

28th Nov to 3rd Dec 2019



# YOGA RETREAT

AT DHARAMSHALA, INDIA

with Naseem Kapasi

Join Naseem Kapasi, Iyengar Yoga teacher for a 6 days 5 nights Yoga Retreat at Rakkh, Dharamshala.

In addition to morning and afternoon yoga session enjoy the various activities around the resort.

Nestled between the mighty Dhauladhars & beautiful Kangra valley, Rakkh is the perfect setting for the traveller to enjoy both nature & culture. 45 minutes' drive from Dharamshala, the resort leaves the visitor spoilt for choice in terms of activities and destinations.



For bookings email [kapasinaseem@gmail.com](mailto:kapasinaseem@gmail.com)

### Accommodation

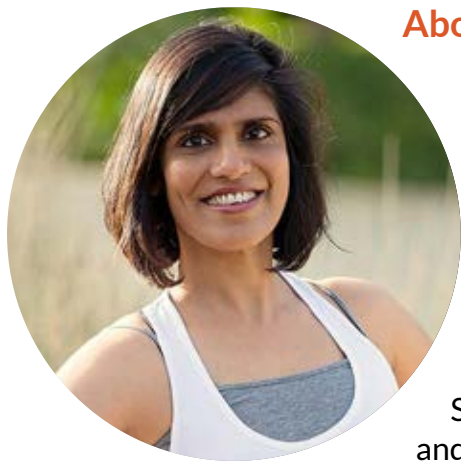
All rooms are fully air-conditioning in summer, and heated in winter. Bathrooms feature power rain showers. Tea and fresh coffee making facilities are provided.

### Food

The resort's restaurant, Dhaam (meaning "Feast" in the local language) is a multi-cuisine restaurant, serving the best of pan-Indian and International cuisine, including south Indian breakfasts, fresh salads, mouthwatering South East Asian and Mediterranean fare. All meals are included in your stay at Rakkh.

### Weather

Early December in Himachal  
The weather will be cold/cool for Dubai standards with a high of 23c and lows of around 5c. It's not quite snow season (January) in late Nov/Dec though! Please bring appropriate clothing. Note that rooms include heating



### About Naseem

Naseem Kapasi started practicing Iyengar Yoga in 2001 in Dubai. She currently holds Junior Level II Intermediate Certification and is working towards Level III under the guidance of Azita Dadfar a Senior Iyengar teacher in Dubai.

Naseem's classes are up-beat and accessible to both beginner and experienced students. She is precise in her instructions and focuses on postural alignment to get the best out of the asanas. She is committed to sharing her passion for yoga with her students and to continuing her own journey as a student and teacher.

In addition to Yoga, Naseem has a love for pottery and runs classes for children and adults. If she is not doing Yoga or Pottery you can find her ever expanding her boundaries trekking all the way up to Everest Base Camp, paddle boarding, dancing and enjoying life to the fullest! She lives in Dubai with her husband and twins.

### What does the package include?

- Welcome drink on arrival
- Accommodation in well-appointed Luxury Cottages
- Daily 2 Yoga sessions with Naseem
- Tea/Coffee makers in all rooms
- Breakfast, Lunch and Dinner
- Nature walks during the stay, close to the Resort
- Pottery
- Weaving
- Archery
- Cultural Evening
- Sufi Night
- Wall Climbing & Rappelling
- Guided Village Tour
- Mountain biking with guide

### The following are not included in package price

- Ground transportation
- Visa
- Flights

### RETREAT DATES

28th Nov  
to 3rd Dec 2019

### PRICE

Single occupancy  
4500AED

Double occupancy  
3500 x2 =7000AED

### Cancellation Policy

- 15 days from the date of Arrival/no show, No refund is claimable.
- 30 days to 15 days of arrival, 50% refund is claimable, after deduction of TDS/Service charge/Taxes/Bank charges.
- 30 days or more prior to the date of arrival, Refund is claimable after deduction of TDS/Service charge/Taxes/Bank charges.

### Visas

Most nationalities can obtain an evisa (easy to do online) for a 30 day trip to India. Please note that you should have 6 months/2 pages left in your passport.

### Flights

We suggest flying from Dubai to Amritsar. Recommended flight can be booked as shown below.

**DXB-ATQ:**

**28th November**

Spicejet 05:00 – 09:30

**ATQ-DXB:**

**3rd December**

Air India Express -15:10 – 17:30

**Note on arrival:** We will begin our journey on an early morning flight to Amritsar and visit the famous Sikh Golden temple. We will then make our way to the resort (a 5 hour minibus journey) where we will stay 5 nights to enjoy a full yoga programme as well as trips to local temples and a cultural itinerary.