

Rujuta Dimrikan

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

THIRD 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.

4<sup>th</sup> Apr – 8<sup>th</sup> Apr 2018

By the free flowing Beas, under the gaze of high Himalaya, we get together for this one of its kind retreat with the indomitable Rujuta Diwekar, country's top fitness expert. We have structured workout sessions customized to your fitness levels, lessons on how to make exercise schedules and plan your pre and post exercise nutrition. All this while staying at the beautiful Span resort by the river. 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

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.

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.

## Itinerary: 5 day trip, 3 days off work (1 weekend)

### Date

### Activity

### You have to...

Wednesday  
4<sup>th</sup> Apr

Take the early morning flight from Delhi to Kullu. (You might have to reach Delhi the previous night and stay over).

Book your tickets to Kullu. (And hotel stay in Delhi).

5<sup>th</sup> Apr  
to 7<sup>th</sup> Apr

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 go out and explore the Kullu valley.

Come prepared for good workouts. Will send a checklist of things to carry once you have signed up.

Sunday  
8<sup>th</sup> Apr

Catch the morning flight from Kullu back to Delhi. You can also chose to drive to Chandigarh (7 hours) and fly out from there.

Book your return tickets.



# 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 Kullu airport and around Manali.  |

## Cost of the trip:

Rs 1,05,000/- per person. All inclusive.

Rs 1,40,000/- 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](#). Ask for family and group discounts.**

### **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

Online Payment



Pics from the first edition

# The HIMALAYAN fitness holiday Kullu



## Get connected:

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[www.connectwithhimalaya.com](http://www.connectwithhimalaya.com)

For more pics of  
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

