



HIMALAYA YOGA RETREAT

Connection, Healing, and Self-Discovery

SOUL INDIA | MAY23-JUN4

Experience a transformative spiritual expedition to the North Indian Himalayas, professionally curated to balance intensive yoga practice with cultural immersion. This retreat offers a sophisticated blend of wellness and exploration, featuring a nourishing vegetarian menu and guided visits to historically significant sites.

THEPLACE - KULLUMVALLEY

Experience a transformative journey in the "Valley of the Gods." Set against the backdrop of the Himalayan peaks, our location offers a unique blend of heritage and tranquility. Away from the noise of civilization, you will find the clarity needed to immerse yourself in learning and practice.

Regional Highlights: Our journey extends to the scenic heights of Manali, the architectural heritage of Naggar, and the spiritual hubs of Rewalsar and Manikaran.

The Experience: High-altitude air, mild weather, and a complete reset for the mind and body.



PROGRAM HIGHLIGHTS

Holistic Wellness: Daily yoga and meditation sessions designed to restore mental clarity and physical vitality.

Cultural Heritage: Curated excursions to the Nikolai Roerich Estate in Naggar and the revered Bijli Mahadev Temple.

Sacred Geography: Guided visits to Rewalsar Lake, a significant pilgrimage site for Hindu, Buddhist, and Sikh traditions, including the meditation caves of Guru Padmasambhava.

Natural Wonders: Exploration of the Vashisht hot springs, Yogini Falls, and the geothermal springs of Manikaran in the Parvati Valley.

Adventure & Scenery: Opportunities to experience the majestic landscapes of the Solang Valley and the riverside serenity of Manali.

Join us for this unique opportunity to recharge amidst the powerful energy of the Himalayan peaks.



OUR PRACTICE METHODOLOGY

Our daily practice is designed to be a journey of mindful awakening and restorative recovery. We begin each morning with a gentle Hatha Yoga practice that incorporates traditional asanas (physical postures), pranayama (breathing techniques), and meditation, setting a peaceful tone for the day.

On days without travel, the evenings are dedicated to profound relaxation. We offer a rotating schedule of recovery-focused programs, including:

Yoga Nidra: Guided deep relaxation for complete physical, mental, and emotional rest.

Sound Healing: Utilizing therapeutic sounds to facilitate relaxation and well-being.

Somatic Practices: Gentle, body-awareness techniques to release tension.

Structure and Adaptability

We host one to two sessions per day, depending on the group's schedule and the collective condition of participants.

Our teaching philosophy blends the precise principles of the Iyengar method of yoga and classical hatha yoga techniques with the development of enhanced body awareness skills.

To ensure all participants benefit, the instructor maintains discretion in determining the appropriate level of practice for the group, adapting sessions to meet most participants where they are in their yoga journey.

WHAT IS THE VALUE PROPOSITION?

Hatha yoga offers an excellent impact on general health, helping to mitigate stress levels effectively. The practice supports the development of enhanced self-awareness and mental clarity. The removal of physical and emotional tension allows for a more stable, grounded perspective, empowering individuals to navigate everyday challenges with greater strength and equilibrium.

Lodging

Holiday Heights & Spa Manali. It is beautifully positioned on the slopes of the scenic Kullu Valley near Manali.

Our Commitment: While we have planned for this specific location, any necessary changes will guarantee a similar quality experience to ensure your comfort and peace of mind.

Rooms: Comfortable and cozy accommodation for a restful stay. The quoted rate is based on double occupancy.

Amenities: Features a well-equipped yoga room with picturesque mountain valley views.





RETREAT LEADER
GUIDE Elena Efanova



Elena brings a wealth of experience to her yoga instruction, and journey that began in 2007 as a path to manage back pain and enhance overall health. Her practice deepened beyond physical exercise, revealing a profound discipline that nurtures both the body and soul.

In her classes, Elena seamlessly integrates static and dynamic asana practices, along with focused breathing exercises, meditative techniques, and yoga Nidra (yogic sleep). She emphasizes structural integrity and technique in asanas, fostering a space for significant inner work.

Elena's core philosophy is centered on connection: guiding participants to establish contact with their bodies, sensations, inner power, and surrounding community and space. She believes this foundational state of contact and connection is essential for cultivating awareness on all levels, enabling individuals to move in a meaningful direction and fully embrace their lives.

