

Rujuta Dinekar

The  
**HIMALAYAN**  
fitness holiday  
**Kullu**

SECOND EDITION

# What is it?

A group fitness holiday to the Kullu Himalaya with Rujuta Diwekar focusing on the why and how of 'right' exercise and nutrition.

◆ **12<sup>th</sup> Aug - 16<sup>th</sup> Aug 2017**

The rivers flow swiftly and the time moves slowly. It's the Himalaya in the rains. When the mist hangs on the Beas river, clouds float in the folds of mountains, the apple and peach orchards bloom and the pahari food intoxicates with its aroma. All of this comes together in a one of its kind retreat this August with the indomitable Rujuta Diwekar, country's top fitness expert. We workout, learn about the theory behind strength training, running and yoga and demystify the pre and post exercise nutrition. All this while staying at the beautiful Span resort by the Bea. You come back with a fitter body, a relaxed mind and most importantly, a customized exercise plan.



# About Rujuta Diwekar

India's pre-eminent fitness professional, a best selling author, a dedicated Yoga practitioner, a born trekker, amongst the most sought after speakers – Rujuta dons many hats and adeptly at that. Her love for the outdoors and passion for holistic fitness is the driving force behind this retreat.

More here: [www.rujutadiwekar.com](http://www.rujutadiwekar.com)





## The Place

Just the mile long running track by the Beas river should qualify it to be the perfect venue for a workout retreat but its much more than that. Its acres of ground space, sports facilities, ultra comfortable rooms, authentic spa, the overall tranquility is unbeatable in the crowded Manali hotel scene.

More about the Span resort and spa here: [www.spanresorts.com](http://www.spanresorts.com)



# Learning sessions and activities

Apart from the workout sessions there will be daily learning sessions wherein Rujuta will demystify the science of Exercise, the guiding principles behind it, break the myths surrounding it, and tackle the much-misunderstood topic of pre and post-workout nutrition. The sessions are based on her 3<sup>rd</sup> book 'Don't lose out, work out' and have their base in practical and doable advice.

The crux of the trip will be the daily activity sessions (core strength, running, Yoga, etc) with Rujuta. The focus will be on imparting the right information on the correct technique, sequence and variation in your workouts that you can bring back and implement in your day-to-day life.

## Itinerary: 5 day trip, 2 days off work (1 weekend + 1 holiday)

Date	Activity	You have to...
Saturday 12 <sup>th</sup> Aug	Fly into Chandigarh the previous night (11 <sup>th</sup> Aug). Drive early from Chandigarh to Kullu. Drive to Kullu is long (7 hours) but stunning, especially in this season.	Book your tickets to Chandigarh for 11 <sup>th</sup> Aug. Also book any hotel of your preference.
13 <sup>th</sup> Aug to 15 <sup>th</sup> Aug	We get into a daily routine with a session every morning, afternoon and evening. The idea is to spread out the sessions so that there is plenty of time to absorb the learning and also to enjoy the Himalayan monsoon. We will also go out to explore the Kullu- Manali region.	Come prepared for good workouts. Will send a checklist of things to carry once you have signed up.
Wednesday 16 <sup>th</sup> Aug	After the morning session and breakfast, its time to say goodbye. Drive to Chandigarh to catch the flight back.	Book your return tickets on flights departing after 4 pm.



# Cost and payment options

Component	Details
<b>Training and learning classes with Rujuta Diwekar</b>	3 classes daily with Rujuta Diwekar on exercise technique, theory and right nutrition.
<b>Stay and food</b>	Twin sharing at Span resorts for 4 nights (can opt for single occupancy also). All meals and snacks.
<b>Transportation</b>	From Chandigarh airport and around Manali.

## Cost of the trip:

Rs 95,000/- per person. All inclusive, from Chandigarh.

Rs 1,30,000/- for single occupancy

**Note: Group size is limited to 20 and seats are filled on first come first serve basis. To confirm a place, make the full payment at the earliest. Please also check our cancellation policy.**

[Click here for PAYMENTS](#)

### Cheque/ DD:

For 'Connect with Himalaya'  
403, Ram Krishna chambers  
Linking Road, Khar west  
Above Reebok showroom  
Mumbai -400052

### Online transfer/ Deposit to:

Account name: Connect with Himalaya  
Bank: Axis bank  
Branch: Springfield- Lokhandwala, Mumbai  
Current A/C #: 415010200003681  
IFSC: UTIB0000415,  
SWIFT: AXISINBB002



Pics from the first edition

# The HIMALAYAN fitness holiday Kullu



The place



Sprints



Warm up stretches



Asana practice



Zig-zag runs



Class was on the theory of exercise



Yoga session



Finally we posed for the group pic

## Get connected:

Gaurav Punj  
cwh.now@gmail.com  
+91 9833829240  
[www.connectwithhimalaya.com](http://www.connectwithhimalaya.com)

For more pics of  
2016 Himalayan  
Fitness Holiday  
click here

# Appendix

## How the Himalayan fitness holiday is structured

Note – detailed class schedule will be provided on signing up.

### Component

### Details

#### Strength training

- Activity specific weight training
- Focus on strengthening gluts, quads, abs
- Planning your workouts

#### Running

- Long Runs - Build aerobic fitness, efficiency & endurance
- Lactate threshold runs - Improve pace and running timing
- Speed drills - Build Strength & speed in the legs
- Recovery runs - clear waste products from legs & allow joints to recover
- Cycling/ Swimming-Build aerobic fitness, go easy on weight bearing joints

#### Yoga

- The different schools of Yoga
- Sequence of Asanas
- The right technique

#### Core strength and balancing

- Learn to stabilize the pelvic and spine
- Build stabilizers in the legs & back
- Preventing Injuries
- Focus on Stretching hamstrings

#### Nutrition and hydration

- Pre and post workout nutrition
- Accelerate fat burning
- Improve workout efficiency
- Fine tuning the diet to training load in every phase

