

Rujuta Dinakaran

Windamere Hotel
A Colonial Hotel of India - in the Himalaya's

N I N T H E D I T I O N

The Darjeeling Wellness Retreat

2 2nd - 2 8th S e p t 2 0 1 9



What is it?

The 9th edition of the annual group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the iconic Windamere Hotel.

◆ **22nd – 28th September, 2019**

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.

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





Darjeeling

Darjeeling, the queen of hills, sits pretty on a ridge facing the mighty Kangchendzonga. September brings with it the crisp air, clear views of the snow peaks and the sweet aroma from the tea gardens. We spent time in and around Chaurasta, the hub of Darjeeling, and also visit a tea plantation.

Windamere Hotel

A Colonial Hotel of India - in the Himalaya's

“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

Date	Remarks	You have to...
Sunday 22 nd Sept	Fly into Bagdogra airport (direct flights from Mumbai, Delhi and Kolkata). Airport pickup and drive to Windamere, Darjeeling. 2.5 hours.	Book your flight to Bagdogra. Plan to arrive between 1 and 3 pm.
23 rd – 27 th Sept	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.	Fill up your diet and activity recall sheet. Form will be given on signing up.
Saturday, 28 th Sept	After breakfast, drop at Bagdogra airport.	Book your return flight from Bagdogra anytime between 11 am – 1 pm.



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:

Special rate if registered
Before 31st March 2019

After 31st March 2019

Rs. 1,45,000/- per person

Rs. 1,65,000/- per person

(Rs. 1,95,000/- for single occupancy)

(Rs. 2,15,000/- 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.

A Cheque/ DD:

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

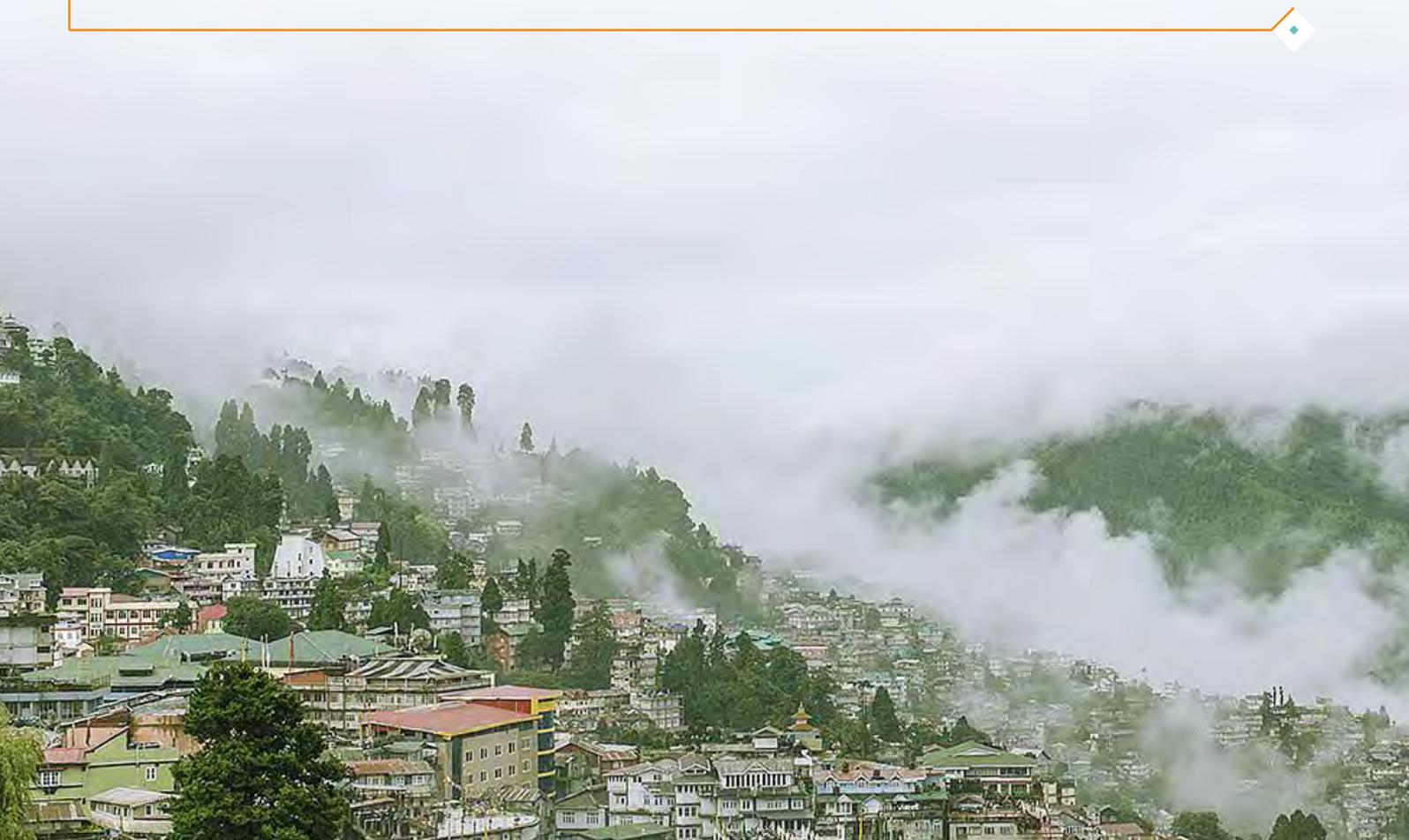
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banking, etc

[Pay now](#)



Pics from the earlier editions of

The Darjeeling Wellness Retreat



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:

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For more pics of 8th edition of Darjeeling wellness retreat [click here](#)

Appendix

How the darjeeling wellness retreat is structured

Theme of the day	Session 1 Activity 6:30 – 8 am	Session 2 Learning 10 – noon	Session 3 Yoga + learning 2:30 - 4 pm	Evenings After 5 pm
Day 1 Fads & Facts	Basic workout session Exercise – Intensity V/s Regularity	The weight loss industry V/S Ancient Indian wisdom about food and eating practices	Master the art of eating. Yog Nidra	Daily evening tea with scones, cakes, sandwich served at the tea-room.
Day 2 Anti -ageing	Running – learning to push your limits	Rediscovering the joys of eating Eating “wrinkle free”	Inversions– rediscover the joys of falling. Asanas for supple skin.	The DHR club. (Check Windamere website).
Day 3 Himalaya calling	Suryanamaskars – seeking the Sun’s blessings	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		Trekking stories Wine indulgence
Day 4 Detox & fight bloating	Silent walk	Wash away your food sins. Food strategies for a flat stomach	Churn the toxins out of your system – Twisting and forward bends.	A visit to the Darjeeling zoo
Day 5 Putting it together	Core strength & balancing	Turning your body into a fat burning machine.	Way ahead. Group feedback.	Shopping

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.