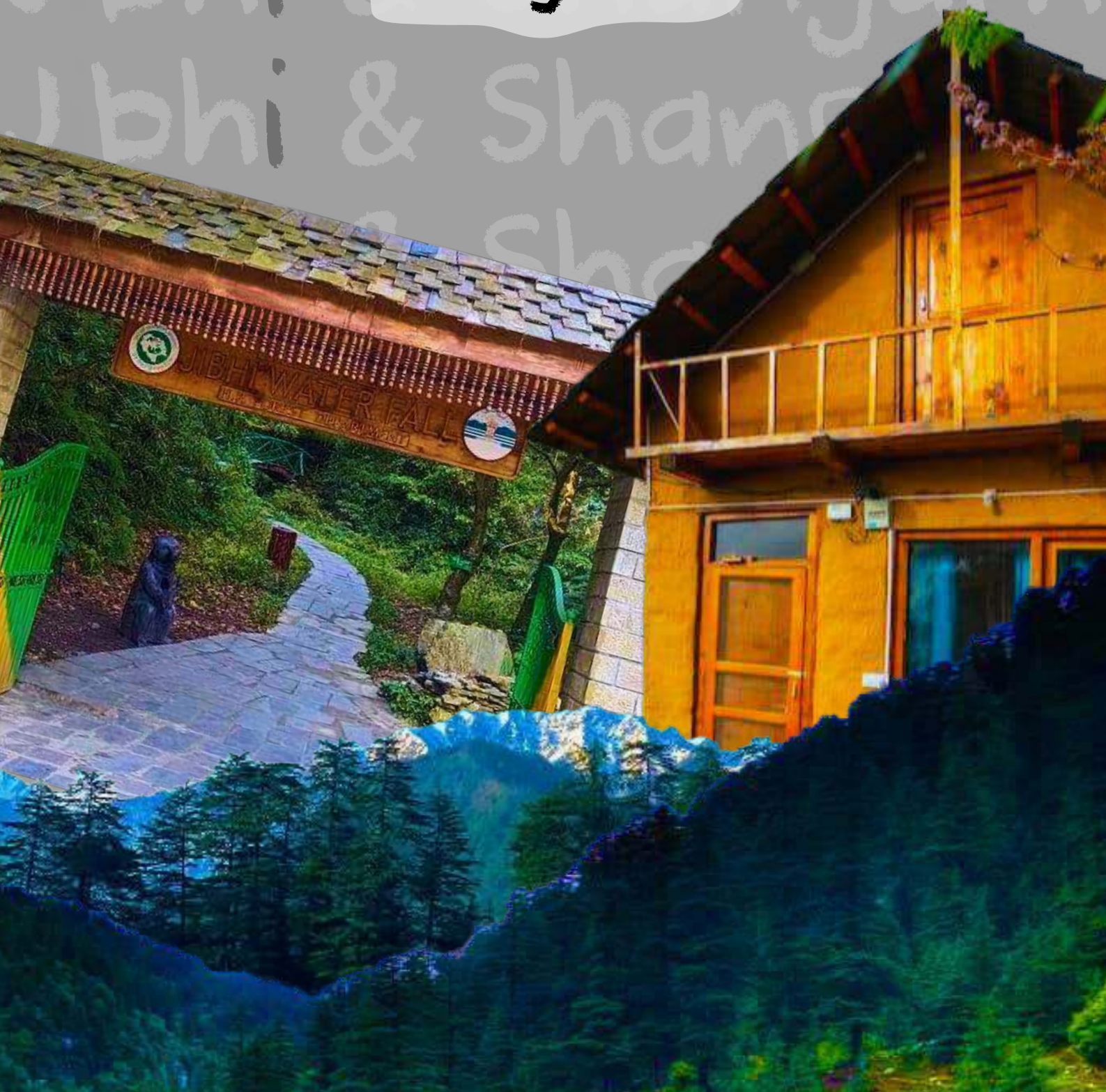


capture  
a trip  
PRESENTS

# The Passé Project



capture  
a trip  
PRESENTS



# What is a Wellness retreat Program?

Embark on a transformative journey with our **Mental Wellness Program**, thoughtfully designed to help you achieve tranquility, emotional harmony, and holistic well-being.

This comprehensive program seamlessly blends meditation with powerful healing modalities, offering a nurturing space for mental clarity, emotional resilience, and spiritual growth. In addition, you'll engage in self-love activities that promote self-compassion, personal growth, and empowerment, helping you embrace your true self.

Through this enriching combination of mindful practices, healing therapies, and self-love exercises, this experience invites you to reconnect with your inner self, restore balance, and cultivate lasting peace in both body and mind.



