

COUPLE RETREAT

Amidst Nature at Embrace Himalayan Spa Resort, Kasauli.



A Soulful Journey crafted for rejuvenation
of Body, Mind & Soul.

3 DAYS/2 NIGHTS PROGRAM

16-17-18 DECEMBER 2022

AKASA
Bespoke Wellness Vacations



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As couples we spend life together and this relationship nurtures all the relationships around.

This Retreat is designed for you as unit, where you both move, feel, share, have fun and nourish and walk away after the retreat with a better knowledge of each other.

Sometimes life gets so busy that as a couple we start taking things for granted, this is a chance to show gratitude and appreciate each other.

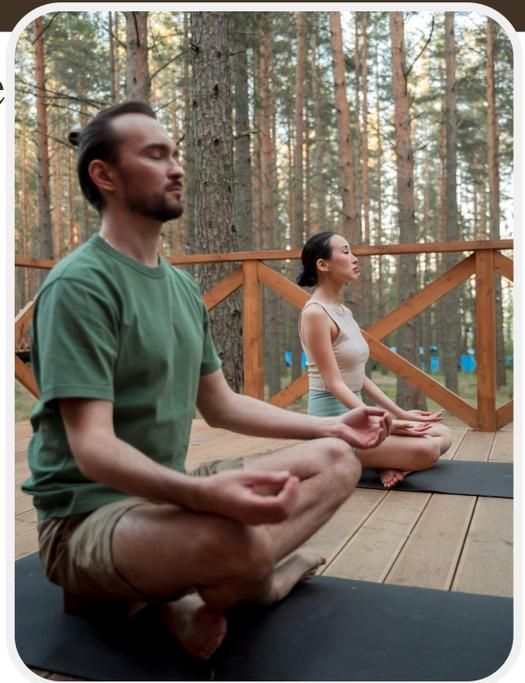
ABOUT PROGRAM

ITS BEYOND HOLIDAY

Evoke the inner child within you so you can walk more joyfully and mindfully. Deepen your bond & bring some joy and lightness in your life.

PROGRAM HIGHLIGHTS

- Restorative Yoga
- Ecstatic Dance Session
- Couple Massages
- Accomodation
- Partner Yoga & Flow Arts
- Wholesome Food
- Movement Session & Many more



This retreat is the perfect gift for each other.

