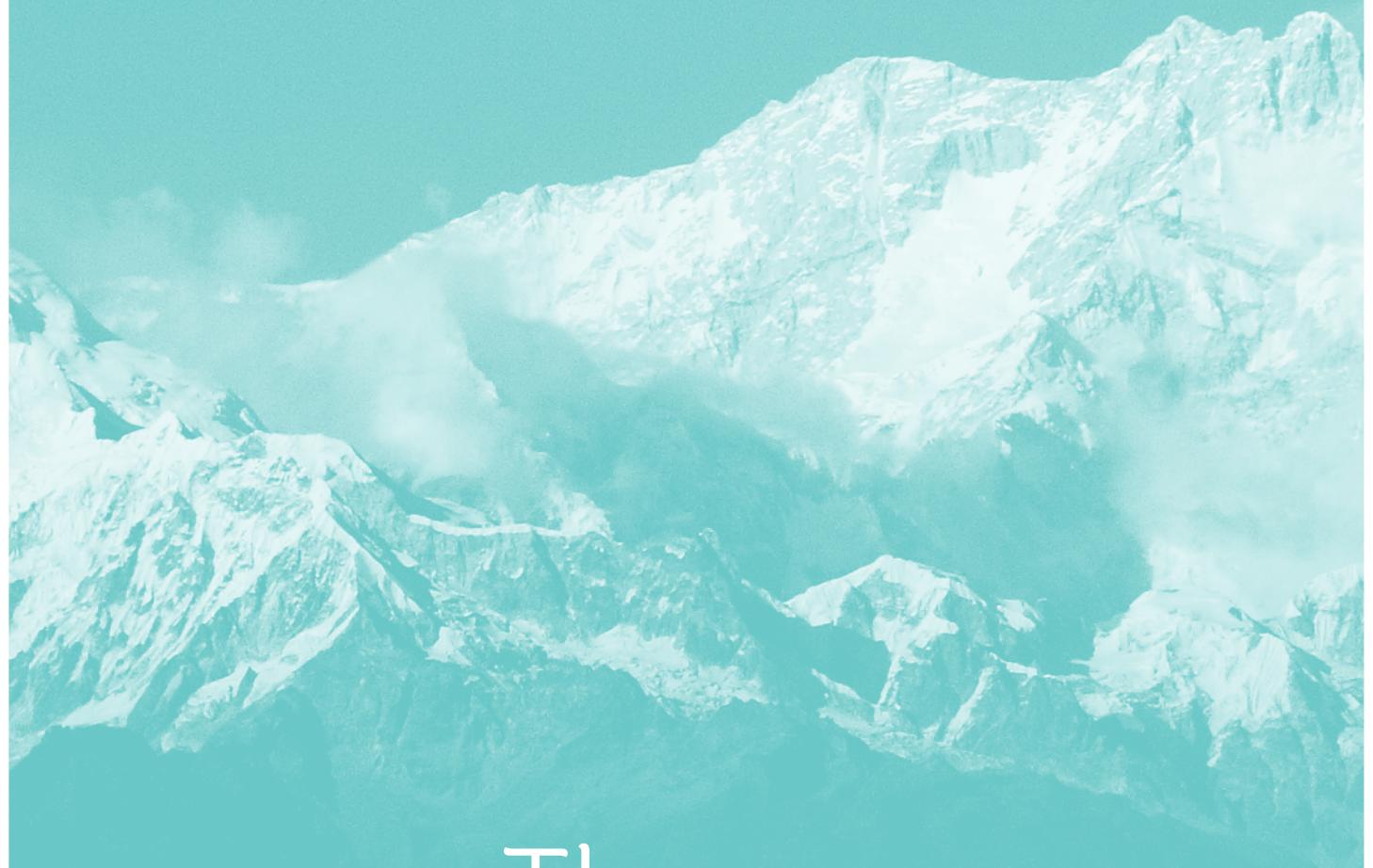


Rujuta Dimekar



The Himalayan Fitness Holiday

08th - 12th April 2026



What is it?

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

8th – 12th April, 2026

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 ordinary. India's most exclusive retreat, designed for women, with structured workouts, and learning sessions about your body and its ever-changing nutritional requirements, especially before and after Menopause. 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.



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, 5 days off work

Date	Remarks	You have to...
Wednesday 08 th 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 7 th April and stay the night. Kullu flight on same day is fine.
09 th – 11 th 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.
Sunday, 12 th April	Time for the return journey. Drive back to Kullu or Chandigarh airport.	Book your flight back from Kullu (daily one flight) or Chandigarh (book any flight post 3 pm).

Cost of the trip in INR:

Double occupancy 2,75,000

Single occupancy 4,50,000

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

Online payment:

Credit/ Debit cards,
Net banking etc.

[Pay Now](#)

Bank transfer/Deposit to:

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



Pics from previous Retreats



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. And encourage us to step outside our comfort zone, while staying very much in a safe zone.

Get connected:

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