

Tapestry of India

New Delhi / Kullu Valley, Himachal Pradesh, India

10 – 20 September 2024

Price NZD\$3,450.00 Twin Share/ NZD\$4,150.00 Private Room

Travelling to a country you haven't visited before at times can become a little overwhelming. For first time visitors to India, it is an experience you won't forget. It's size, diversity, beauty, and cultures are there ready to embrace you.

Maria and Anita experienced this firsthand last year together and collaborating again offering this exclusive 10-night Yoga retreat, supporting, and guiding you through these memorable times.

New Delhi

You will be met by your driver on arrival in Delhi and transferred to our hotel. Here we will spend 2 nights together, unwinding from our long haul flights. No yoga or programme will be set while in Delhi, so we can flow in the essence of this vibrant city.

On Thursday, 12 September we start our journey up to Kullu Valley, leaving early in the morning. We will travel as a group, accompanied by our Host Adi, via train from Delhi to Chandigarh. We will lunch together and then drive in convoy (approx. 7 hours) to Kullu Valley in our car groups.

Kullu Valley

Set in Kullu Valley, Himachal Pradesh District, this small heritage village of Naggar, approximately 580 km North of Delhi, we stay in this intimate beautiful family operated hotel with our Host. Surrounding Himalayan Mountains, the village falls between two major townships of Kullu region, these towns are known as Kullu and Manali. Naggar is situated on the left bank of river approximately altitude of 1760 meter above sea level yet surrounded by beautiful Cedar Forest. This ideal place to explore, rest, and experience local life.

The retreat venue is a charming family operated cottage like hotel, Naggar Delight'. Our hosts are Adi and Abhi.

Tapestry of India Yoga Retreat offers a full daily programme. Morning mediation and yoga for all levels led by Maria, and a few evenings of Yin/Nidra lead by Anita, eating delicious homemade vegetarian food, visiting ancient temples, Naggar Castle, a complimentary 1 hr massage, visit local Art Galleries, short village walks or hike up a Himalayan Mountain, shopping day in Manali and experience the local way of life with a classical music concert and visiting a local shawl factory. No day will be the same. We have many activities to offer as well as enjoying plenty of free time.

You will be responsible to organise your own travel arrangements travelling from New Zealand and any forward travel after the retreat. We highly recommend you also book travel/medical insurance at the same time of booking your flights.

We recommend our experienced travel broker to book all flights and any onward travel. Please contact Anita for more information.

Programme

Once you arrive in Delhi, you will be picked up by our drivers and driven to our hotel. While in Delhi, these days are free to rest and take it easy, recover from your long-haul flights, no yoga or programme will be planned during our time in New Delhi. You are welcome to go sightseeing, shopping or take this time to enjoy a Spa treatment or rest by the pool.

DELHI TO KULLU VALLEY

Thursday 12 September 2024

It's a very early start. We travel together to the railway station, catch the train from Delhi to Chandigarh, enjoy a delicious breakfast at JW Marriot Hotel before car sharing in groups to Kullu Valley with a couple of rest stops on our way. We will arrive in Kullu Valley approximately 8pm.

DAY 1 – WELCOME TO VALLEY OF THE GODS

Friday 13 September 2024

8.30am	Breakfast on Roof Top
10.00am	Welcome opening circle
11.30am	Morning tea
12.00pm	A gentle Flow to unwind
1.00pm	Lunch
2.30pm	Explore the surrounds of HOME for the next 8 nights, including visiting the Castle for afternoon tea
5.15pm	Weaving of the Threads – meaningful conversations threading the Mind, Body and Soul
6.30pm	Dinner
7.30pm	Yin + Nidra with Anita

DAY 2 – BEGINNING OF THE THREADS

Saturday 14 September 2024

7.00am	Arrive in silence
7.15am	Meditation, Yoga + Breathwork with Maria
8.15am	Breakfast
9.30am	Ayurvedic Workshop with Dr
11.00am	Morning Tea
11.30am	Workshop
1.00pm	Lunch
2.30pm	Visit a local Shawl Factory
5.15pm	Weaving of the Threads – meaningful conversations threading Mind, Body and Soul
6.30pm	Dinner
7.30pm	Classical Indian Music Concert

DAY 3 - CREATING TO TRANSFORM

Sunday 15 September 2024

7.00am	Arrive in Silence
7.15am	Meditation, Yoga + Breathwork with Maria
8.30am	Breakfast
10.30am	A hike to Kaisdhar (approx. 2 hours) A packed Picnic Lunch on Hike
2.30pm	Free time
5.15pm	Weaving of the Threads - meaningful conversations threading the Mind, Body and Soul
6.30pm	Dinner
7.30pm	Yin + Nidra with Anita