# The Experience That Awaits



**Breathwork and Relaxation** – Learn the power of controlled breathing to release tension, calm your nervous system, and boost mental clarity.



**Introduction to Meditation** – Discover basic meditation practices to enhance mindfulness and foster a peaceful, focused mind.



**Calm Your Mind** – Learn techniques to quiet mental chatter and reduce stress, helping you achieve a deep sense of inner peace.



**Art Therapy** – Express yourself through creative art, releasing emotions and gaining insight into your inner world while enhancing mental wellness.



**Sound Healing** – Experience the soothing power of sound to harmonize your energy, reduce anxiety, and promote emotional healing.



**Gratitude Series** – Practice gratitude exercises that help shift your mindset towards positivity and foster a deep sense of appreciation for life.





**Hug Therapy** – Engage in the comforting and healing practice of shared touch to release stress, promote bonding, and boost overall emotional well-being.



**Building Emotional Resilience** – Learn tools to handle stress, anxiety, and negative emotions, allowing you to find balance in every situation.



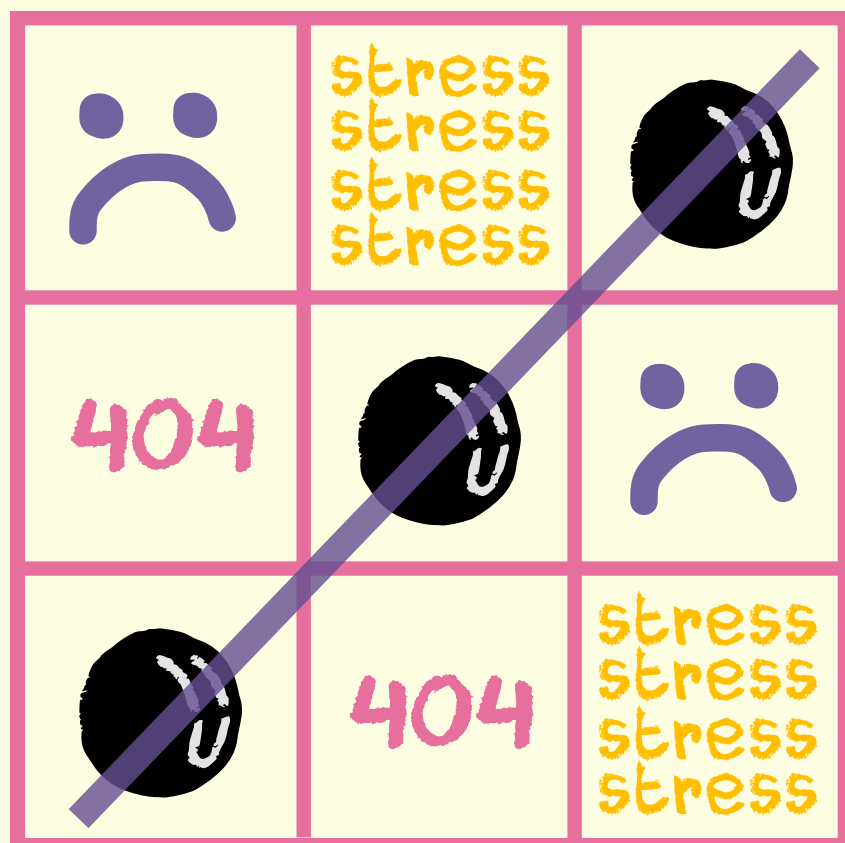
**Ongoing Support** – Receive resources and guidance to continue nurturing your mental wellness journey beyond the program.



**Love Yourself & Start Your Journey** – Embrace self-love and begin cultivating a deep sense of compassion for yourself.



**Useful Toolbox for Your Wellness Journey** – Walk away with a toolbox of practical techniques and exercises to support your ongoing mental and emotional growth.





# About Destination

Nestled in the heart of Himachal, **Jibhi and Shangarh** are hidden gems perfect for a soulful wellness escape. Surrounded by pine forests, rivers, and untouched beauty, these serene villages offer the ideal setting to slow down and reconnect with yourself.

Jibhi enchants with its rustic charm, calming river trails, and tranquil vibes—perfect for meditation, nature walks, and reflection. Just a short drive away, Shangarh welcomes you with wide open meadows, sacred forests, and a deep sense of peace, making it ideal for yoga, breathwork, and holistic healing.

Together, they create a peaceful sanctuary where you can pause, breathe, and truly recharge.

