

capture
a trip

PRESENTS

The Passé Project



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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.



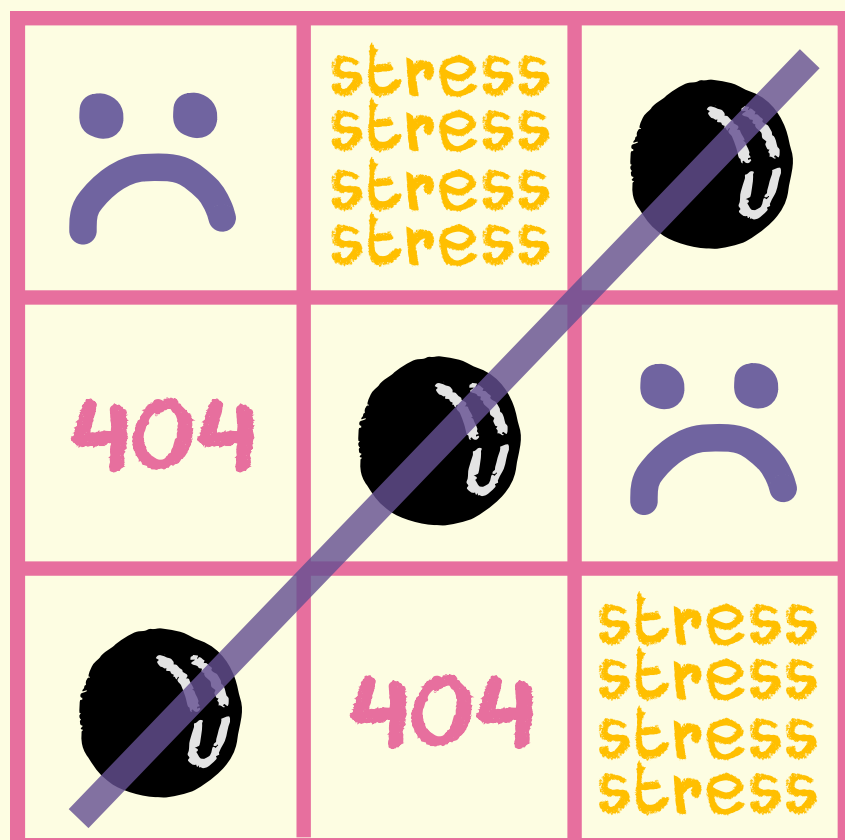
Ongoing Support – Receive resources and guidance to continue nurturing your mental wellness journey beyond the program.



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

Discover serenity in the Himalayas with our wellness retreats in McLeod Ganj and Bir Billing.

McLeod Ganj, with its rich Tibetan roots and peaceful monasteries, offers the perfect space for reflection, meditation, and spiritual healing. The calm of the mountains and the gentle rhythm of the town invite you to slow down and reconnect.

Just a short drive away, Bir Billing welcomes you with open skies, pine forests, and a tranquil pace of life. Known for paragliding, it's also a hidden gem for yoga, breathwork, and deep relaxation amidst nature.

Together, these two destinations create the ideal environment to recharge, reset, and realign your mind, body, and soul.

