

**APRIL** 08-12



# HIMALAYAN FITNESS HOLIDAY WITH RUJUTA DIWEKAR

## **ABOUT THE TRIP**

A super-exclusive retreat in a fairy tale setting. To learn about food, exercise and recovery strategies with Rujuta and team.

## **Difficulty level**

Well-planned schedule makes it an easy trip for everyone

#### **Comfort level**

Medium - High - Luxury

# Who can join

Specially planned for women (perimenopause and menopause)

## **ITINERARY**

**8 Apr:** Fly into Chandigarh or kullu. Drive to Manali. Orientation in evening.

**9-11 Apr:** 3 days of learning and fun with Rujuta and her team.

**12 Apr:** Return drive and flight back home from Kullu or Chandigarh.

# **COST & REGISTRATION**

Rs 275000 for double Rs 450000 for single occupancy

All classes, stay, food, transportation and taxes are included.

**Sign Up** (Scan the QR)

**Group Size: 15** 

**Note:** All CWH trips have a strict no-alcohol policy & no packaged noodles.

cwh.now@gmail.com +91 9833829240 www.connectwithhimalaya.com

