

## THE DARJEELING WELLNESS RETREAT

*Autumn edition*



Enter the Windamere

**What is it?** A group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the Windamere hotel. 4<sup>th</sup> – 10<sup>th</sup> Dec 2011.

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.







## About 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](http://www.rujutadiwekar.com)



## 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.



## Darjeeling

The queen of hills, Darjeeling sits pretty amidst tea plantations and faces the mighty Kangchendzonga. November is a great time to be there, the air is crisp, the Sun warm and the snow views crystal clear. There is a visit to the picturesque village of Pokhriabong close to the Nepal border and also one to a Tea plantation.



## 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.

## Itinerary:

Date	Remarks	You have to...
<b>Sunday</b> <b>4<sup>th</sup> Dec 2011</b>	Fly into Bagdogra airport (direct flights from Delhi and Kolkata). Airport pickup and drive to Windamere, Darjeeling. 2 hours.	Book your flight to Bagdogra. Plan to arrive between 1 and 3 pm.
<b>5<sup>th</sup> – 9<sup>th</sup> Dec</b>	Three sessions with Rujuta everyday – nutrition as well as exercise. A day-by-day schedule will be provided on signing up.	Fill up your diet and activity recall sheet. Form will be given on signing up.
<b>Saturday,</b> <b>10<sup>th</sup> Dec</b>	After breakfast, drop at Bagdogra airport. You have an option of extending your stay at Windamere.	Book your return flight from Bagdogra anytime after 11 am.

## 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/walks, Yoga, Core strength and balancing. A one-on-one session with Rujuta for your specific questions.
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 115000/- per person. All inclusive, ex-Bagdogra. (Rs 150000 for single occupancy).

Special rate if registered before 15<sup>th</sup> Aug 2011 = Rs 100000/- per person. (Rs 135000 for single occupancy).

Group size will be restricted to 20 and will be on first come first serve basis. To register, make a non-refundable advance payment of Rs 25000 and balance before 1<sup>st</sup> November 2011. Please also check our Cancellation policy.

Payment options:

### 1. Cheque/ DD:

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

### 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

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.

## 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/>

P.S: During our April 2011 retreat the group sponsored yearly education and food for 10 kids.



## Pics from the April 2011 Darjeeling Wellness retreat



The tea room gossip with scones



Morning activity sessions



The cottages at Windamere



Fireplace and a cozy bed



With the little dancers



Soak in the gyaan from Rujuta

For more pics of 2011 April retreat, click [here](#)

## Feedback from 2011 April Darjeeling wellness retreat attendees

*Pushing my limits was fun. RD is always flawless in her subject. The visit to Pokhriabong was the highlight. Plz do let me know about the next one ASAP. That says it all.*

Shehzeen Siddique

*Rujuta has a wonderful way of imparting her vast knowledge and expertise. Windamere as the venue is outstanding. Didn't want to leave. A perfectly structured and organized retreat.*

Soni Razdan, Actress

*For a person like me who is passionate about food, in every sense – the holistic approach that we were made aware of kind of just summed the divinity that I feel for food and way of life.*

Pooja Dholakia, Ad maker

*I was overwhelmed with all that I gained. Everything appeared so casual that one was not made to realize how much effort was put to every small thought out detail.*

Parul Mehta, Entrepreneur

## Get connected:

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CONNECT WITH HIMALAYA

CWH