



Holistic Himalayan Retreat in Glamping Domes



Hamta (Sethan) Village,
Manali (H.P.)

A holistic wellness program that will contribute to bring about inner alignment and harmony. A life changing yogic and mindfulness experience that will enable you with the simplest yet most effective techniques to manage and live a healthy and stress-free life.

The retreat will teach infallible techniques to organize yourself and attain tremendous success and abundance.

Treat yourself well.

Batch 1: 24th to 30th Sept 2022

Batch 2: 2nd to 8th Oct 2022



What is it about?



The retreat is being offered in a very peaceful and beautiful destination on the foothills of the Himalayas, . You can choose to stay in Glamping Domes and Wooden Cottages overlooking mountain slopes amidst an apple orchard. Views of dense Deodar forests and beautiful snow- clad peaks all around help create the perfect ambience for a pure and relaxed mood.



Our wellness therapist and coach who will lead this program is popularly known as ‘Cosmos Hercules’. A cyclist, trekker, runner, rider and traveller, he is a practitioner of Pranayamas for the last 13 years!
In the Words of Cosmos Hercules!!!
“The only asset worth chasing is to have
"Psychological and physiological well-being"
why? the rest is in transaction!”

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Whats included?



- A set of powerful **Pranayama Techniques** in sequence not known by many
- **5-minute practices performed by Ancients** and scientifically proven and backed by numerous modern studies to reduce our carbon footprint, fight asthma, pollution, deadly viruses and diseases that impact our home and environment. While also bringing positive energy, more focus and clarity, renewing brain cells, improving immunity, revitalize skin, improving circulatory system, and neutralizing harmful radiation in the environment and killing pathogens.
- **Invincible Super Brain Yoga and Brain Gym** techniques practiced in central Asia since thousands of years to improve grey matter in brain, relieve stress, bringing more intelligence, selectively power boosting your Yin and Yang {Creative and Logical Brain}



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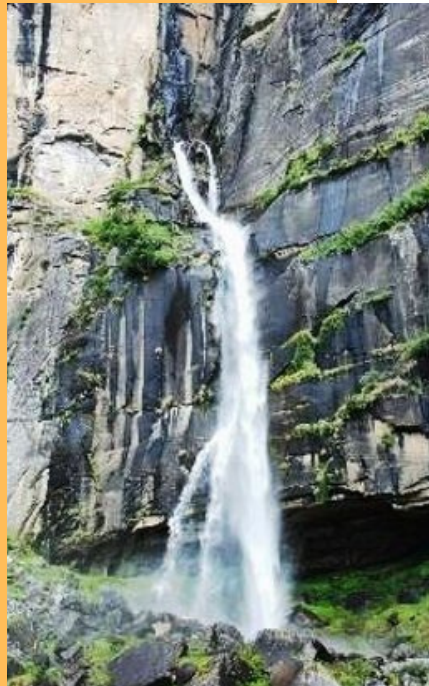
Batch 2: 2nd to 8th Oct 2022



Whats included (contd..)



- **Daily rhythmic dancing and laughter sessions** that help open all your senses. Witness sessions which help practice detachment of thoughts.
- **Hikes** in pine and deodar forests and to spectacular hidden waterfalls. Hike to an ancient cave used by the Pandavas. Enjoy outdoor seva which helps you identify and pluck herbs / medicinal plants that will be cooked for you and gather dry wood and pine cones to use for a bon fire.
- **Physical Exercises** which can be easily performed in minutes that will help improve your physical fitness and flexibility, mental stability and peace, cure depression, kill negativity and emotional trauma, bring happiness and overall well-being.
- Detailed discussion on **food, its prakriti** and its impact on our mind and thought process.



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Key Highlights



- Hygienic, Healthy and super delicious 100% Vegetarian food.

Powerful techniques

- Puraka, Kumbhaka, Rechaka and Shunyaka
- Basthrika
- Kapalabhati
- Tribanda / Mahati prayanama
- Ujjai
- Anuloma - Viloma
- Bhramari
- Omkara and
- Savasana
- Agnihotra Homa
- Video Presentation
- Dance and Witness Session
- Kirtan/Om Chanting

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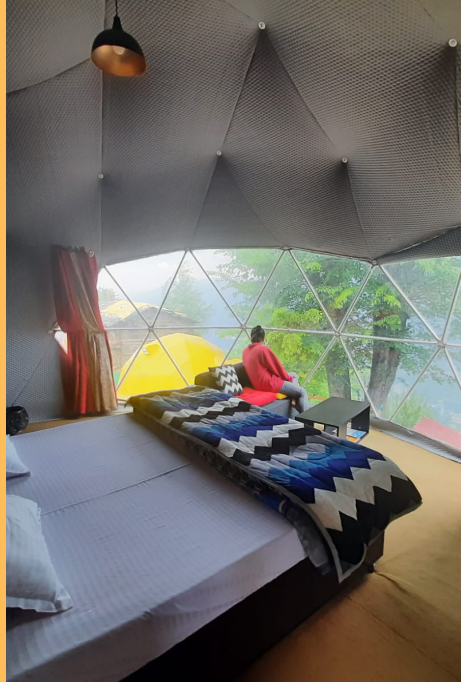


Last but not the least....!!



- 1) Stay in Luxury Glamping Domes on top of a Mountain at 8500Ft (2600 Metres)
- 2) Manali & Offbeat Manali Experience:

- Live in a homestay with an interesting host.
- Eat authentic traditional food of Himachal in a shack by a waterfall,
- Visit the Roerich's house and Art Gallery
- Visit a remote ancient Krishna Temple
- Visit the Naggar Castle built in the Kathkuni style traditional architecture,
- Visit and dip in hot spring water,
- Visit the ancient Hadimba Temple
- Drive through the state of the art Rohtang Tunnel which has 12000ft of Rocky Himalayas above it



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Whats the Investment?



5N RETREAT + 2D/1N OFFBEAT
MANALI - TOTAL 7D/6N

Twin Sharing
Canvas Tent

Luxury Glamping
Dome Twin sharing

Wooden
Cottage Dorm

TOTAL PACKAGE PER HEAD ON
SHARING BASIS (INR)

27400

41400

31400

INCLUSIONS

HOLISTIC WELLNESS RETREAT - WITH STAY + VEG FOOD

OFFBEAT MANALI 2D/1N WITH TRAVEL, STAY AND TWO MEALS A DAY

ALL LOCAL TRAVEL INCLUDING PICK UP AND DROP OFF TO MANALI VOLVO BUS STAND

Only 15 Seats per batch!

Whatsapp: Mansoor 9845080960 or Sagar 7807289392

Location:- Nirvana Hamta Retreat, Sethan, Manali

Phone:- 7807289392, 9845080960