**Join us for a transformative retreat in Jibhi and Shangarh—  
where nature nurtures, and stillness heals.**

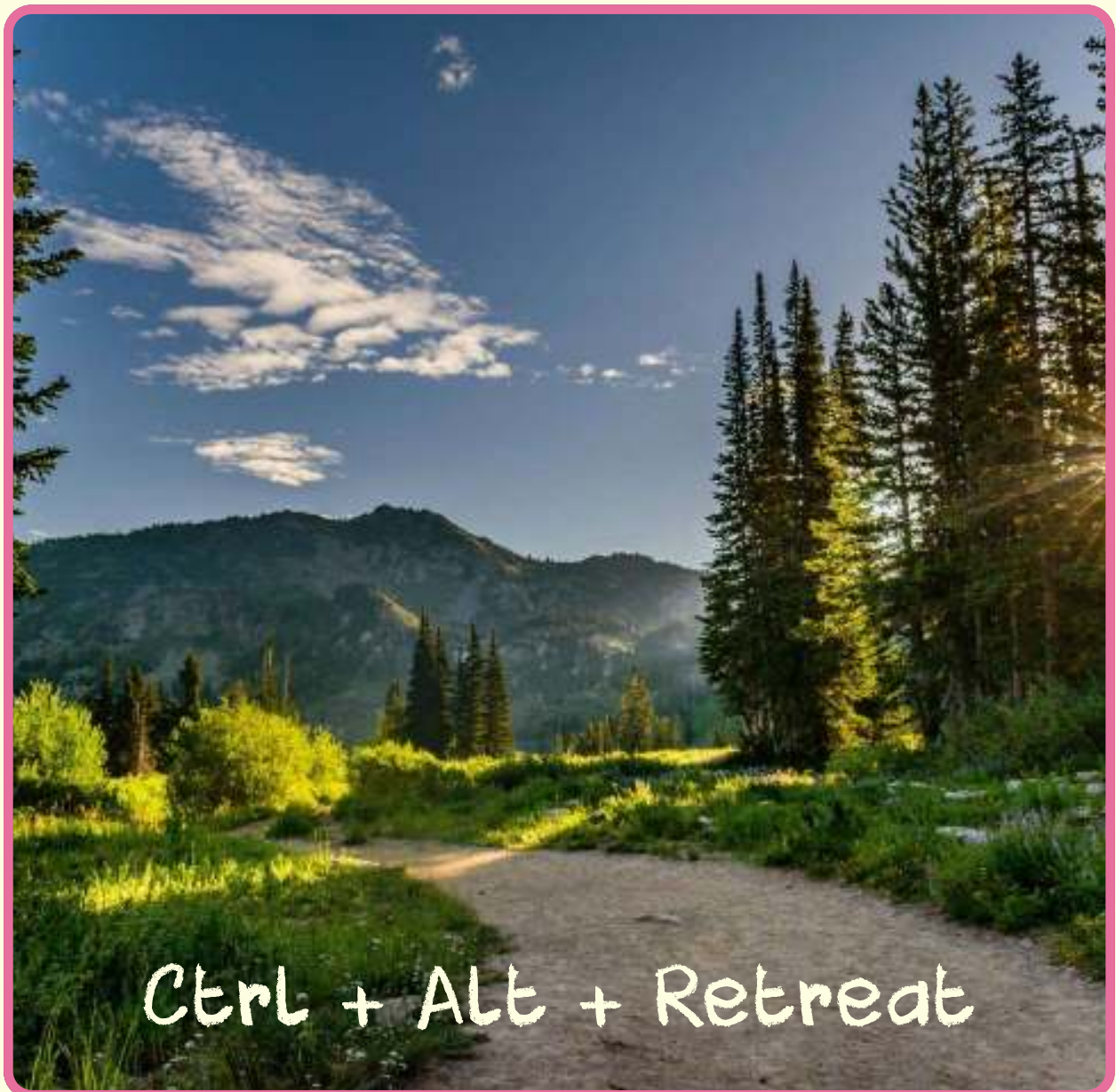
# JIBHI-SHANGARH

How we roll ✨



## Day 0 – Departure from Delhi

- We're heading out from Delhi at 8 PM in our AC ride.
- Time to leave the city behind and vibe out with the crew
- Dinner stop? We'll hit up a decent roadside place to grab some tasty bites!





# Day 1 – Jibhi Arrival | Commencement of the Program

- 10:00 AM – Arrival in Jibhi
- Check-in & Freshen Up – Settle into the property, relax, and enjoy a wholesome breakfast
- Retreat Program Begins – Commence the rejuvenating wellness sessions
- Evening Visit to Jibhi Waterfalls – Unwind and enjoy the serene beauty of Jibhi Waterfalls
- Cafe hopping – Take a leisurely stroll and shop along Mall Road on the way back
- Relaxation Session – Reconnect with yourself in a calming relaxation session at the property
- Dinner & Rest – Savor a nourishing dinner before retiring for the night

Enjoy a peaceful and transformative retreat experience in Mussoorie!