DAY 4 - COMING BACK TO YOUR AUTHENTIC SELF

Monday 16 September 2024

7.00am	Arrive in silence
7.15am	Meditation, Yoga + Breathwork with Maria
8.30am	Breakfast
9.30am	Visit local Spice Market, buying spices and vegetables for Cooking class
1.00pm	Lunch
2.30pm	Workshop
3.30pm	Afternoon Tea in the Garden
4.00pm	Free time
5.15pm	Weaving of the Threads - meaningful conversations threading the Mind, Body and Soul
6.00pm	Dinner
7.30pm	Bollywood Dance evening

DAY 5 - EXPLORE BEYOND

Tuesday 17 September 2024

7.00am	Arrive in Silence
7.15am	Meditation, Yoga + Breathwork with Maria
8.30am	Breakfast
10.00am	Leaving in our car groups we travel to Manali. Visit a temple and wonder around the shops, before meeting together at Johnson Bar. We travel back to Naggar in car groups. Lunch at own cost today. Johnson's Bar
6.00pm	Dinner
7.30pm	Yin + Nidra with Anita

DAY 6 – HONOUR YOUR HEART
Wednesday 18 September 2024

Do what your heart is calling today.

Today is a free day and optional for those who wish to hike Chanderkhani.

You will require a good level of fitness and be an experienced walker as hike is approximately 26 km. You hike to approx. 3,500 meters above sea level. You'll need to dress for all weather conditions and we can organise the guide and sherpa's.

For those who don't wish to hike, we can arrange many other activities like, horse riding, Sky gliding or a Spa Day at your own cost.

6pm	Dinner
7.30pm	PJ and Movie Night with Hot Cocoa

DAY 7 – CULTIVATE GRATITUDE
Thursday 19 September 2024

7.00am	Arrive in Silence
7.15am	Meditation, Yoga + Breathwork with Maria
8.30am	Breakfast
10.00am	Journal Workshop reflecting on your Tapestry of India Retreat.
11.30am	Morning Tea
12.00pm	Part 2 Workshop
1.00pm	Lunch
2.00pm	Free time to pack
3.30pm	Afternoon Tea
4.00pm	Closing Circle, please wear white clothing
6.00pm	Final Dinner together
7.30pm	Share stories around the roof top firepit and say our goodbyes

DAY 8 - CHECK OUT AND DEPART DAY
Friday 20 September 2024

Packing and onward travel today.

Please settle any extra accounts you may have with our Host.

You must be checked out of your room by 10am or pre-arranged with our host.

** Please note that this program is subject to change and is an example of what is being offered.

** Most days Meditation + Yoga will begin at 7.15am.

** All meals at Hotel Naggar Delight are delicious homemade vegetarian meals. Please let us know if you have dietary requirements.

After the Retreat

Friday 20 September 2024 onwards

It is important to think about your travel plans after the retreat returning from Naggar, Kullu Valley to Delhi or onward travel within India.

Option 1 - Dharamshala

Car share ride to the Kangra Valley (approximately 6hrs) to Dharamshala. Spend a night or two here walking through the markets, visit the home temple of Dalai Lama and there are some lovely restaurants. Fly from Dharamshala to Delhi. Last year we stayed in the McLeod Ganji area.

Option 2 - Fly Kullu to Delhi

Flights in Kullu can be regularly cancelled due to weather conditions, especially fog which can last a couple of days so you would require an alternative plan. We would highly recommend you allow an extra day in Delhi before your international flight, in case of any disruption.

Option 3 - Car Share Ride

You could arrange this while on retreat with our Host and travel by car for approximately 13 hours back to Delhi.

Option 4 - Drive from Kullu to Chandigarh and Train to Delhi

This the way we travelled up in reserve. This could be arranged on retreat with our Host.

Please do not hesitate to contact Anita if you have any questions about your return travel.

Our travel broker, Katrina can book private tours from Delhi to stay in Agar, home to India's most famous landmark, the Taj Mahal, sightseeing and shopping in Jaipur, known as the pink city. There are UNESCO Heritage sites to visit or search for tigers at one of the many National Parks.

Katrina will be happy to give more ideas, quote all your airfares, accommodation, and tours for your India holiday.

katrina.harding@nztravelbrokers.co.nz or 0274663900