ITINERARY: A DAY-BY-DAY GUIDE

DAY 1 : Welcome to Delhi - Arrival & Orientation

Morning/Afternoon: Upon arrival at Indira Gandhi International Airport (DEL), you will be met by our representative and transferred to your hotel for check-in.

Evening: After settling in and allowing time to rest from your trip, we will convene for a welcome dinner and tour briefing at hotel.

This session is an opportunity to meet your fellow travelers and your guide, and to receive an overview of the exciting journey ahead.

DAY 2 : Scenic Drive to Manali.

Prepare for a visually rich journey of 10-12 hours. As we travel, the landscape transitions into majestic valleys and gorges, ensuring the travel itself becomes a highlight, filled with beautiful, sweeping views.



Day 3: Wellness and Exploration

This day focuses on gentle activity and rest, allowing time for recovery and connection with nature.

Morning: Gentle Practice & Nourishment

Activity: Morning soft practice/movement session.

Meal: Slow, mindful breakfast/leisure breakfast.

Afternoon: Nature Immersion

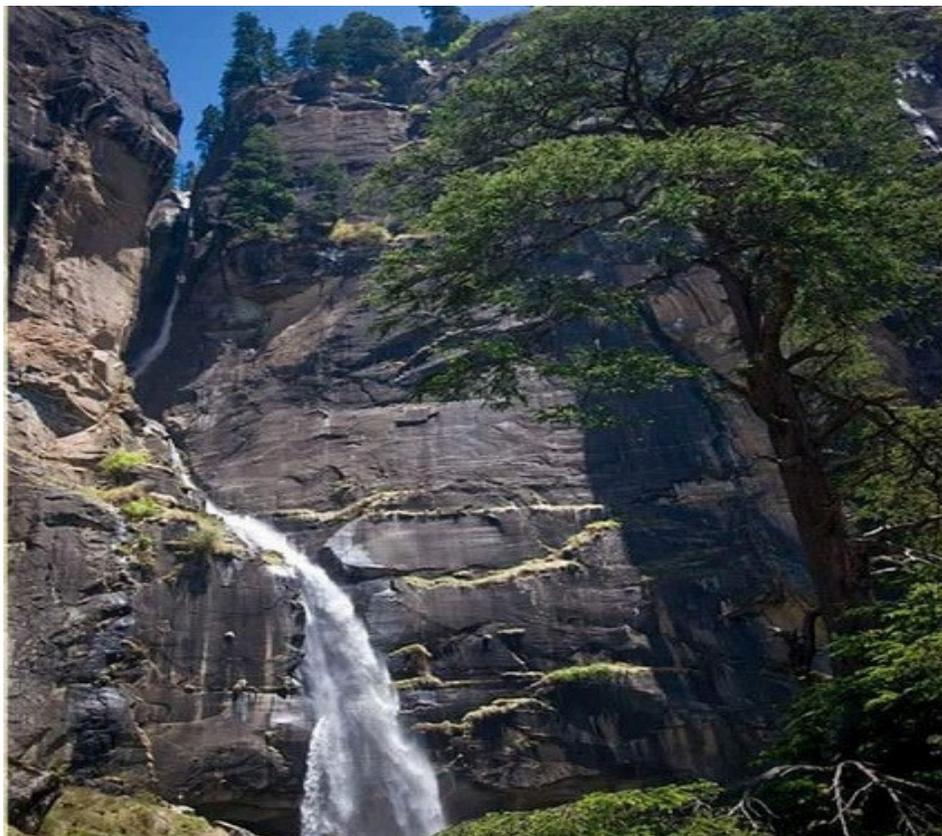
Activity: A guided walk/hike to Jogini Waterfall, offering opportunities for relaxation at the base or an invigorating climb to the source, with scenic views of the mountain valleys.

Evening: Practice & Communal Gathering

Activity: Evening practice session.

Activity: Soaking in local hot springs.

Meal/Social: Group dinner followed by a communal/group circle session.



DAY 4: Morning Practice & Mythological Exploration

Following breakfast, participants will embark on a scenic walk to the town of Manali, nestled in the Himalayas. Manali is a renowned mountain resort and a key gateway to the Himalayas, known for its breathtaking natural beauty, ancient history, and vibrant local culture.

The walk continues into a magical cedar and deodar forest, an area steeped in local legend. Here, the ancient tales of the demoness Hadimba come to life. The narrative recounts how Hadimba, captivated by Bhima (one of the Pandava princes from the Indian epic, the Mahabharata), renounced her demonic life to marry him and became the mother of their son, Ghatotkacha. She is now revered as the protective deity of the region, and a unique, pagoda-style temple built in her honor in 1553 stands within this serene forest.

