

**THE DARJEELING WELLNESS RETREAT**  
*Sixth edition*



Enter the Windamere

**What is it?** The 6<sup>th</sup> edition of the annual group wellness retreat with Rujuta Diwekar in the Darjeeling Himalaya, hosted at the iconic Windamere hotel. 3<sup>rd</sup> – 9<sup>th</sup> April 2016.

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.



Kangchendzonga from Darjeeling



## 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](http://www.rujutadiwekar.com)



## 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.

Note: There will also be a one-on-one session with Rujuta



## 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.



## The Windamere - 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.

**Itinerary:** 7 day trip, 5 days off work

Date	Remarks	You have to...
<b>Sunday 3<sup>rd</sup> April</b>	Fly into Bagdogra airport (direct flights from Delhi and Kolkata). Airport pickup and drive to Windamere, Darjeeling. 2 hours.	Book your flight to Bagdogra. Plan to arrive between 1 and 3 pm.
<b>4<sup>th</sup> – 8<sup>th</sup> April</b>	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.
<b>Saturday, 9<sup>th</sup> April</b>	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.

**Cost for the trip:** 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. A one-on-one session with Rujuta for your specific questions.
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 135000/- per person.** All inclusive, ex-Bagdogra. (Rs 175000 for single occupancy).

**Special rate if registered before 15<sup>th</sup> Jan 2016 = Rs 115000/- per person.** (Rs 155000 for single occ.)

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 30000 right away and balance before 1<sup>st</sup> March 2015. 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.

Payment options:

**1. Cheque/ DD:**

For 'Connect with Himalaya'.  
403, Ram Krishna Chambers  
Linking Road, Khar west  
Above Reebok showroom  
Mumbai -400052

**2. 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 cottages at Windamere



The Rhododendron in bloom



With the Riverdale kids



Soak in the gyaan from Rujuta

For more pics of 2015 April retreat, click [here](#)

## Feedback from previous April Darjeeling wellness retreat 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:

Gaurav Punj  
+91 9833829240  
cwh.now@gmail.com  
[www.connectwithhimalaya.com](http://www.connectwithhimalaya.com)

For Windamere Hotel:  
Elizabeth Clarke  
ejclarke@windamerehotel.net  
[www.windamerehotel.com](http://www.windamerehotel.com)

CONNECT WITH HIMALAYA

## APPENDIX: HOW THE DARJEELING WELLNESS RETREAT IS STRUCTURED

Note: This is just for reference. The exact 2016 schedule will be provided on signing-up.

Theme of the day	Session 1 Activity 6:30 – 8 a.m.	Session 2 Learning 10 – noon	Session 3 Yoga + learning 2:30 - 4 p.m.	Evenings After 5 pm
Day 1 <b>Fads &amp; Facts</b>	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 <b>Anti - ageing</b>	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 <b>Himalaya calling</b>	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 <b>Detox &amp; fight bloating</b>	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 <b>Putting it together</b>	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.

© Rujuta Diwekar. All rights reserved. No part of this schedule can be copied or reproduced in any form.