The Darjeeling Wellness Retreat

04th Apr – 10th Apr 2021
The 10th edition of the annual group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the iconic Windamere Hotel.

04th April – 10th April, 2021

Kangchendzonga. Crisp air. Yoga. Run. Hike. Tea. Sumptuous food. Got the idea? You are going to be with Rujuta, in the Himalaya, and its going to be anything but regular. India’s most exclusive retreat with structured workouts, learning sessions about your body and its ever-changing nutritional requirements and a peak into the life in the Himalaya. All this while staying at the only truly authentic boutique hotel in Darjeeling hills. You will come back with a fitter body, a customized eating and exercise plan and an inner calm that only Himalaya can give.

What is it?
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
The queen of hills, Darjeeling sits pretty amidst tea plantations and faces the mighty Kangchengdzonga. April is a great time to visit Darjeeling. The weather is cool, the Sun is warm and the air is crisp. There is a visit to the picturesque village of Pokhriabong close to the Nepal border and also one to a Tea plantation.

“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.
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.

Itinerary:

7 day trip, 5 days off work

<table>
<thead>
<tr>
<th>Date</th>
<th>Remarks</th>
<th>You have to...</th>
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</thead>
<tbody>
<tr>
<td>Sunday 04th Apr</td>
<td>Fly into Bagdogra airport (direct flights from Mumbai, Delhi and Kolkata). Airport pickup and drive to Windamere, Darjeeling. 2.5 hours.</td>
<td>Book your flight to Bagdogra. Plan to arrive between 1 and 3 pm.</td>
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<tr>
<td>05th Apr – 09th Apr</td>
<td>Three sessions with Rujuta everyday – on nutrition as well as exercise. A day-by-day schedule will be provided on signing up. See Appendix below for how the retreat is structured.</td>
<td>Fill up your diet and activity recall sheet. Form will be given on signing up.</td>
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<tr>
<td>Saturday, 10th Apr</td>
<td>After breakfast, drop at Bagdogra airport.</td>
<td>Book your return flight from Bagdogra anytime between 11 am – 1 pm.</td>
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The cost components of the trip are:

**Daily sessions with Rujuta**
Daily interactive learning sessions on food and nutrition.
Structured activities – Runs/walks, Yoga, Core strength and balancing.

**Stay and food**
Twin sharing at the Windamere hotel, Darjeeling (6 nights). Can opt for single occupancy also. All meals use fresh, local produce and the best of Indian and continental cuisine is served along with Darjeeling tea and coffee from Baba Budan hills.

**Transportation**
From and to Bagdogra airport, in and around Darjeeling.
Cost of the trip:

Rs. 1,95,000/- per person

(Rs. 2,50,000/- for single occupancy)

Group size will be restricted to 25 and will be on first paid first in basis. Do check our Cancellation policy. Ask for special family and group discounts.

Cheque/ DD:
For ‘Connect with Himalaya’.
403, Ram Krishna Chambers
Linking Road, Khar West
Above Reebok showroom
Mumbai -400052

Bank transfer/ Deposit to:
Connect with Himalaya
Axis bank
Springfield- Lokhandwala, Mumbai
Current A/C #: 415010200003681
IFSC: UTIB0000415
SWIFT: AXISINBB002

Online payment:
Credit/ debit cards, Net banking, etc
Feedback from previous attendees:

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.

- Alka Siddique, Painter

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.

- Soni Razdan, Actress

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.

- Pooja Dholakia, Ad maker

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.

- Parul Mehta, Entrepreneur

Get connected:

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

For more pics of 9th edition of Darjeeling wellness retreat click here
## Appendix

How the darjeeling wellness retreat is structured

<table>
<thead>
<tr>
<th>Theme of the day</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Evenings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong> Fads &amp; Facts</td>
<td>Basic workout session</td>
<td>The weight loss industry V/S Ancient Indian wisdom about food and eating practices</td>
<td>Master the art of eating.</td>
<td>Daily evening tea with scones, cakes, sandwich served at the tea-room.</td>
</tr>
<tr>
<td><strong>Activity</strong></td>
<td>6:30 – 8 am</td>
<td>10 – noon</td>
<td>2:30 - 4 pm</td>
<td>After 5 pm</td>
</tr>
<tr>
<td><strong>Session 2</strong> Learning</td>
<td>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</td>
<td>Trekking stories</td>
<td>Wine indulgence</td>
<td></td>
</tr>
<tr>
<td><strong>Session 3</strong> Yoga + learning</td>
<td>Silent walk</td>
<td>Wash away your food sins. Food strategies for a flat stomach</td>
<td>Churn the toxins out of your system – Twisting and forward bends.</td>
<td>A visit to the Darjeeling zoo</td>
</tr>
<tr>
<td><strong>Session 1</strong> Activity</td>
<td>Core strength &amp; balancing</td>
<td>Turning your body into a fat burning machine.</td>
<td>Way ahead. Group feedback.</td>
<td>Shopping</td>
</tr>
<tr>
<td><strong>Session 2</strong> Learning</td>
<td>Activity</td>
<td>10 – noon</td>
<td>2:30 - 4 pm</td>
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<tr>
<td><strong>Session 3</strong> Yoga + learning</td>
<td>Activity</td>
<td>10 – noon</td>
<td>2:30 - 4 pm</td>
<td>After 5 pm</td>
</tr>
<tr>
<td><strong>Session 5</strong> Putting it together</td>
<td>Activity</td>
<td>10 – noon</td>
<td>2:30 - 4 pm</td>
<td>After 5 pm</td>
</tr>
</tbody>
</table>

### Notes:
- 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 each day.
- All sessions and evening events are optional. You can choose which ones to not attend.