## Day 2 – Trek to Jalori Pass and Serloskar Lake | Dive deeper into yourself

- Morning Wake-up – Start the day with stretching, Surya Namaskars, and morning meditation to awaken your inner self
- Breakfast – Enjoy a nourishing breakfast to energize you for the day ahead
- Jalori Pass Trek – Head out to trek and capture the serene charm of Jalori Pass with the group
- Return to the Property – Come back to the property and prepare for a deeply relaxing session
- Dinner & Rest – End the day with a soothing dinner, followed by a restful overnight stay
- A day of inner peace and exploration awaits you!





## Day 3 – Transfer to Shangarh | Experience Nature Therapy | Trek to Rupi Raila Waterfalls

- Morning Transfer to Shangarh – Begin your day with a scenic drive to Shangarh. Check-in at the property and take some time to rest and soak in the tranquil surroundings.
- Sound Healing Session – Step into the retreat with a calming sound healing session designed to balance your mind and body.
- Trek to Rupi Raila Waterfalls – Head out for a beautiful trek to the serene Rupi Raila Waterfalls, surrounded by lush greenery and fresh mountain air.
- Evening Relaxation & Dinner – Return to the property for a peaceful relaxation session, followed by a wholesome dinner—and a few delightful surprises to end the day.





## Day 4 – Explore Shangchul Mahadev Temple | Conclusion Ceremony | Return to Delhi

- **Morning Conclusion Ceremony** – Begin your day with the beautiful conclusion ceremony of the retreat—a soulful space where healing, reflection, and gratitude come together.
- **Visit to Shangchul Mahadev Temple** – Later, step into the serene meadows to explore the sacred Shangchul Mahadev Temple, surrounded by nature's calm and spiritual energy.
- **Departure** – With your heart full and spirit renewed, it's time to head back home—carrying memories, moments, and a little more peace than you came with.



# Inclusions

- AC Accommodation
- AC transportation
- 4 breakfasts and 3 dinners
- Trip Captain throughout the trip
- Sightseeing as per the itinerary
- Internal transfers as per the itinerary
- Participation Certificate
- A Super cute goodie bag

# Exclusions

- 5% GST
- Any internal or external transportation service is not mentioned in the itinerary.
- Meals are not mentioned in the itinerary.
- Any dish that you order outside the menu.
- Any personal expenses like laundry, telephone bills, tips, etc.
- All special requests are subject to availability and additional charges may apply.

# Costing her head

Double  
sharing

20,500/- per head

## Payment Procedure IMPS/NEFT TRANSFER

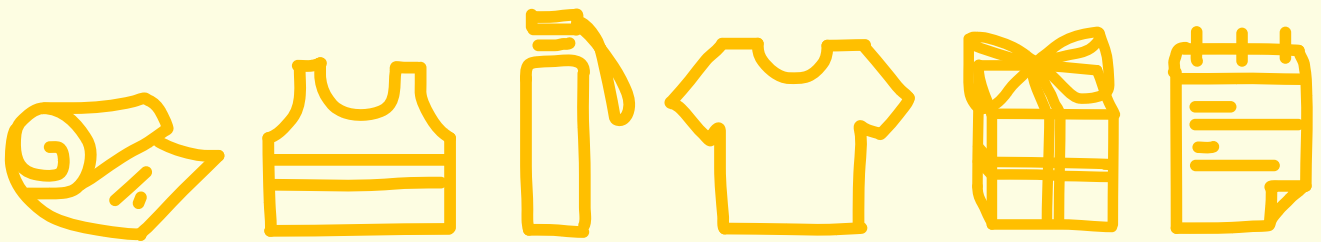
Name	Capture a trip pvt. Ltd
Bank	IDFC BANK
Account Type	Current
Account No	10091665679
IFSC	IDFB0020148
UPI ID	captureatrip@okhdfcbank



# Important Notes & Things you need to carry

## Things to Bring:

- Yoga mat
- Comfortable clothes for yoga
- An outfit in any shade of white for the conclusion ceremony on the last day
- Water bottle
- Notepad and pen



We Look forward to having you with us for this transformative journey!

### **\*Important Note :**

*This program is completely drug-free and alcohol-free, ensuring a pure and holistic experience for all participants.*



**[Click me for your Dream Trip!](#)**

Curated by Capture A Trip's  
Experiential Journeys, fueled by  
Good Vibes and Zen Mind.