Movement

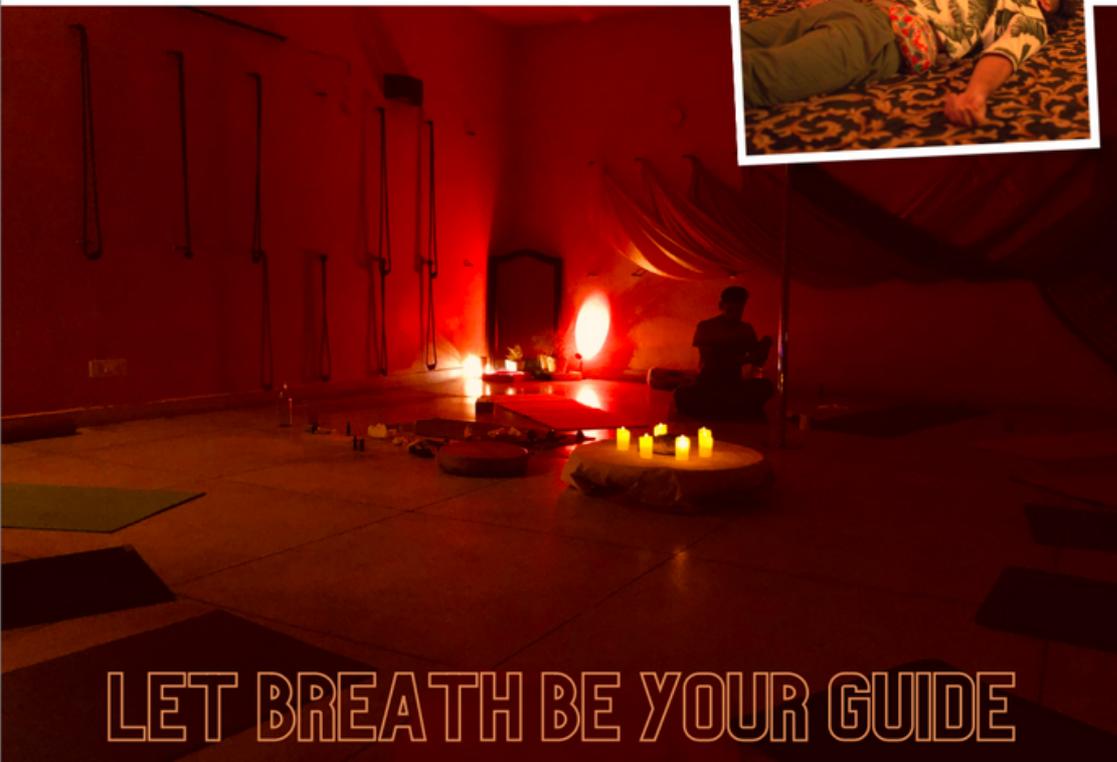


BREATHWORK SESSION

Done lying down with an open mouth, actively inhaling & releasing with a relaxed exhalation. The wave like breath pattern takes you into an altered state - helping to release old patterns while making space to invite new energy, reinvigorating oneself.



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LET BREATH BE YOUR GUIDE

YOGA SESSIONS

We will build a basic foundation for surya namaskar with focus on alignment. With restorative poses and yin yoga we will tap into areas where the body comes into a pause and thereby can release. The night cap session with yoga nidra and breathing will provide you the tools for a restful sleep

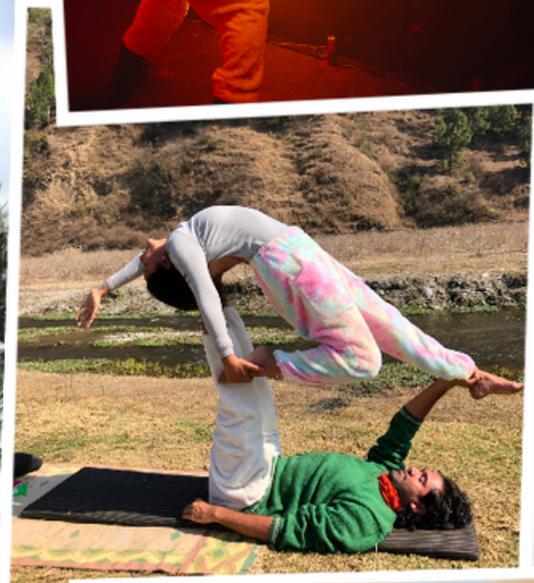


LET BODY MIND SPIRIT UNITE



MOVEMENT SESSIONS

In these energising sessions we'll explore movement-based disciplines such as yoga, dance, juggling, fire spinning, and prop manipulation to find our flow to naturally bring awareness to our bodies- improving breath, balance, hand-eye coordination, mobility, spacial awareness & more



EMBRACE
DIFFERENCES



This program is brought to you by **Dr. Lipi Pathak** owner of Akasa Wellness Solutions – Winner of 7 National Awards. Lipi is a top wellness consultant to top hospitality brands like Taj, Hilton , ITC , Radisson to name a few.

Lipi draws on its 15 years of experience in the Spa, Wellness and Lifestyle industries to deliver a lifestyle transformational program.



Facilitators



Ayesha

Ayesha has had an array of intense experiences in life. She understand the value of human connection and makes space for listening. 'Why so serious' is a constant reminder especially when life seems harsh. She is a 900 hrs YTTC Yoga teacher and a Breathwork facilitator. The body remembers and is wise, so through her explorations she makes room for that wisdom to grow.

