

THE DARJEELING WELLNESS RETREAT

Second edition



Enter the Windamere

What is it? The 2nd edition of the annual group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the iconic Windamere hotel. 15th – 21st Apr 2012.

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. 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 and exercise 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

Learning sessions and activities

The crux of the trip will be the daily learning sessions (on food, nutrition and exercise) 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 workouts that you can bring back and implement in your day-to-day life.

Note: One-on-one session with Rujuta can be arranged.



Darjeeling

The queen of hills, Darjeeling sits pretty amidst tea plantations and faces the mighty Kangchendzonga. April is the best time to be there, with the crisp air, clear views and Rhododendrons in full bloom. 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...
Sunday 15th April' 12	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.
16th – 20th April	Three sessions with Rujuta everyday – nutrition as well as exercise. A day-by-day schedule will be provided on signing up. See Appendix for details of 2011 Retreat to get an idea.	Fill up your diet and activity recall sheet. Form will be given on signing up.
Saturday, 21st April	After breakfast, drop at Bagdogra airport. You have an option of extending your stay at Windamere.	Book your return flight from Bagdogra anytime between 11 am – 1 pm.

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 105000/- per person. All inclusive, ex-Bagdogra. (Rs 140000 for single occupancy).

Special rate if registered before 15th Feb 2012 = Rs 90000/- per person. (Rs 125000 for single occ.)

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 30000 right away and balance before 1st April 2012. Please also check our Cancellation policy.

Do enquire about special discounts for group bookings, couple discounts 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:

1. Cheque/ DD:

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

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

<p><i>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.</i></p>	<p><i>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.</i></p>	<p><i>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.</i></p>	<p><i>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.</i></p>
<p>Shehzeen Siddique</p>	<p>Soni Razdan, Actress</p>	<p>Pooja Dholakia, Ad maker</p>	<p>Parul Mehta, Entrepreneur</p>

Get connected:

Gaurav Punj
 +91 9833829240
 cwh.now@gmail.com
www.connectwithhimalaya.com

For Windamere Hotel:
 Elizabeth Clarke
 ejclarke@windamerehotel.net
www.windamerehotel.com



APPENDIX: SCHEDULE FOR THE DARJEELING WELLNESS RETREAT – APRIL 2011

Note: This is just for reference. The 2012 schedule will be provided on sign-up.

Theme of the day	Session 1 Activity 6 – 8 a.m.	Session 2 Learning 10 – noon	Session 3 Activity + learning 2 - 4 p.m.	Evenings
Day 1 Fads & Facts	Basic workout session Exercise – Intensity V/s Regularity	The weight loss industry V/S Ancient Indian wisdom about food and eating practices	Master the art of eating Yog Nidra	Chill
Day 2 Anti - ageing	Running – learning to push your limits	Rediscovering the joys of eating Eating “wrinkle free”	Inversions– rediscover the joys of falling Asanas for supple skin	The DHR club. (Check Windamere website).
Day 3 Himalaya calling	Suryanamaskars – seeking the Sun’s blessings	A visit to the pretty village of Pokhriabong in the Darjeeling hills and meet the fantastic kids at Riverdale orphanage. Also visit a Tea garden		Trekking stories Wine indulgence
Day 4 Detox & fight bloating	Silent walk	Wash away your food sins Food strategies for a flat stomach	Churn the toxins out of your system – Twisting and forward bends.	A visit to the Darjeeling zoo Group chanting – post dinner
Day 5 Putting it together	Core strength & balancing	Turning your body into a fat burning machine	Way ahead Group feedback	Shopping

Notes:

- A further detailed list of topics and activities to be covered in a day will be given as a handout the night before.
- The sessions are designed to build on the theme of the day and the overall theme of wellness.
- You will be working on developing a nutrition and exercise plan for yourself through each session and day.
- A hand-out detailing the important points (take-aways) will be provided after each session.
- All sessions and evening events are optional. You can choose which ones to not attend.

© Rujuta Diwekar. All rights reserved. No part of this schedule can be copied or reproduced in any form.