

Rujuta Dinakaran

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

SEVENTH EDITION

The Darjeeling Wellness Retreat

9th - 15th April 2017



What is it?

The 7th edition of the annual group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the iconic Windamere Hotel.

◆ 9th – 15th April 2017

Mt. Kangchendzonga. Crisp air. Yoga. Run. Hike. Tea. Lots and lots of food. Got the idea? You are going to be with Rujuta, in the Himalaya, and its going to be anything but regular. A one of its kind retreat with structured exercises, 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 the Darjeeling Hills. You will come back with a fitter and toned 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

The queen of hills, Darjeeling sits pretty amidst tea plantations and faces the mighty Kangchendzonga. April is the best time to be there, with the crisp air, clear views and Rhododendrons in full bloom. There is a visit to the picturesque village of Pokhriabong close to the Nepal border and also one to a Tea plantation.

Windamere Hotel

A Colonial Hotel of India - in the Himalaya's

A boutique hotel in the Himalaya

“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 9 th April	Fly into Bagdogra airport (direct flights from Delhi and Kolkota). Airport pickup and drive to Windamere, Darjeeling. 2 hours.	Book your flight to Bagdogra. Plan to arrive between 1 and 3 pm.
10 th – 14 th April	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, 15 th April	After breakfast, drop at Bagdogra airport. You have an option of extending your stay at Windamere.	Book your return flight from Bagdogra anytime between 11 am – 1 pm.



The cost components of the trip are:

Daily 3 classes 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). Rooms will be allocated on first deposit- first room basis. Breakfast, Lunch, Afternoon Tea & Dinner (lunch and dinner are 5 course affairs, with both Continental and Indian cuisine being offered together).

Transportation

From and to Bagdogra airport, in and around Darjeeling.

Cost of the trip:
Rs. 1,50,000/- per person
All inclusive, ex-Bagdogra.
(Rs. 1,95,000 for single occupancy)

Special rate if registered
before 15th Jan 2017:
Rs. 1,30,000/- per person
(Rs. 1,75,000 for single occupancy)

Group size will be restricted to 25 and will be on first come first booking basis.
To register, make a non-refundable advance payment of Rs. 45,000 right away and balance before 1st March 2017. Please also check our [Cancellation policy](#).

Special discounts for groups (4 or more), couples and for past retreat participants.
Also discounts for the services at the 'iTaTi institutes well-being centre' at the Windamere.

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

Making a contribution:

All CWH trips are run with the underlying philosophy of making a contribution to the place and people where we go for our holidays. This time we will be supporting Riverdale, a school and orphanage, based in the nearby village of Pokhriabong and run by a native girl, Smrithi, and involved in spreading awareness about saving the forests and pangolins, an ant eater. A day trip to this pretty village and time spent with the kids will be the highlight of the trip. You can sponsor a child or make a contribution in any other way.

More details: <http://riverdaletimes.blogspot.com/>

P.S: During our previous retreat the group sponsored yearly education and boarding/lodging for 10 kids.



Pics from the first five editions of **The Darjeeling Wellness Retreat**



The tea room gossip with scones



Morning activity sessions



The Rhododendron in bloom



The cottages at Windamere



With the Riverdale kids



Soak in the gyaan from Rujuta

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 2016 April 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.