



HIMALAYAN WELLNESS & ART RETREAT

A WEEK OF YOGA, ART & MOUNTAINS

LEH, LADAKH | 15TH–20TH SEPTEMBER

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DAY 1 - ARRIVAL + ACCLIMATIZATION

DATE – 15th SEP '25

- You'll land in Leh at your own pace. The first day is all about slowing down, soaking in the new altitude, and easing into the mountains.
- Once you've settled in, we'll gather for a gentle orientation at the host's property – a warm, traditional Ladakhi home to sip some local butter tea, and get to know each other, followed by below schedule:

★ 6:00 PM–7:00 PM

Restorative Yoga and Pranayama to ground the nervous system and begin adapting the breath and body to the high altitude.

★ 7:00 PM–7:30 PM

Meditation and breathwork to support the acclimatization process.

★ 8:00 PM–9:00 PM

Dinner



DAY 2 – UNWINDING INTO STILLNESS

DATE – 16th SEP '25

- We begin the day with a grounding morning practice, led by **Ityka**.

★ 6:00 AM–7:00 AM

Yoga, Pranayama & Meditation

The rest of the day is for you to simply be. Nap in the garden, chat with our local hosts, journal, read, or just enjoy the mountains. This is part of the practice too.



★ 4:00 PM–6:00 PM

A powerful **Bodywork** session led by **Grey**– a martial artist with 23 years of experience. Rooted in Thai Yoga Bodywork, this session blends acupressure, energy line work, assisted stretching, and rhythmic touch to restore balance, release tension, and support the natural flow of energy in the body.

Know more about Grey: [@greymoving](#)



★ 7:30 PM–8:00 PM

Yoga Nidra — a 30-minute guided rest practice that leads you into deep physical and mental relaxation.

★ 8:00 PM–9:00 PM

Dinner



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DAY 3 – PRAYERS, PRINTS & PRESENCE

DATE – 17th SEP '25

- A sacred and creative day awaits.

★ 6:00 AM–8:00 AM

Early morning visit to **Thiksey Monastery** to attend the monks' morning prayers.

★ 9:00 AM–10:00 AM

Breakfast at the property.

★ 10:00 AM – 6:00 PM

A full-day **Cyanotype & Bookbinding Workshop** with **Ayan Biswas**, a visual artist and photographer who'll guide us through this immersive art process of creating beautiful blue-toned prints using sunlight (no camera needed) and learning the meditative craft of hand-binding your own book.

Know more about Ayan: [@parkhang.collective](#)

★ 7:30 PM–8:00 PM

Trataka Meditation — a powerful candle-gazing technique that helps you drop into a meditative state and improve focus.

★ 8:00 PM–9:00 PM

Dinner



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DAY 4 – WANDERING, WONDERING & CHANTING

DATE – 18th SEP '25

★ 6:00 AM–7:00 AM

Morning Yoga, Pranayama, and Meditation to start the day grounded and open.

★ 10:00 AM–7:00 AM

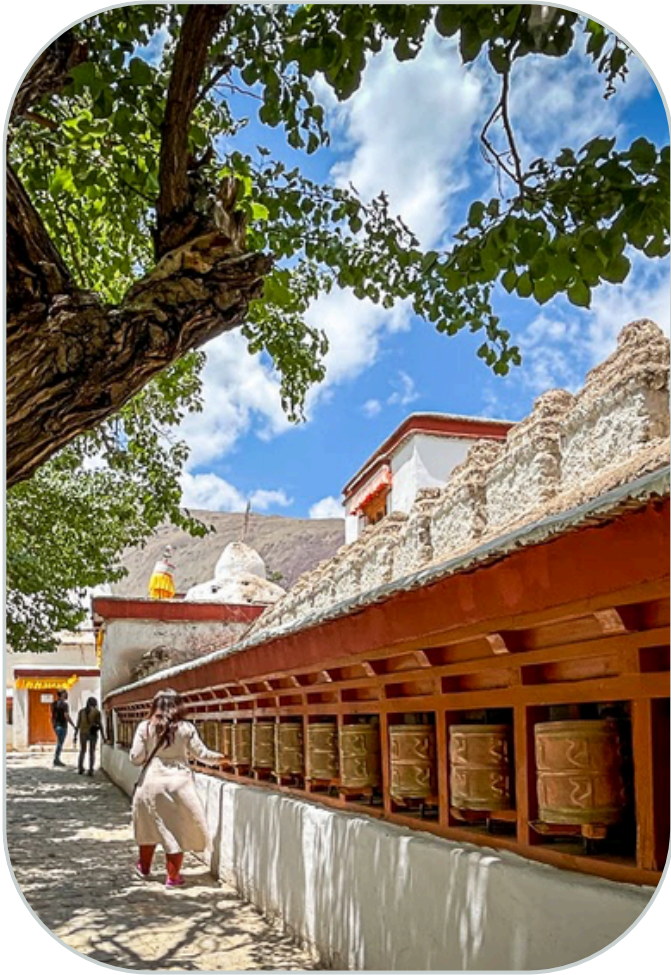
We head out for local sightseeing in and around Leh, including a visit to Alchi Monastery—one of the oldest monasteries in the region.

