

Manali Wellness Retreat

📅 3 Nights / 4 Days

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Overview

Embrace peace and rejuvenation in the serene Himalayan surroundings on this 4-day wellness retreat in Manali. Designed to restore your mind, body, and spirit, the retreat offers daily yoga sessions, guided meditation practices, and refreshing spa treatments amidst tranquil natural settings. Feel the stresses of modern life melt away as you breathe fresh mountain air, enjoy healthy meals, and connect with your inner self. This retreat is perfect for wellness seekers who want to disconnect and revitalize in one of India’s most beautiful mountain destinations.

Highlights

- 🧘 Yoga sessions for all levels
- 🌿 Guided meditation in nature
- 🛀 Relaxing spa treatments
- 🍽️ Nutritious meals for detox and energy
- 🚶 Nature walks to complement wellness
- 🌅 Mindfulness at sunrise and sunset
- 🌟 Holistic wellness experience

Detailed Itinerary

Day 1 - Arrival & Welcome

Arrive in tranquil Manali and settle into your serene wellness resort surrounded by Himalayan beauty. Begin your journey with a gentle welcome ceremony and an introduction to your retreat program, setting intentions for relaxation and renewal.

Day 2 - Yoga & Meditation

Start your day with invigorating yoga sessions suitable for all levels, followed by a guided meditation amidst the peaceful natural surroundings. Enjoy a nutritious breakfast and afternoon spa treatments designed to soothe your body and mind. In the evening, take a calming nature walk and experience mindfulness during a breathtaking sunset.

Day 3 - Holistic Wellness

Dedicate this day to deepening your wellness practice with morning yoga and meditation. Participate in an aromatherapy massage and explore the healing power of nature on a guided forest walk. Savor wholesome meals crafted to detoxify and energize, ending your day with a calming mindfulness session.

Day 4 - Reflection & Departure

Begin your final day with a revitalizing yoga session and a gratitude meditation to reflect on your retreat experience. After a nourishing breakfast, check out from the resort with renewed energy and a peaceful mind, ready to carry the benefits of this retreat into your everyday life.

Accommodation Used