

The Darjeeling Wellness Retreat

Enter the
Windamere

What is it?

A group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the Windamere hotel. 10th–16th April '11.

Kangchendzonga. Crisp air. Yoga. Run. Hike. Tea. Lots and lots of food. Got the idea? You are going to be with Rujuta, in the Himalaya, and its going to be anything but regular. A one of its kind retreat with structured activities, learning sessions about your body and its ever-changing nutrition requirements and a peak into the life in the Himalaya. And all this while staying at the only truly authentic Colonial Hotel in the Darjeeling Hills. You will come back with a fitter and toned body, a customized eating plan and an inner calm that only Himalaya can give.





Learning sessions and activities

The crux of the trip will be the daily learning sessions (on food and nutrition) and structured activities (runs, Yoga, Core strength and balancing, etc) with Rujuta. The focus will be on imparting the right information on planning your meals and work-outs that you can bring back and implement in your day to day life.



Rujuta Diwekar

India's pre-eminent fitness professional, a best selling author, an expert Yoga practitioner, a born trekker, amongst the most sought after speakers – Rujuta dons many hats and adeptly at that. Her love for the Himalaya and passion for holistic fitness is the driving force behind this wellness retreat.

More here:

www.rujutadiwekar.com

The Windamere

A boutique hotel – in the Himalaya

“One of the best Colonial Hotels in the World” (Sunday Times of London), its situated atop the Observatory hill and bang in the middle of Darjeeling’s cultural and social hub: the Chowrasta. The impeccable rooms, food and service dates back to the British-era and is one of the best preserved legacies. The afternoon tea is a delight.



Darjeeling

The queen of hills, Darjeeling sits pretty amidst tea plantations and faces the mighty Kangchendzonga. April is one of the best times to be there, the weather is just about perfect, the rhododendrons are in full bloom and the views are crystal clear. There is also a visit to the picturesque village of Pokhriabong and the Nepal border.



Itinerary

Date	Remarks	You have to...
10th April, '11 Sunday	Fly into Bagdogra airport (direct flights from Delhi and Kolkata). Airport pickup and drive to Windamere, Darjeeling. 2.5 hours.	Book your air tickets to Bagdogra and let us know the details.
11th to 15th April, '11	Activities, learning sessions, hill walks. A day-by-day schedule of classes will be provided on signing up.	Fill up your diet and activity recall sheet. Form will be given on signing up.
16th April, '11 Saturday	After breakfast, drop at Bagdogra airport. You have an option of extending your stay at Windamere.	Book your return flight from Bagdogra and share the flight information.

Cost for the trip

The cost components of the trip are:

Daily classes with Rujuta	Daily interactive learning sessions on food and nutrition. Structured activities – Runs, Yoga, Core strength and balancing. Short hikes and excursions to Pokhriabong and Nepal border.
Stay and food	Twin sharing at the Windamere hotel, Darjeeling (6 nights). Rooms will be allocated on first deposit- first room basis. Breakfast, Lunch, Afternoon Tea & Dinner (lunch and dinner are 5 course affairs, with both Continental and Indian cuisine being offered together).
Transportation	From and to Bagdogra airport, in and around Darjeeling.

Cost of the trip = Rs 85000/- per person.

All inclusive, ex-Bagdogra.

To register, make a non-refundable payment of Rs 25000.

Special
Rate

Rs 75000/-

If registered before
31st Jan, 2011

Please note:

Special discounts for group bookings (more than 4) and also discounts for the services at the 'iTaTi institutes' well-being centre and for Meditation and talks on Tibetology at the Windamere.

Payment options

Option 1: Cheque/Demand Draft

For
'Connect with Himalaya'.
403, Ram Krishna Chambers
Linking Road, Khar west
Above Reebok showroom
Mumbai -400052

Option 2: Online Transfer/Deposit to

Account name: Connect with Himalaya
Bank: Axis bank
Branch: Springfield- Lokhandwala, Mumbai
Current A/C #: 415010200003681
IFSC: UTIB0000415
SWIFT: AXISINBB002

Making a contribution

All CWH trips are run with the underlying philosophy of making a contribution to the place and people where we go for our holidays. This time we will be supporting Riverdale, a school and orphanage, based in the nearby village of Pokhriabong and run by a native girl, Smrithi, and involved in spreading awareness about saving the forests and pangolins, an ant eater. A day trip to this pretty village and time spent with the kids will be the highlight of the trip. You can sponsor a child or make a contribution in any other way.

More details:

<http://riverdaletimes.blogspot.com/>

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Windamere Hotel

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