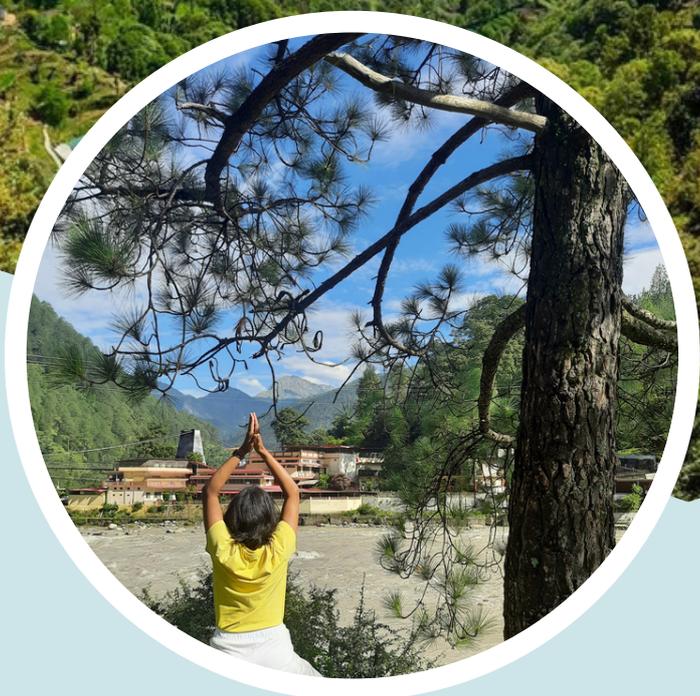


# HEALING IN HIMALAYAS, INDIA

YOGA, CULTURE, CUISINE & NATURE

@Responsible tourism India\*



much  
awaited  
retreat :)

Save the dates:

**Feb 25th- Mar 3rd, 2023  
(6 nights)**

**Retreat package (6 nights):**  
Euro 600pp onwards (depending  
upon the room chosen)

*Only 12 spots available*

check it out  
<https://www.yogaclubparis.fr/retreats>

Connect at



*Single-double  
rooms/cottages/  
family suite  
options*

**How to book?**

please fill in the Sign up  
form and I will get in  
touch with you

# HEALING IN HIMALAYAS, INDIA

YOGA, CULTURE, CUISINE & NATURE



**Venue:**

***The Chirping Orchard,  
Mukteshwar, Northern India)***  
350 kms from New Delhi airport

**\*Member of responsible tourism India (The Outlook travellers)**

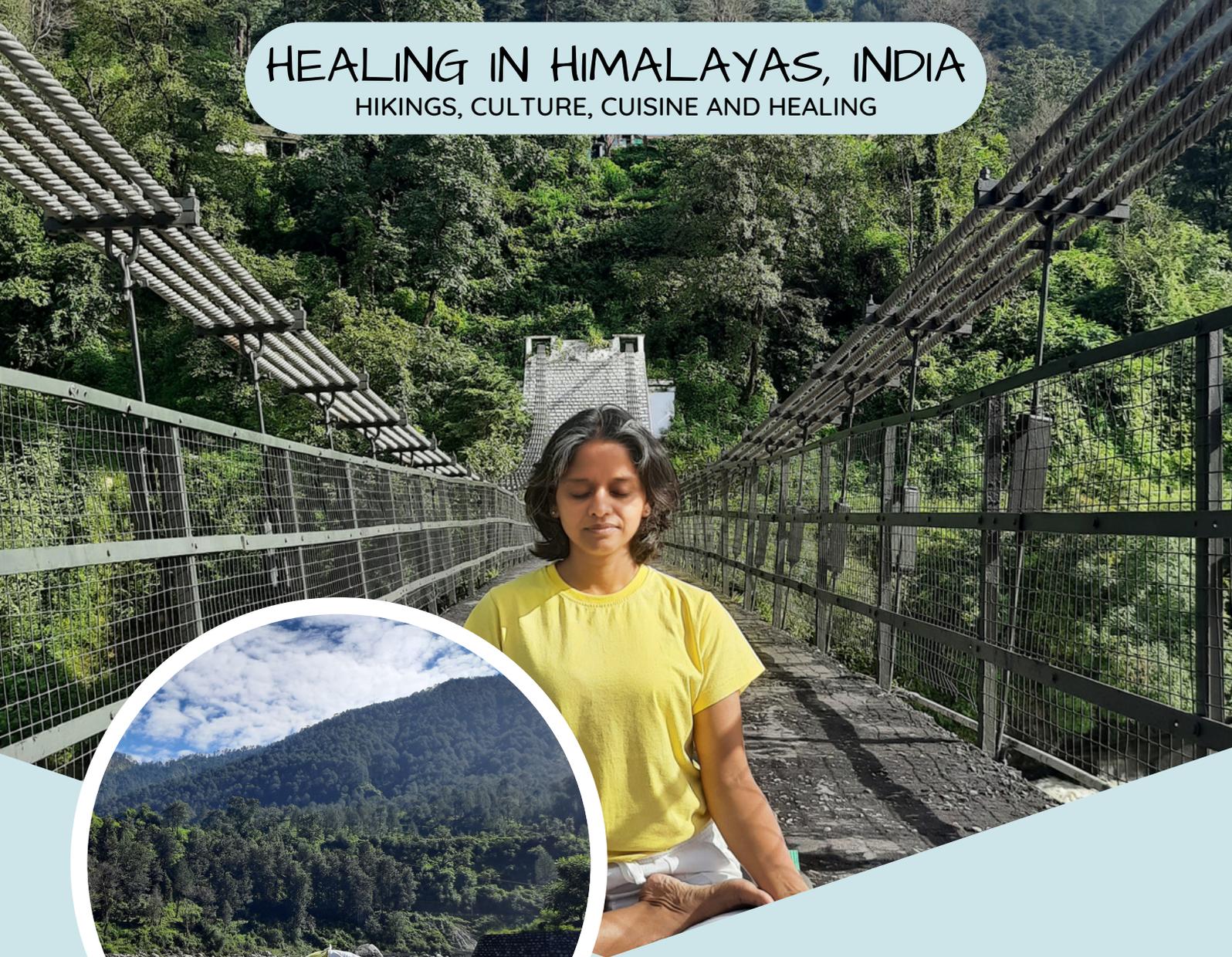
Come and spend a week in the remote mountain village in India. A walk through the centuries old oak trees, towering cedars, vivid rhododendron and the myriad life forms thriving under their guardianship, instills a sense of appreciation and amazement, leaving us inspired for life.