The journey then proceeds to the ancient Manu Temple, dedicated to the sage Manu, the son of Brahma and the revered progenitor of mankind in Hindu mythology. The temple grounds provide a fascinating setting to learn more about his stories and their significance in the cultural tapestry of Manali.

This immersive experience combines gentle physical activity with a deep dive into the rich mythology and serene natural landscapes of the region, offering a truly unique and spiritually enriching morning.





DAY 5: Gentle Flow & Free Exploration

This day provides a crucial pause for recovery and personal nourishment.

Morning: Gentle Yoga & Guided Meditation (Restorative Focus)

Afternoon: Free Time (Optional light walks, journaling, personal exploration)

Evening: Restorative Practice & Reflection Circle

This balance supports deep rest and integration.

DAY 6: Cultural Immersion in Naggar

This day is dedicated to a cultural and historical exploration of Naggar, the former capital of Kullu, offering insights into local heritage and spirituality.

Morning Practice: The day begins with a morning practice session to foster personal reflection and mindfulness.

Journey to Naggar: Following the practice, participants will travel to the historic town of Naggar, a scenic journey of approximately one hour.

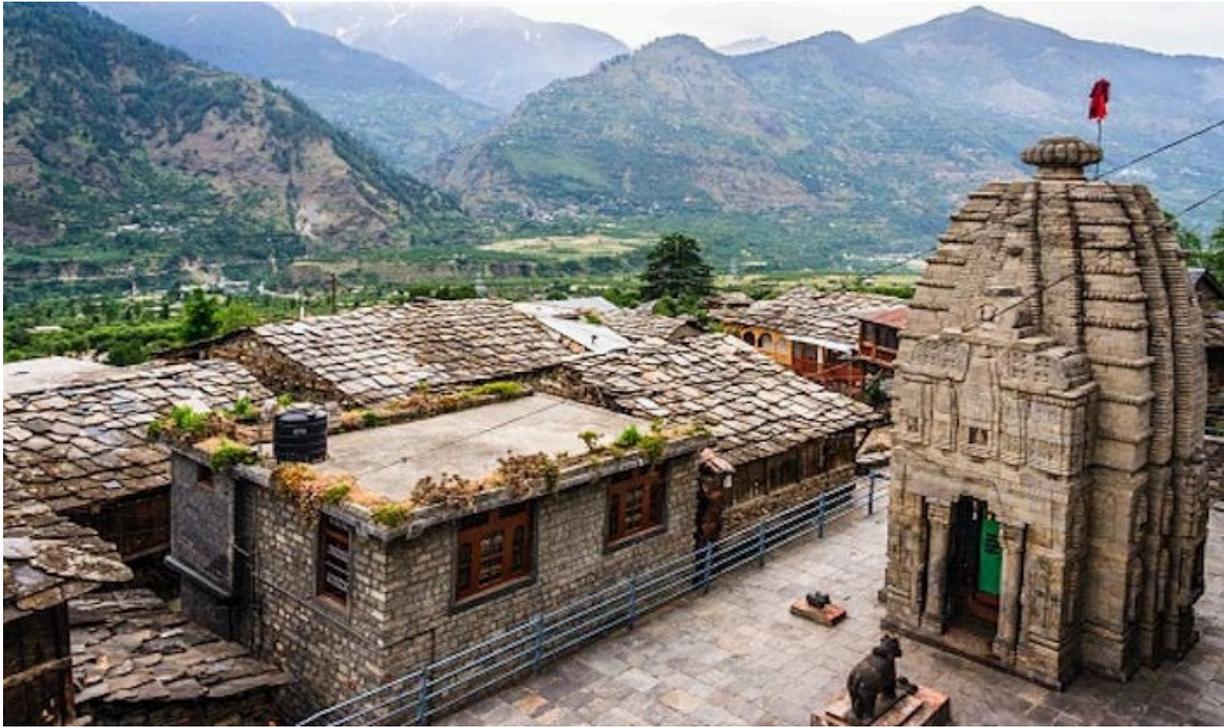
Visit to the Roerich House-Museum: A guided visit to the former residence and studio of the renowned Russian artist and philosopher, Nikolai Roerich. Participants will explore the museum and art gallery, learning about the significant works of art created here and the establishment of the Urusvati Institute of Himalayan Studies, a center for scientific and cultural inquiry.

