

RESONANCE.

Yoga. Mountains. Culture. Retreat 2025.

Day 1-3

Acclimatizing into being at a height of 3500m. Exploring Leh, a vibrant mountain town. Eating at some cute mountain cafes, amazing local food and also visiting an enchanting monastery.

Day 3

arriving at our family stay, getting to know them and settling in evening yin.

Day 4 -5

morning vinyasa. pranayama. meditation. journaling.
afternoon yoga playshop.
evening yin and yoga nidra.

Day 6

morning vinyasa. pranayama. meditation. journaling.
day trip to monastery.
evening yin.

Day 7

morning vinyasa. pranayama. meditation. journaling.
art workshop.
evening yin and yoga nidra.

Day 8

morning vinyasa. pranayama. meditation. journaling.
flora, herbal, cooking workshop.

Day 9

morning vinyasa. pranayama. meditation. journaling.
day trip to monastery.
evening yin.

Day 10 - 12

arriving at our valley-stay. exploring connected ways of living with the native ecology, flora & fauna and culture workshops.

As Ladakh is still covered in winter, our detailed program booklet will be finalized by april and emailed to you once you signed up for the retreat.

