10 minutes' drive)

Form this point (Gairdikhata Gurudwara_, there is on opposite of road passing by forest (1.5 Km), offroad drive to Mrityunjay Mission center. Check at Link <https://mrityunjaymission.org/how-to-reach/>

There will be a supporting staff near Gairdikhata Gurudwara (between 8 am to 4:30 pm).

Assistance will be provided during day time only. You are requested to make such a plan to reach during day time (8am-4:30pm). As the last patch of travel 1.5 km passes by reserve forest, late evening, after dark travel (even by car) not recommended. It's a wildlife (Elephant, Leopard, etc) prone area.

If by any mean you are coming late, recommended to stay at Haridwar city and come early morning before starting.



Check link for more details

<https://mrityunjaymission.org/how-to-reach/>

Please note:

1. Accommodation will be provided on Shared basis at newly constructed building of Mrityunjay Mission centre.



2. Veg meals (dal, roti, chawal, sabji, curd, fruits, pickles etc) will be provided at dinining area. Room service is not available.
3. After dark, don't go outside the Centre premises. It is the part of Jhilmil Jheel Conservation Reserve, Haridwar Forest Division. Leopard, Elephant and other wild animal may be nearby and it will be issue.
4. If you feel physicaly fit, then you can join program.
5. In winter (Nov-Feb) the weather is quite cold, so keep warm cloths, caps, maflar etc
6. However, rooms are kept clean and check regularlay, the place is nature rich, some insects (spider, gecko, moths etc) may disturb you. Always check room, bed when you enter the room. Don't panic, inform Center Manager or local attended to remove them. Don't kill them.
7. Keep your regular medicine, if you take.
8. Support number (Center Manager Number) will be updated 6 days before arrival for any help.
9. The maximum numbers of Participants can accommodate 40 at a time.
10. Booking is First Come and First Serve basis.
11. If any activity, class, session, meal etc not attended/participated by participant no fees adjustment no refund policy will be applicable, what so ever reason.
12. On cancellation (what so ever reason), no refund is possible, however participant can postpone his participation as per dates on Marma Training Program Calender. Check on website mrityunjaymission.org
13. For any unavoidable reason (in very rare case), the program dates may have shifted to next available dates, participant will be agreeing to this.

Code of Conduct

- Discipline is an integral part of the training program and so the course routine must be strictly followed.
- Disrespect to rules and regulations could result in termination of participation with no refund of fee.
- Absenting oneself from the scheduled program without prior permission of the teacher or manager concerned would be construed as a gross breach of discipline.
- To avoid food waste, students must inform their teachers or manager in advance if they intend to skip a meal.
- Mrityunjay Mission does not make arrangements for guests of students. Any activity that is not related to the course is not permitted.
- Ensure you are on time for class or you will not be permitted to enter any class once it has commenced.
- Before departure from the center, students must pay all dues and return all library books.
- Smoking and alcohol are not permitted during the training and in center.
- Mobile Videography of sessions not permitted. Keep it silent.

Thanks

Mrityunjay Mission Team