Exploration of Ancient Temples: The itinerary includes visits to significant local temples, showcasing the region's rich architectural and spiritual heritage.

Krishna Temple: Ascend to the hilltop Krishna temple, believed to have been constructed by the Pandavas during the Mahabharata era. Here, participants will have the unique opportunity to meet the Brahmin family that has served the temple for generations, offering a rare glimpse into the continuity of local traditions and beliefs.

Tripura Sundari Temple: A visit to the peaceful Tripura Sundari temple, a classic example of traditional Himachali wooden architecture, known for its serene atmosphere.

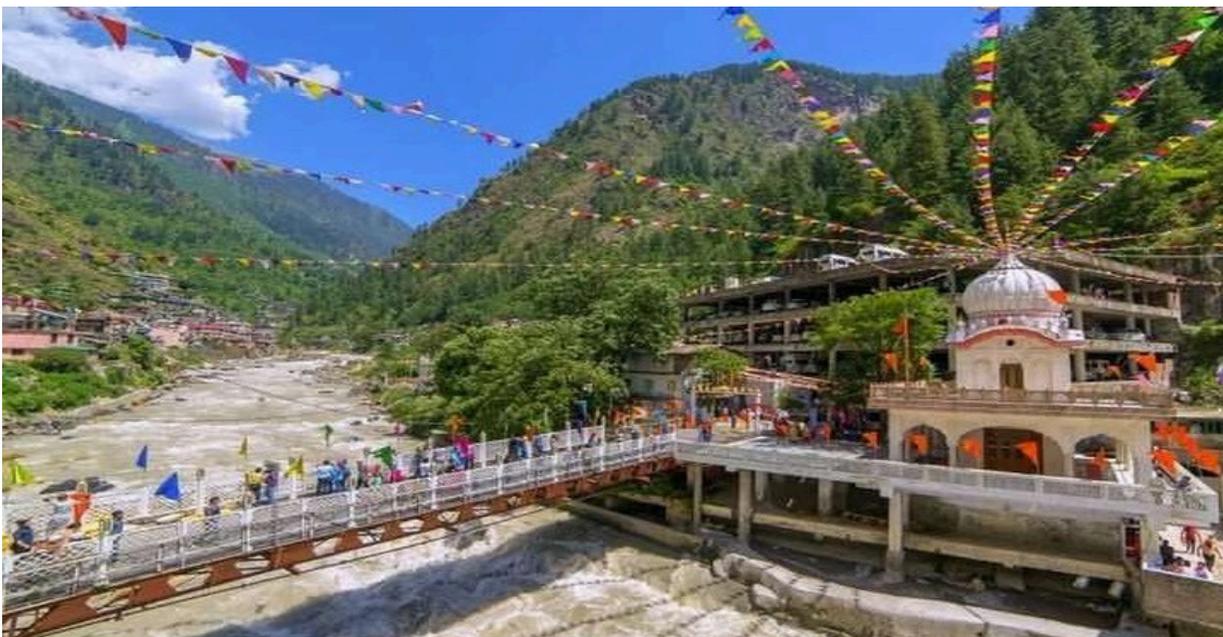
Evening Session: The day of exploration concludes with a facilitated group circle session, providing an opportunity for shared reflection and discussion on the day's experiences and learnings.



DAY 7: Spiritual Exploration in Parvati Valley

After morning practice, we journeyed to Manikaran, a spiritual hub in the Parvati Valley.

This day offers cultural immersion at the historic Gurudwara, with optional soothing soaks in the renowned natural hot springs, fostering relaxation and cultural understanding.



Day 8. Trek to Bijli Mahadev Temple.

The morning begins with a 3 km trek to the highly visited Bijli Mahadev Temple.

This site holds deep spiritual significance, famous for the extraordinary occurrence of its Shiva Lingam being struck by lightning every 12 years, after which a sacred restoration ritual is performed. The temple is considered an exceptionally potent and energetically charged location.