The chirping cottage is a country house in the orchards with large lawns, panoramic view and personalized services. Their purpose being bringing people closer to nature and providing meaningful holidays by understanding local culture and creating positive impact. Every action is done while being responsible towards environment and surroundings. The meals offer Farm-to-fork experience with most of the in-house ingredients organically produced.

We will collaborate with local habitants/artists/guides for enhanced authentic experience during the retreat.

# HEALING IN HIMALAYAS, INDIA

HIKINGS, CULTURE, CUISINE AND HEALING



Meet Anuradha

**“Yoga is a journey of the self, through the self, to the self”-  
The Bhagwad Gita**

Being an Indian and trained in India, Yoga has always been a 'way of life' for me; not just on the mat but outside of it too. I have had training (RYT 500hrs) in Hatha Yoga, Pranayama, Pre post natal, Ayurveda Therapy from traditional lineage of yoga in India. I am currently pursuing advanced training (800hrs). Leaving corporate life and demanding lifestyle, I moved to Paris in 2015 and started teaching in various Parisian studios, hosting workshops from 2018 onwards. In 2020, I co-founded Yoga Club Paris which pioneered in making a community of Yoga enthusiasts from over the globe.

I organised my first Yoga retreat in Feb 2022 (Feb 25th to be precise) in Brittany, France. Exactly one year after (call it destiny), I am hosting this retreat to the place closest to my heart; The Great Himalayas....

My teaching style is an amalgamation of all that I have learnt from my teachers so far; with special emphasis on alignment, breath awareness and connection with mind, body and soul.

\*training and qualification

# HEALING IN HIMALAYAS, INDIA

HIKINGS, CULTURE, CUISINE AND HEALING



Ready to book?

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## what to expect

### Price includes:

- 6 nights accommodation in single/double occupancy
- All meals (home-made and organic)
- Daily yoga & meditation classes
- Guided walks, Hiking, excursions, local village visits, Himalyan Birding, Folk dance, Bon fire

### Price excludes:

- Flights (recommendations will be shared)
- Travel insurance
- Visa (e-visa easily available)
- Optional activities
- Transfers from Delhi Airport (will make group arrangement at favorable price)

### Reviews from previous retreats

Anu is a wonderful teacher- full of patience, knowledge and wisdom. And she's great fun too. I came away feeling more peaceful, rejuvenated and sleeping like a baby after a bout of insomnia. Thank you! I'll definitely be back.

Benita, UK

The retreat was perfect: I loved how you took care of everything and not just the practice: quality of the food, schedule, walks. Correction of postures were very good, in general people are pretty shy about asking questions that may seem "obvious" or "silly" but we felt it was a safe space and everybody also felt they were progressing.

Arianna, Italy

# HEALING IN HIMALAYAS, INDIA

## HIKINGS, CULTURE, CUISINE AND HEALING



**Ready to book?**

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## FAQs

### **Who can join the retreat?**

The retreat is perfect for everyone who wants to explore the cultural and gastronomic richness of India in a relaxed environment with daily yoga & pranayama practice. It is an opportunity to be in nature and heal in Himalayas while learn more about the diversity of India.

### **What kind of yoga is offered at the retreat?**

Daily practise include traditional Hatha, Hatha Flow, breath work, meditation, Yoga Nidra and a special session on Naturopathy/Ayurveda.

### **Do I have to attend every Yoga session?**

All our sessions are offered as optional. From our experience participants will normally join all sessions but there is no pressure to attend every session.

### **Do I need to bring any Yoga equipment?**

The resort has all the equipments needed for your practice.

### **What are the measures around COVID?**

We want to provide a safe space for everyone. We therefore require you to follow the travel advisory of the country. Extra sanitary measures are also in place at the retreat venue.

### **Can I travel with family and still participate in the retreat?**

Yes, there is a family suite available (2 adults 2 kids). We shall make special arrangements for engaging the kids while you are enjoying the retreat.

### **I have been/never been to India. I would like to travel to other parts of India pre/post retreat. How should I plan it?**

We will be happy to help you with the travel planing and recommended places to visit to make your overall journey more exciting.