Arunesh knows the value of both work and play. He is a UX designer. He strikes a fine balance by exploring and sharing Flow Arts and loves improv games and movements that facilitate more awareness of the self in a playful way. He finds great thrill in seeing people try new things and nudges them to step out of their comfort zone. He explores Flow-Arts as a moving meditation, helping him with focus and creative expression.



Arunesh

Benefits of this Retreat

In this intimate retreat you will fall in love with each other all over again and appreciate all the little and big things that you do for each other.

- The Yoga will act as an energiser and a restorer.
- The Flow Arts will invite play and joy.
- The Breathwork will help release any blockages that may be stopping you from living your life to the fullest.
- Being in Nature and having Nourishing food will recharge the Soul.
- The Couple Spa session will invoke deep relaxation.
- This is a great getaway to deepen your bond and to share a beautiful and wholesome experience together.

Food

Our farm-to-table menu ensures that our food is carefully prepared without any pesticides, additives, or other chemicals.

We'll take care to serve you only the freshest produce, which changes seasonally and when possible, locally.

Relationship is endurance- come develop some skills to make it joyful

3 Days 2 Nights

Kasauli



Embrace Himalayan Spa Resort is a gem tucked in the hills of Kasauli. First thing that will strike you is the peaceful, quiet aura of the place along with the warmth of Indian hospitality.

- 2 Nights Accommodation
- Super Deluxe Room
- Amidst Nature
- Activities Area
- Award Winning Akasa Spa
- All Modern Facilities
- Indoor Swimming Pool
- Gaze of Alluring Himalayas

Package starting
from
Rs 29,999/-
Per Couple

*GST Extra. *T&C Apply

PROGRAM DETAILS

DAY 1

- Traditional Welcome
- Check in to a well-appointed room
- Healthy Lunch
- Opening Circle
- Restorative Yoga
- Evening Tea
- Breathwork
- Healthy Dinner

DAY 2

- Movement Session
- Tea/ Fresh Juices
- Healthy Breakfast
- Partner Yoga and Flow
- Arts Session
- Customized Massage Sessions
- Traditional Lunch
- Slackline & Enjoying the Outdoors
- Evening Tea
- Healthy Dinner
- Ecstatic Dance Session

DAY 3

- Yoga Session
 - Healthy Breakfast
 - Customized Massage Sessions continued
 - Closing Circle
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*One couple massage per couple included in the package.

Package Exclusions

- Any kind of personal expenses such as Laundry, Telephone Bills and Alcoholic & Non-Alcoholic Beverages.
- Anything not specified in the itinerary.
- Any flight/Bus/Railway/ Charges.
- Unspecified meals etc.
- Cost of services which is not mentioned in the “Inclusions”.

General Policies

- The services offered are not a substitute for medical treatments or medications.
- It is recommended to consult your medical advisor in case of any health conditions before undertaking the retreat.
- Guest will be always solely responsible for the safety of their valuables. The management does not assume any liability for loss of guest valuables.
- Guests to remain in strict compliance with the house rules and guest guidelines.
- Rooms will be provided on First come basis.
- For early check in and late check outs, payments are to be settled directly by the guest at the hotel.

Booking Amount

20 % percent at the time of booking and 50% before 10 days of start of the program and rest amount at the time of check in at the program.

Cancellation Policy

0% Cancellation fees, 30 days before the program start date, 50% Cancellation fees, 15 days before the program start date, 100% Cancellation fees, Less than 15 days before the program start date. 100% in case of No show.

A vintage-style map of the world serves as the background. A large, semi-transparent camera is overlaid on the map, positioned diagonally from the bottom left towards the top right. The map shows various continents and oceans, with labels like 'ATLANTIC', 'INDIA', and 'AFRICA'.

AKASA

BESPOKE WELLNESS VACATIONS



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Looking Forward to Rejuvenate You!!!