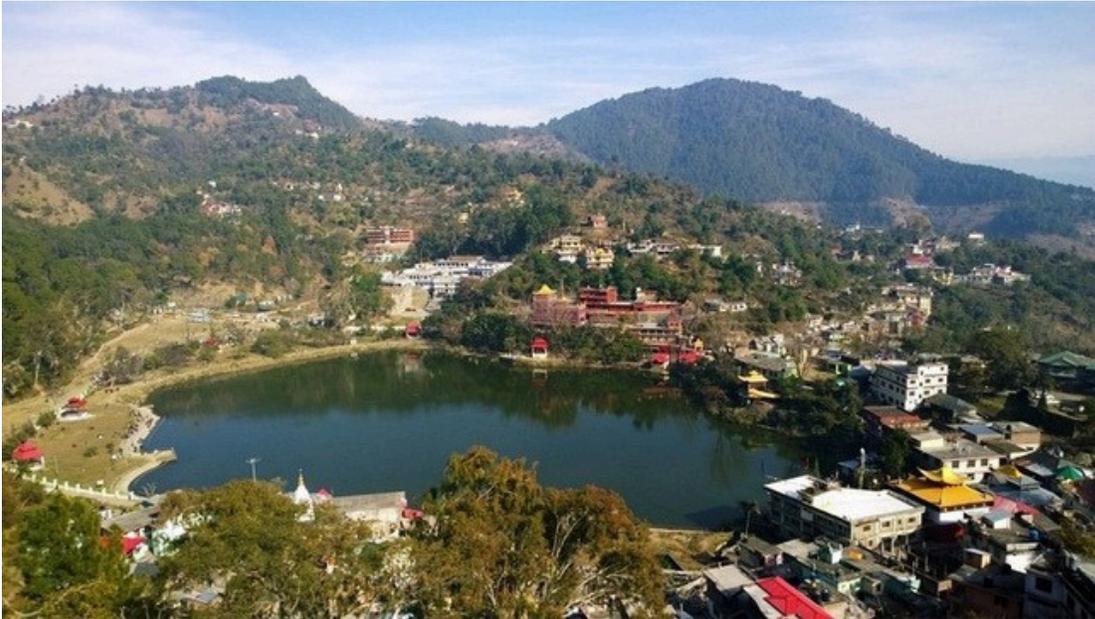


DAY 9: Recharge & Explore

Gentle morning yoga/meditation practice. A day of choice! Enjoy personal downtime or join our optional guided trip to scenic Solang Valley for paragliding. Community gathering with evening grounding practice.

DAY 10: Rewalsar - A Sacred Convergence

It begins with morning practice, followed by breakfast and a departure for Rewalsar. Participants will explore the sacred Rewalsar Lake, a significant spiritual site where Hindu, Buddhist, and Sikh shrines coexist, honoring the manifestation of Guru Padmasambhava. The afternoon involves circumambulation of the lake and visits to revered monasteries, culminating in evening practice, drawing on the location's powerful meditative energy.



DAY 11: Culmination of the Journey

After morning practice and breakfast, the group will journey on a guided two- hour trek to the historic Padmasambhava Caves, nestled in the mountains. We will gather for a final group circle to share insights and reflections, marking the official completion of the program.

DAY 12: Return to Delhi

Today marks the conclusion of our retreat activities as we transition back to Delhi. After a lengthy travel period (approx. 10-12 hours), guests will be transferred to a comfortable hotel near the airport for necessary rest. This allows for a restful night before taking their connecting flights back to the USA next day, ensuring a smooth departure.

Day 13: Departure & Airport Transfer

08:00 AM: Final Group Reflection & Gratitude Circle 09:30 AM: Check-out & Luggage Collection 10:30 AM: Departure Note: Please confirm your flight details with staff at breakfast. Safe travel as you head to the USA!

RETREAT DETAILS: INVESTMENT & ESSENTIALS

What's Included (Investment Value)?

- Accommodation & Meals: 12 nights' lodging with daily breakfast & dinner.
- Yoga & Wellness: All scheduled yoga practices and sessions.
- Experiences: Guided Mountain excursion and city sightseeing per itinerary.
- Personalized Support: One private consultation with Elena.
- Logistics: Full tour organization, guiding, and accompaniment throughout the program.

What to Pack & Prepare (Essential Items)

- Yoga Gear: Your preferred yoga mat (optional), comfortable, non-restrictive clothing.
 - Pack layers (thermals, fleece, light jacket) for chilly mornings and evenings, including sturdy shoes, sunglasses, sunscreen, and essentials such as meds, a power bank, and ID.
- Expect pleasant days (10-25°C) but cold nights, so bring warm clothes and an umbrella or raincoat for changeable weather and sun protection.



FINAL NOTE A brief and heartfelt reminder: *“Visualize all experiences as interconnected. Let your yoga practice integrate with your walks, conversations, and meditation. Open your senses, be receptive to your inner processes, and allow the beautiful and serene transformations that await you to unfold.”*