★ 7:30 PM–8:00 PM

Mantra meditation — a grounding practice using sound and repetition to center the mind.

★ 8:00 PM–9:00 PM

Dinner



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DAY 5 – CLAY, CULTURE & QUIET VALLEYS

DATE – 19th SEP '25

- This is your wild-card day — hands in clay, stories over lunch, and an evening of stillness.

★ 8:30 AM

We begin with an early departure to **Likir**, a quaint little village — known for its peaceful charm, ancient monastery, and quiet, traditional atmosphere, surrounded by stark mountain landscapes.



★ 10:00 AM – 2:00 PM

Then its time to get earthy with a pottery workshop with Rigzin Namgyal, a second-generation potter from Likir who has spent over 15 years working with clay. Carrying forward a 1000-year-old family tradition, Rigzin blends ancestral techniques with fresh ideas to keep Ladakh's ceramic heritage alive.

Know more about Rigzin: [@likir.pottery](#)



★ 2:30 PM–5:30 PM

We **share a Ladakhi lunch with locals**, followed by a **visit to Likir Monastery**.



★ 7:00 PM–8:00 PM

We'll unwind with a 60-minute restorative yoga session to end this dynamic day on a soft note.

★ 8:00 PM

Dinner



DAY 6 – LAKESIDE PEACE & LOCAL STORIES

DATE –20th SEP '25

- The last full day is made for nature and reflection.

✦ 7:30 AM – 6:00 PM

We'll head to **Yaya Tso**, a serene high-altitude lake surrounded by vast silence. We begin with a **morning yoga session by the lake**, followed by a laid-back **brunch in the open air**.



✦ 7:00 PM - 8:00 PM

In the evening, we'll host a **local movie screening** – **Kemra** by **Gaash Productions**, an indie Ladakhi gem that tells stories from the mountains.

Know more about **Gaash**:
<https://gaashproductions.com/>



✦ We close the night with a circle of **reflections and farewells under the stars**.

✦ 8:00 PM – 9:00 PM

Dinner



DAY 7 – UNTIL NEXT TIME!

DATE – 21th SEP '25

- After breakfast, it's time to hug it out, exchange pictures, and carry the mountains back with you.

✦ Check-out anytime after 8:00 AM

✦ TRANSPORT

- Airport transfers are not included. Guests will need to make their own way to and from the property. Taxis are readily available at the airport, and for your return, the property can help arrange one. You can also ask the hosts for local cab contacts closer to departure.

✦ MEALS

- **2 sattvic vegetarian meals** every day, made with love and local garden produce.
- **Lunch included only on Day 5.**
- On other days, guests can order lunch at the property directly.

✦ IMPORTANT INFO

- Bring your own **yoga mat**.
- Carry **warm layers** – it won't be freezing, but mountain evenings are chilly.
- Start **Diamox** 3 days before arrival, and stop after you land.
- Bring your own **emergency meds**, if needed.
- **Carry only what feels essential.** Let this be a chance to travel lighter, move slower, and be more present.
- **Pen & notepad** – optional, for those who'd like to make personal notes during the retreat. A booklet containing all the practices will be provided however.

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- **Please note:** While we'll do our best to follow the schedule as planned, please know that slight changes may occur due to weather, local conditions, or other factors outside our control. We appreciate your flexibility and trust in the flow of the journey.

✦ PRICING

ROOM TYPE	INDIAN NATIONALS	FOREIGN NATIONALS
TWIN SHARING	₹45,000	₹65,000
SINGLE ROOM	₹50,000	₹70,000