

# Tapestry of India

## What your retreat includes

### New Delhi

**10 – 11 September 2024**

- 2 nights' accommodation staying at Metropolitan Hotel and Spa in a Single Deluxe Room
- Breakfast in Delhi
- Meet and Greet Airport to Hotel Transfer

### Kullu Valley

**12 – 20 September 2024**

- Car share transfer from Hotel to New Delhi Railway Station
- Train ticket to Chandigarh
- Breakfast/Lunch in Chandigarh
- Car share transfer to Kullu Valley (approx. 7hrs)
- 8 nights' accommodation at Hotel Naggar Delight
- A full holistic yoga retreat programme
- All meals except for lunch on shopping day in Manali (at own expense)
- Morning and Afternoon Tea for days at Hotel Naggar
- 1 hr massage with Ayurvedic Oil
- Classical Indian Music Concert
- Travelling Yoga Kit - 1 x mat, 2 x blocks, 1 x strap, 1 x eye pillow and 1 x woollen blanket which you will bring over in your own suitcase.
- Tapestry of India themed workshops
- Onsite/off site activities, including Naggar castle and ancient temple, excluding Day 6 activity of your choice unless hike to Chanderkhani
- Bollywood Dance evening
- PJ Movie night
- Hike to Kaisdhar and Chanderkhani with a packed picnic lunch, guide and sherpa
- Support and Guidance throughout your 10 days
- Wi-Fi in public areas at Hotel Naggar Delight
- Filtered Water at Hotel Naggar Delight

## **What your retreat does not include**

- Domestic/International Airfares, Travel Insurance for the duration of your entire holiday and travel costs departing the retreat.
- Meals in New Delhi and 1 lunch on Shopping Day in Manali
- Alcohol and other beverages
- Entry into India Visa
- Your personal supplies and any covid testing and Doctor visits
- Special coffees, teas, cakes and gifts from Wool Café at Hotel Naggar Delight
- Any associated costs for disrupted travel
- Additional Spa treatments and shopping

## **Points to Note**

- Spaces are limited.
- A waiver form will be required to complete and sign.
- Pricing may be subject to change.
- Scheduling may be subject to change.
- Prices for retreat are in NZD although there may be instances in India, we need to pay in Rupees at our own cost
- If you are wishing to twin share accommodation at Hotel Naggar Delight, you must have someone to room with – please inform Anita when you are registering.
- This retreat is open to everyone over the ages of 21 years old.
- No vaccinations are required for the Himachal Pradesh area of India. If you plan to travel around India, you may want to check requirements with a Travel Dr.
- All travellers must have a valid passport for international travel and many countries require at least 6 months validity from date of return and some countries require a machine-readable passport.
- We strongly recommend that you take out appropriate travel insurance to cover your travel arrangements. Your insurance protection should include cover for cancellation, medical and repatriation expenses, personal injury and accident, death and loss of personal baggage and money and personal liability insurance.
- All terms and conditions, general information about retreat will be sent separately.

## **Payment Plan**

- Once you have registered and have advised Anita you wish to attend, a non-refundable deposit of NZD\$600.00 will secure your place on this retreat
- Final payment will be due no later than 60 days prior to retreat starting.