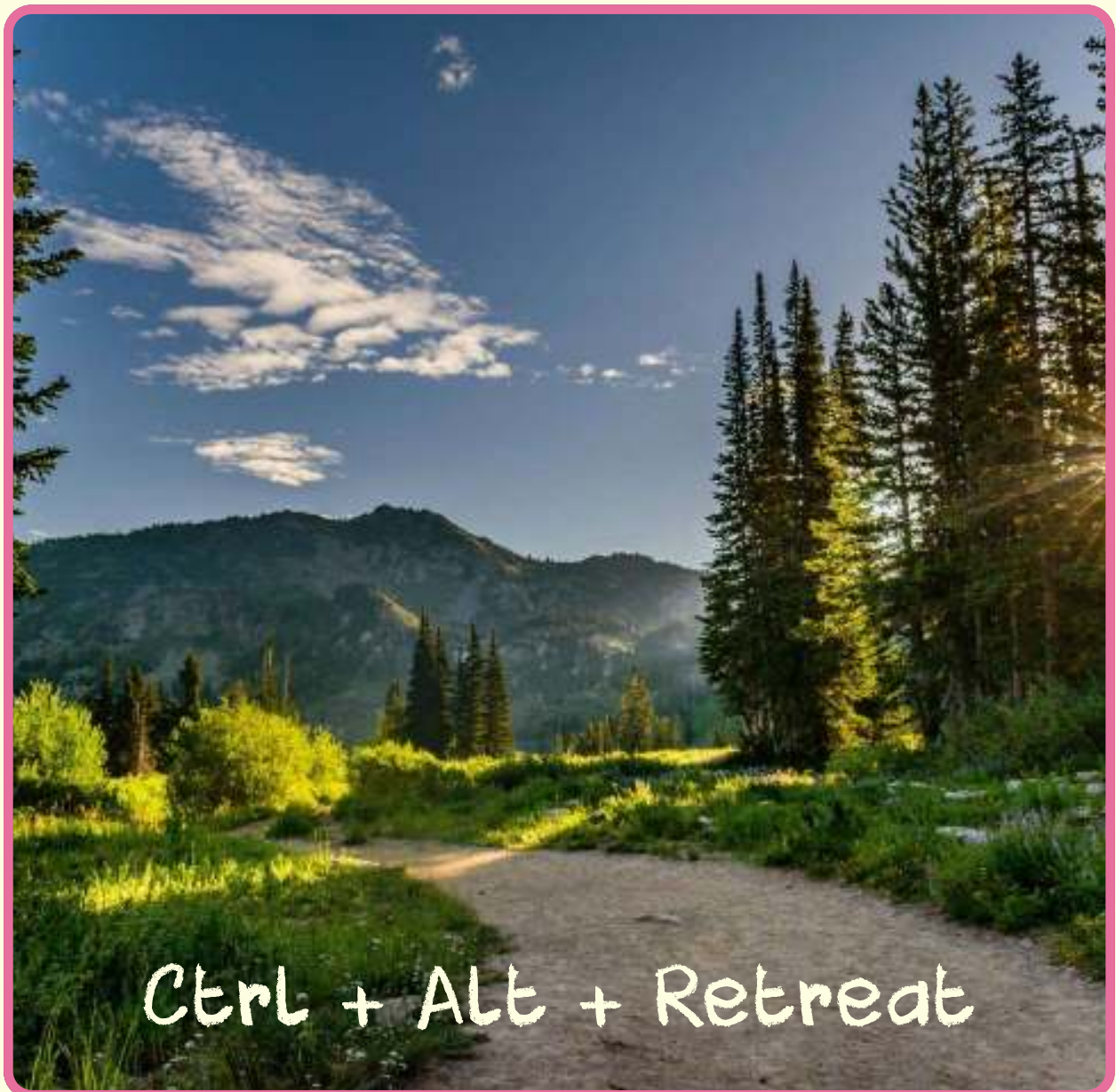
BIR BILLING

How we roll ✨



Day 0 – Departure from Delhi

- We're heading out from Delhi at 11 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 – Arrival in McLeodGanj | Commencement of the Wellness Program | Sightseeing | Café Hopping | Dinner

- 8:00 AM – Arrival in McLeod Ganj
- Check-in & Freshen Up – Settle into the property, relax, and enjoy a wholesome breakfast amidst the mountains
- Retreat Program Begins – Kickstart your wellness journey with the first round of grounding sessions.
- Explore Local Monasteries – Dive into the spiritual essence of McLeod Ganj with a peaceful walk through its heritage sites
- Café Hopping – Unwind at cozy hillside cafés with soulful views and good vibes.
- Relaxation Session – End your day with a calming session to restore your mind and body
- Dinner & Rest – Enjoy a nourishing dinner before settling in for the night

Get ready for a soulful and transformative experience in the heart of the Himalayas



Day 2 – Yoga Morning I Bhagsunag Waterfall I Tibetan Market Exploration I Dinner

- Morning Wake-up – Begin your day with mindful stretching, Surya Namaskars, and guided meditation to align body and mind
- Breakfast – Relish a wholesome breakfast to fuel your adventure
- Visit Bhagsunag Waterfall – Trek to the scenic Bhagsunag Waterfall and soak in its refreshing vibes
- Tibetan Market Exploration – Discover the vibrant local Tibetan markets, perfect for collecting souvenirs and connecting with the culture
- Return to the Property – Come back to unwind and enjoy a gentle evening session of reflection or journaling
- Dinner & Rest – Wind down with a nourishing dinner and a peaceful night's sleep
- Let the healing continue as you connect with nature and the self



Day 3 – Morning Wellness Session | Transfer to Bir Billing | Local Sightseeing | Games & Surprises | Dinner

- **Morning Wellness Session** – Begin your day with a powerful sound healing session to align your energy and calm your mind
- **Breakfast & Check-out** – Enjoy breakfast before setting off on a scenic drive to Bir Billing
- **Arrival in Bir & Check-in** – Settle into the peaceful vibes of Bir and relax at the property
- **Explore Bir** – Head out for local sightseeing – visit monasteries, explore cafés, and enjoy the serene landscapes
- **Games & Surprises** – Come back for a fun evening filled with bonding games, laughter, and a few surprise elements
- **Dinner & Rest** – End the day with a soulful dinner and rest under the starlit Bir skies
- A perfect mix of healing, travel, and joyful moments awaits you



Day 4 – Paragliding | Conclusion Ceremony | Departure to Delhi

- **Paragliding Adventure** – Kickstart your day with an exhilarating paragliding experience over the breathtaking landscapes of Bir Billing
- **Breakfast & Relax** – Return to the property for a hearty breakfast and some relaxation
- **Conclusion Ceremony** – Gather with the group for a heartfelt closing session, reflecting on the journey, connections, and inner transformation
- **Departure to Delhi** – Bid goodbye to the mountains as you begin your journey back to Delhi with beautiful memories and a calmer self



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

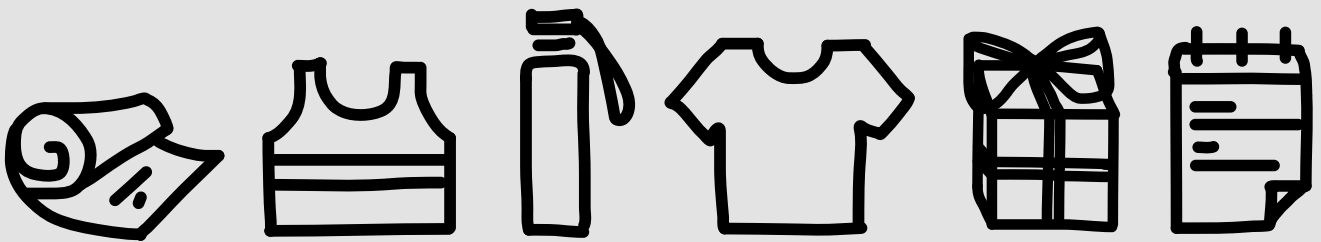
Payment Procedure IMPS/NEFT TRANSFER

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.