Rujuta Diwekar



The Himalayan Fitness Holiday

05th – 09th April 2027

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What is it?

High above Manali, below the starlit sky,
lies a magical place, hidden in plain sight,
here we come together, for this most exclusive retreat,
to get our facts right, and health sorted.

5th – 9th April, 2027

Deodar forest. Crisp air. Yoga. Run. Hike. Rhododendron sherbet. Sumptuous food. Got the idea? You are going to be with Rujuta, in the Himalaya, and it's going to be anything but the usual. India's most exclusive retreat, with learning sessions on the ever-changing nutritional requirements of your body, with special focus on hormones, and also workout planning and strategies for recovery. All this while staying at the incomparable Sitara Himalaya, a Relais & Chateaux hotel with two Michelin keys. You will come back with a better understanding of your body, a sustainable eating and exercise plan, and an inner calm that only Himalaya can give.

About Rujuta Diwekar

India's pre-eminent nutritionist and public health advocate, a best-selling author, a proficient 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





Kullu valley

The valley of Gods, literally and figuratively, with the mighty Beas flowing through it and Himalaya surrounding it from three sides. We will discover it the best way, through short walks. April is spring and is the best time to be there with its crisp air and snow views.

Sitara

RELAIS & CHATEAUX

At the head of the valley, high above the bustle of Manali, in a quaint village, under the benevolent eyes of the local Devta, will be our home away from home. We have the entire place to ourselves for an undisturbed time. And did I tell you about the food? It might just be the best you will eat outside of home.

Daily classes

The crux of the trip will be the daily learning sessions (on nutrition and exercise) and structured activities (walks, yoga, core strength and balancing, etc) with Rujuta and her team. The focus will be on imparting the right information on meal and workout planning, which you can bring back and implement in your day-to-day life. Rujuta will also try and answer all your questions during the daily lectures.

Itinerary:

5 day trip, 3 days off work

Date	Remarks	You have to...
Monday 05th April	Will pick you from Chandigarh or Kullu airport and drive to the hotel. Orientation in the evening.	Book your flights. If driving from Chandigarh it's recommended to get there on 4th April and stay the night. Kullu flight on same day is fine.
06th – 08th April	We set into a daily rhythm of workout sessions and lectures. A detailed schedule with topics will be provided.	Fill up your diet and activity recall sheet. Will share the form on signing up. You will have daily free time for yourself too.
Friday, 09th April	Time for the return journey. Drive back to Kullu or Chandigarh airport.	Book your flight back from Kullu or Chandigarh (book any flight post 3 pm).

Cost of the trip in INR:

Twin sharing	2,95,000	Pay Now
Single room	4,95,000	Pay Now
Couple or two friends	5,60,000	Pay Now

Group size will be restricted to 15 and will be on first paid first in basis. Do check our 'Cancelation policy'.

Bank transfer/Deposit to:

Connect with Himalaya
Axis Bank
Current A/C #: 415010200003681
IFSC: UTIB0000186



Pics from 2026 Retreat













Feedback from participants

Pushing my limits was fun. RD is flawless in her subject. Please let me know about the next one ASAP. That says it all.

I was overwhelmed with all that I gained. Everything appeared so casual that one was not made to realize how much e□ort was put to every small detail.

Rujuta has a wonderful way of imparting her vast knowledge and expertise. A perfectly structured and organized retreat.

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.

About Wellness holidays

We started wellness holidays in 2011, as a sort of collab with the mountains and good food, and since then have conducted over 30 such trips.

From Darjeeling to Rishikesh to Kullu valley, these retreats are always hosted at places where me and Rujuta have been to previously on our travels and have loved the location, the food and the people.

These places are a sanctuary of calm and provide an ideal setting to absorb all the learnings from inside and outside the classroom. They encourage us to step outside our comfort zone, while staying very much in a safe zone.

Get connected:

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