



# HIMALAYAN YOGA & MEDITATION RETREAT



## Dharamshala

Duration	: 4 days & 4 nights
Date.	: November 29 - December 3, 2025
Location	: The Art of Living Himalayan Yoga & Meditation Center

### Package Cost

Single Occupancy : AED 5800/- (per person) inclusive of VAT

Double Occupancy: AED 5000/- (sharing basis) (per person) inclusive of VAT

Indulge in 4 nights and 5 days of relaxation with full board meals, including:

- Daily yoga sessions & meditation
- Exclusive sessions on the Patanjali Yoga Sutras, exploring the secrets of the mind and the inner journey.
- An exclusive Advanced Meditation Program
- A tranquil bonfire experience overlooking the Himalayan sunset.
- Full- board Vegetarian Meals (Breakfast, Lunch & Dinner)
- Evening Snacks on the lake
- Interactive Activities Inside the Ashram
- A choice of joining the Exclusive 3 days Silence Program
- Hike inside the Ashram
- Market Visit
- Monastery Visits
- Airport Transfer

### Exclusions in Package

- Visa, Insurance & Flight Tickets





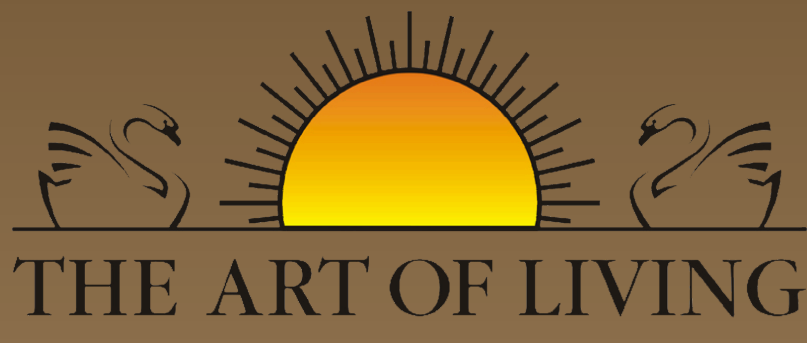
# *The Art of Living Himalayan Yoga & Meditation Center*



# Dharamshala



Art of Living  
Himalayan  
Yoga & Meditation Centre



Set against the majestic backdrop of the Dhauladhar range, our 20-acre campus is a haven of peace and natural splendor. Every corner invites you to reconnect—with nature, with yourself, and with the timeless spirit of the Himalayas.

From every vantage point, take in sweeping panoramas of snow-dusted peaks and lush green valleys—a daily reminder of nature's boundless beauty.

Two freshwater streams weave through the land, their gentle murmur creating a calming soundtrack that symbolizes clarity and renewal.

As evening falls, watch the Dhauladhar range come alive with brilliant hues of gold, rose, and lavender—a spectacular natural display to close each day.

Whether you're seeking quiet reflection on a secluded hillside, a dose of adventure on winding trails, or simply a moment to pause in the embrace of nature, our campus offers the perfect sanctuary for your journey inward.







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## Dharamshala

### Recommended Flight Details:

Approx: Aed 2800- 3000/-

Dubai to Delhi

Air India, Sat, Nov 29, 12:05 AM – 4:45 AM (3 hr 10 min)

Air India, Wed, Dec 3, 4:25 PM – 7:00 PM (4 hr 5 min)

Delhi to Dharamshala vice versa

Indigo, Sat, Nov 29, 8:00 AM – 9:30 AM (1hr 30mins flight)

Indigo, Wed, Dec 3, 9:50 AM – 11:15 AM (1hr 30mins flight)

You are welcome to book your own flights and do not need to follow the recommended itinerary, as long as you arrive in Dharamshala by the morning of the 29th. Please note that airport transfers are included in the package only if you travel with the main group in and out of Dharamshala. If you choose to travel separately, you will be responsible for your own airport transfers. Additionally, if you wish to extend your stay at the ashram, you can arrange this directly with them either upon arrival or in advance—we're happy to assist you with the booking if needed. Any additional activities you choose to participate in beyond the planned schedule will be at your own expense.







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## Dharamshala

Please note that we have limited spots available for this retreat, so please do make your reservation at the earliest.

We require 50% payment of the total amount to reserve a spot.  
Due to limited availability on each retreat, we require full payment to be settled on October 30, 2025.

*When making your reservation do send us*

1. Phone number, Email & Passport Details
2. Dietary requirements and any allergies if any.

To confirm your spot please make the payment to the below bank details and send us an email to [angela@yogashram.com](mailto:angela@yogashram.com) so the payment can be tracked against your reservation.

### BANK DETAILS

Name: Yoga Ashram DMCC

Account No.: 1014807205201

IBAN No: AE730260001014807205201

Bank Name: Emirates NBD BANK

Swift Code: EBILAEAD

## CANCELLATION POLICY

Depending on when you cancel, cancellation penalties may apply as follows:

- Cancellation before 75 days before start of retreat full amount paid will be refunded less the Admin Fee, VAT and Transaction Fee
- Cancellation after 65 days before start of retreat 50% of amount paid so far for the package will not be refunded.
- If you cancel after 60 days or less before your retreat start date, no refund is applicable.